



16th Annual Death Valley Open Water Swim Meet
(5K, 3K, 2K, 1K, ½K)
SC LSC Open Water State Championships
East Beach on Hartwell Lake, Clemson University, Clemson SC
June 12, 2010
Hosted by Clemson Aquatic Team
Sanctioned by SC LSC #SC1058OW and SC LMSC #550-OW001

EVENTS and SCHEDULE:

All races are an out and back, swum along a buoyed line that follows the east shore of Hartwell Lake. Buoys are placed every 10 meters for the first 500 meters and 100 meters apart after that.

Open 5K, Jim Keogh Senior 5K, 13-14 5K: Check-in: 6:30am; Pre-race Meeting: 7:30am; Event start: 8:00am. All swimmers who have not completed the course within 2 hours will be asked to retire.

Open 3K and 11-12 3K: Check-in: 8:00am; Pre-race Meeting: 9:30am; Event start: ~10:00am. All swimmers who have not completed the course within 90 minutes will be asked to retire.

Open 2K: Check-in: 10:30am; Pre-race Meeting: 11:00am; Event start: ~11:30am.

Open 1K and 10 & Under 1K: Check-in: 11:30am; Pre-race Meeting: Noon; Event start: ~12:30pm.

Open Brad Hitchings .5K: Check-in: 11:30am; Pre-race Meeting: Noon; Event start: ~1:00pm.

LOCATION: East Beach, off East Beach Road, Clemson University. Directions will be sent by e-mail approximately one week before the event. Water temperature is expected to be in the low 80s.

ELIGIBILITY: Jim Keogh Senior 5K, 13-14 5K, 11-12 3K, and 10 & Under 1K and Open Events are open to all USA-S registered athletes. Those members of SC Swimming are eligible for state championship scoring. Those competing in the SC LSC Championships can score in one event only for team scoring.

Open Events are open to all USMS registered swimmers 18 years of age as of June 12, 2010. A photocopy of your USMS membership card must accompany your entry. One day USMS registration will be available for Open Events.

One Event fees are available for athletes not registered with USMS or USA Swimming. Fee for 17 and under is \$15 and 18 and older is \$12. One event swimmers can place and receive award(s) in event(s) swum but can not place in SCLSC Championships.

ENTRY FEES: \$30.00 includes one event, cap, t-shirt and athlete hospitality. \$10.00 fee for each additional event. Entry deadline is June 4th, all entries received after that date require a \$10.00 late fee. Late fee applies to day-of-event entries. Those entering on race day or after June 4th may or may not receive a T-shirt, **THERE WILL BE NO REDUCTION IN FEE.** USA-S teams are very strongly encouraged to enter via Hy-Tek. Entry file can be found on ClemsonAquaticTeam.org.

RULES: All applicable USA-S and USMS rules, regulations and safety requirements will be enforced for the well-being of our swimmers.

SAFETY: Safety boats will monitor the entire course. Water and a sports drink will be available on the course. Swimmers must wear race cap, and numbers on both arms and back for identification. Medical personnel will be at the site.

SEEDING: All like-distances will be seeded as a single event, without regard to a swimmer's age or gender. Places, awards, and published results will be separate for each event, age group, and gender. Meet Director reserves the right to change seeding if large number of entries warrant changes. 1650/1500 Free time will be used for seeding the 5K if needed.

AWARDS: Plaques will be given to the top 3 finishers, by gender, in each event. The top 8 finishers in each age group recognized by USA-S and USMS will receive ribbons. SC LSC Championship medals will be given to the top 10 places in the Keogh 5K, 13-14 5K, 11-12 3K and 10 & Under 1K. Championship team banners, and plaques will be awarded. **ANNA K SAMS 11.5K AWARD** will be given to anyone who competes in all distances. Anna is the first to swim and place in all events.

LODGING/CAMPING: Information available on entry form.

MEET DIRECTOR: Jacqueline Grossman, Clemson Aquatic Team, PO Box 411, Clemson SC 29633-0411. E-mail: je1g@innova.net
Phone (day) 864-646-8836; (night) 864-654-4704

MEET REFEREE: Jim Keogh

SAFETY MARSHAL: Riley Stevens

Permitted by the US Army Corps of Engineers
Held under the Sanctions of USA Swimming and US Masters Swimming.

16th Annual Death Valley Open Water Swim Meet and SCLSC State Championships Entry Form
June 12, 2010 (severe weather date June 13, 2010)

USA-S Teams are very strongly encouraged enter by Hy-Tek
 Go to www.ClemsonAquaticTeam.org for Hy-Tek downloadable event file
 Meet can be entered through www.Active.com

Name: _____ Age _____ Gender: _____
 Registration Number (required): _____
 Street Address: _____ USA Swimming: _____
 City: _____ State: _____ Zip: _____ USMS: _____
 E-mail: _____ Check if neither USMS or USA-S: _____
 Phone: _____ Club: _____ Club Code with LSC (ex SC-CAT): _____

Fees: First event \$30.00, \$10.00 for each additional event. For non-members of USA-S or USMS an additional \$12 for ages over 17 or \$15 for under 18.

Check event(s) to be swum: **5K** _____ **1650/1500 time:** _____ **3K** _____ **2K** _____ **1K** _____ **.5K** _____

T-Shirt Size (Adult sizes only): **S** _____ **M** _____ **L** _____ **XL** _____ **XXL** _____ Send to: _____
 Entry fee \$30.00 = \$ 30.00
 Additional event(s) (\$10 per event) = \$ _____
 Non-members of USA-S or USMS \$12.00 or \$15 for 17 and Under = \$ _____
 Late Fee \$10.00 = \$ _____
 Total = \$ _____

Make checks payable to:
CAT
PO Box 411
Clemson SC 29633-0411

US MASTERS Swimmers: Please read and sign the liability release:

Liability Release

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, UNITED STATES ARMY CORPS OF ENGINEERS, SC DEPARTMENT NATURAL RESOURCES, UNITED STATES COAST GUARD AUXILIARY, CLEMSON AQUATIC TEAM, CLEMSON UNIVERSITY, MEET SPONSORS, MEET COMMITTEES, 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 USMS. (rule book article 203.1).

MASTERS ONLY REQUIRED to sign: _____ Date: _____

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Accommodations

Go to ClemsonAquaticTeam.org and under the "CAT Hosted Meets" tab you will find a listing of the local hotels that support CAT. Please support them as a thank you for their support of CAT. Most accommodations are within 2 miles of the venue.

Camping information can be found at SouthCarolinaParks.com. The closest park is Twin Lakes State Park.

Event Times:

_____ Open, Senior, 13-14 5K	8:00am
_____ Open and 11-12 3K	10:00am
_____ Open 2K	11:30am
_____ Open and 10&Under 1K	12:30pm
_____ Open Half K	1:00pm

Nearest Airport: Greenville/Spartanburg is ~50 miles; Atlanta, Charlotte, Columbia are ~120 miles

While in Clemson you'll find lots to see and do!

Hartwell Lake, with its 1,000 mile shore line, offers wide opportunities for water sports. Lake Keowee and Jocassee, and the Blue Ridge Mountains, are less than an hour away. Visitors will find ample motel accommodations and campsites for overnight stays.

We hope you'll enjoy your visit with us and will take advantage of all our area has to offer while you're here.

For tourist information call Clemson Area Chamber of Commerce (864/654-1200); the Clemson University Visitors Center (864/656-2461); or the Pendleton District Historical, Recreation and Tourism Commission (864/646-3782).