



The YMCA Madison Mile Presents:

## 2008 USMS One-Mile Open Water National Championship

2008 Connecticut Swimming, Inc., Open Water Championship

Saturday, June 21, 2008 9:00 AM

The Surf Club, Madison, CT

Sponsored by: Valley Shore YMCA, Madison Beach & Rec.  
Held under sanction of USA Swimming and Connecticut  
Swimming Sanction Number: LO8-27

### EVENTS:

- One-Mile National USMS Championship
- One-Mile Connecticut Swimming, Inc., Open Water Championship in Long Island Sound.
- Mini-Mile Swim (approx 500yds) (Ages 9-12)

\* Courses will be counter-clockwise with the centerline on the swimmers' left. Start and finish on the beach.

**CHECK-IN:** Registration Check in: 7:45 am  
Warm –up: 7:45– 8:50 am  
Briefing: 8:50 am.

### Championship Race Start:

Wave 1 – 9:00am USMS Male Swimmers Ages 18-44  
Wave 2 – 9:05am USMS Male Swimmers Ages 45+  
Wave 3 – 9:10am USMS Female Swimmers Ages 18-44  
Wave 4 – 9:15am USMS Female Swimmers Ages 45+  
Wave 5 – 9:20am Wetsuit Swimmers  
Wave 6 – 9:30 am Mini Mile Start: (all Swimmers ages 9-12)  
Wave 7 – 9:45am USA Male Swimmers Ages 15+  
Wave 8 – 9:50am USA Female Swimmers Ages 15+  
Wave 9 – 9:55am USA Male Swimmers Ages 11-14  
Wave 10 – 10:00am USA Female Swimmers Ages 11-14

**USA TEAM ENTRY:** To enter as a group, USA Swimming clubs can submit a print-out of all entrants (w/name, age and USA #) using LSA or Hytek software. Meet files are posted on [ctswim.org](http://ctswim.org). See “**Entries**” section for payment information.

**USA INDIVIDUAL MAIL ENTRY:** To enter individually, USA swimmers can complete the event application (w/name, age and USA #) and send it via mail. Photo copies of the application form are permitted.

**ENTRIES:** Must be received by Monday **June 16, 2008**.  
**LATE AND RACE DAY ENTRIES WILL NOT BE ACCEPTED.** Entry fee includes a 100% cotton T-shirt. **Make checks payable to Valley Shore YMCA and mail to:**

YMCA Madison Mile  
c/o VSYMCA  
PO Box 694  
Westbrook, CT 06498

**ONLINE ENTRY:** Available at  
[http://www.active.com/event\\_detail.cfm?event\\_id=1556377](http://www.active.com/event_detail.cfm?event_id=1556377)

**DISABLED SWIMMERS:** We encourage disabled swimmers to participate. Each disabled swimmer should contact Jen Lyman @ 203-464-6903 in advance to make any necessary special arrangements.

**SAFETY:** Swimmers unable to complete 1 mile in 1 hour are advised not to enter. Swimmers still on the course after the 60-min. time limit will be stopped and listed as DNF in the results. In case of inclement weather, the race director may close the course and prevent swimmers from completing the swim. Entry fee includes a highly visible swim cap that must be worn during the swim and all swimmers must have their race numbers on their arms. Lifeguards, kayaks, safety jet skis will monitor the race course, and local EMTs will be present.

**WATER TEMPERATURE:** 60-70°F.

**USA AWARDS:** USA Swimmers: Top 3 for both Male and Female (11-12,13-14,15-16, 17-18, 19+) for 1 Mile Championship and Mini-Mile (9-10, 11-12). Results posted at [www.vsymca.org](http://www.vsymca.org).

**TIMING:** Electronic CHAMPIONCHIP TIMING will be used. Each swimmer will wear an electronic timing chip on an ankle bracelet to automatically record their time. Timing chip must be returned or a \$30 charge will be assessed to the swimmer.

**ACCOMMODATIONS:** Madison Chamber of Commerce, [www.madisonct.com](http://www.madisonct.com), 203-245-7394. Additional info will be posted on [www.ymcamadisonmile.org](http://www.ymcamadisonmile.org) and [www.vsymca.org](http://www.vsymca.org).

### DIRECTIONS:

I-95 North or South to Exit 61 (Rte 79). Take left off exit if heading South/Right off exit if heading North. Proceed ½ mile to 3rd Light. Turn right onto Rte 1. Proceed for approximately ½ mile and turn left on West Wharf Rd. (Madison CC is on corner). At next stop sign, turn right on Surf Club Rd and proceed into Surf Club. Carpooling is encouraged. Madison Beach & Recreation is a welcoming host for this event, however, all Madison Mile participants must make arrangements prior to race day with the town of Madison should you wish to extend your stay at the Surf Club beyond the event.

### For more information, contact:

Allison Pelliccio, 203-506-7868, or Jen Lyman, 203-464-6903 or email [raceinfo@ymcamadisonmile.org](mailto:raceinfo@ymcamadisonmile.org).

# YMCA Madison Mile 2008 USA Open Water Championship Entry Form

EVENT	Fees
Championship Mile (USA Only)	\$35
Mini Mile	\$30

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
Age on Race Day

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Team Name or Workout Group Name

\_\_\_\_\_  
USA #

\_\_\_\_\_  
Gender

**RELEASE 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 of the risks inherent in Open Water Swimming (training and competition), including possible permanent disability or death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE USMS or USA SWIMMING PROGRAMS 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: USA SWIMMING, INC, CONNECTICUT SWIMMING, INC., UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, EVENT SPONSORS, EVENT COMMITTEES, TOWN OF MADISON, VALLEY SHORE YMCA, FORCE 5 SPORTS OR ANY INDIVIDUALS OFFICIATING AT THE EVENTS OR SUPERVISING SUCH ACTIVITIES. In addition, I also agree to abide by and be governed by the rules of USA SWIMMING and 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 \_\_\_\_\_

SIGNATURE OF PARENT OR GUARDIAN (if under 18):  
\_\_\_\_\_