



Chris Greene Lake 1- & 2-Mile Cable Swims

2008 USMS National Championship 2-Mile Cable

Charlottesville, Virginia, Saturday, July 12, 2008

Sponsored by: Virginia Masters Swim Team and Albemarle County Parks and Recreation

Sanctioned by: LMSC of Virginia, for United States Masters Swimming, Sanction # 128-002

Event: There will be two races: a 1-mile non-championship swim at 8:00 am and a 2-mile National Championship race beginning at 9:00 am. The 1-mile swim will consist of 2 laps in a counter-clockwise direction around a ¼-mile straightaway cable, with start and finish in the water. The 2-mile National Championship race will consist of 4 laps around the ¼-mile cable and will be swum in 2 heats: a clockwise heat at 9 am and a counter-clockwise heat at 11 am. Although both the 1- and 2-mile distances are certified and qualify for national records, only the 2-mile event is a USMS National Championship event.

- Anticipated water temp: 78° to 82°
- NO WETSUITS ALLOWED

Check-in Closes at:

1-Mile: 7:45 AM

2-Mile, Heat 1: 8:45 AM 2-Mile, Heat 2: 10:45 AM

Eligibility: Open to all swimmers 18 years & older as of July 12, 2008. All swimmers must be registered with USMS. **Entries submitted without a LEGIBLE COPY of your 2008 USMS card will be returned.** To download a registration form, visit www.usms.org/reg

Rules: Current 2008 USMS rules will govern both races.

Entries: All entries must be postmarked by June 30, 2008. Late or race-day entries will NOT be accepted. For confirmation of entry receipt, enclose a self-addressed, stamped envelope or postcard. Entry fee is \$40.00 for the 2-mile event and \$20.00 for the 1-mile event. You may enter both. A T-shirt and social are included in your fee.

Safety: For safety reasons, swimmers who cannot complete 1 mile in 1 hour or 2 miles in 2 hours should NOT enter. Swimmers still on the course after the time limit will be stopped and listed as DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the race. The Charlottesville-Albemarle rescue/dive team will be on site with boats, scuba divers, and a rescue squad.

Seeding: Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 10 swimmers, staggered at 30 second intervals. "No Time" entries will be seeded in the final wave of the appropriate heat. Seeding changes will not be allowed after the heat sheet is published.

Age Groups: 18-24, 25-29, 30-34, etc. in five year increments, as high as necessary for both men/women.

Awards/ Social: Two-mile event: USMS National Championship medals will be awarded to the top 6 men & women finishers in each age group, and USMS National Championship patches will be awarded to the winner of each age group. One mile event: custom awards will be given to the top 3 men & women finishers in each age group. The awards ceremony and a social with food and drinks will follow the final heat of the 2-mile race.

Accommodations:

Doubletree Hotel
(6 miles from lake)
990 Hilton Heights Rd.
Charlottesville, VA 22901
(434) 973-2121
or (800) 222-TREE

Hampton Inn
(9 miles from lake)
2035 India Rd.
Charlottesville, VA 22901
434-978-7888
or (800) 426-7866

Directions: (mapquest "Chris Greene Lake")

from Washington, D.C:

(Distance: 115 miles, Drive Time: ~ 2 to 2.5 hours)

Take Rt. 29 toward Charlottesville, VA. In Earlysville, turn right onto Airport Rd. (Rt. 649). Travel 7/10 mile toward airport. At roundabout, bear right onto 606. Go 1.2 miles and turn left onto Chris Greene Lake Rd. Proceed past guardhouse and follow the road downhill and around the lake to the parking lot at the end of the road.

from Richmond, VA:

(Distance: 75 miles, Drive Time: ~ 90 minutes)

Take I-64 West to exit 124, Charlottesville/Shadwell, (U.S. 250 West), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd. go 7/10 mile toward airport and follow the underlined directions above.

from Waynesboro, VA:

(Distance: 34 miles, Drive Time: ~45 minutes)

Take I-64 East to exit 118B, Charlottesville/Culpeper, (U.S. 29 North Bypass), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd. go 7/10 mile toward airport and follow the underlined directions above.

Race Director Contact:

Dave Holland, 804-282-6224 (home)

Email: HenryDaFif@aol.com

Chris Greene Lake 1- & 2-Mile Cable Swims ENTRY FORM

2008 USMS National Championship 2-Mile Cable

PLEASE INSERT SEED TIME
FOR HEAT/EVENT(S) YOU ARE ENTERING

1- MILE 8 am	Heat 1 Counter-Clockwise	1650 yd time: ____ : ____
2- MILE 9 am	Heat 1 Clockwise	1650 yd time: ____ : ____
2-MILE 11 am	Heat 2 Counter-Clockwise	1650 yd time: ____ : ____



**PLEASE STAPLE A LEGIBLE
COPY OF YOUR 2008 CARD HERE. TRIM YOUR
CARD AND COMPLETE THE FOLLOWING:**

Emergency Contact Name: _____

Emergency Contact Phone: _____

Significant medical conditions to be shared with Albemarle Rescue (i.e. seizures, diabetes, asthma, etc.): _____

\$ _____	\$ 20.00 1-Mile Cable Entry Fee	<input checked="" type="checkbox"/>	CHECKLIST
\$ _____	\$ 40.00 2-Mile Cable Entry Fee	<input type="checkbox"/>	Completed entry form
\$ _____	T-Shirt: included with entry \$ 3.00 for XXL or XXXL Additional T-Shirt: \$12.00 each S-XL, \$15.00 for XXL or XXXL	<input type="checkbox"/>	Copy of USMS card
\$ _____	Results will be posted at www.vaswim.org by July 19 \$2.00 for official results mailed to the address on your card	<input type="checkbox"/>	Payment to VMST
\$ _____	Post-race social is included for participants and volunteers \$ 5.00 for each additional guest age 11 or older	<input type="checkbox"/>	Signed Release Below
\$ _____	Total Enclosed (Check or money order payable to VMST)	<input type="checkbox"/>	T-Shirt Size Below

T-Shirt Size: (please circle) S M L XL XXL XXXL

Additional T-Shirts: indicate quantity and size: _____

Please double-check the checklist to ensure that your entry is complete!!

Mail your entry, postmarked no later than June 30, 2008 to:

Dave Holland, 504 West Drive Circle, Richmond, VA 23229-6832

RELEASE BY PARTICIPANT FROM LIABILITY

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, ALBEMARLE COUNTY, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of the USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

SIGNATURE: _____

DATE: _____ AGE ON 7/12/08: _____

Phone (H): _____ Phone (W): _____ E-Mail: _____

PLEASE PRINT CLEARLY