



Sanction: Sanctioned by PVMSC for USMS, Inc - Sanction #104-005.

Event:

- One and two mile open water swims
- 1-mile swim will begin at 8:00 am
- 2-mile swim will begin at approximately 9:30 am
- 300 swimmer limit per distance
- Two events, four divisions, per gender:
 - 1-mile no wetsuit (USMS sanctioned) and wetsuit divisions
 - 2-mile no wetsuit (USMS sanctioned) and wetsuit divisions
- Division entered must be declared on the entry form
- The course will be marked with buoys. There will be no rope to swim along.

Eligibility:

- Open to USMS registered swimmers 19 years of age and older as of May 30, 2004.
- Single event USMS registrations will be available for a \$20 fee

Entries:

- Paper entries as well as on-line entries will be accepted.
- Entry fee is \$35 for one event, \$60 for two events.
- All entries received by midnight Tuesday May 25, 2004 will be seeded fastest to slowest based on the 1650 Yard seed time entered. For each distance, wetsuit and non-wetsuit competitors will be seeded together based on entered seed time.
- Entries received after midnight Tuesday May 25, 2004 will incur a \$5 late fee.
- Entries received after midnight Tuesday May 25, 2004 will be seeded on a space-available basis in the slowest wave regardless of 1650 Yard seed time.
- On-line registration will close at midnight Thursday May 27, 2004.
- Day-of registration will close 1/2 hour prior to race time for each distance
- All entrants must sign a waiver on the day of the race.

Scoring:

- Race scoring will be done by Lin-Mark Computer Sports using the Winning Time USA transponder chip technology timing system.
- Entries and results will be posted on their web site at www.lin-mark.com.

Rules:

- Current USMS Long-Distance Rules will apply.
- All swimmers must be registered with USMS.
- A copy of your USMS card must accompany your paper entry.

Safety:

- All swimmers must wear the provided bathing cap, race number on both arms, and an electronic chip.
- A 90-minute time limit will be set for completion of the 2-mile swim and 50 minutes for the 1-mile.
- Expected water temperature is 66-72 degrees.
- Reston Association does not guarantee the water quality.

Meet Information:

- Gordon Gerson, usna58@comcast.net
- Call the team phone at 703-845-SWIM
- visit the Reston Masters Swim Team website at www.restonmasters.org

Awards: Awards will be given to the top three individual finishers in each USMS defined age group for all divisions.

Virginia Championship Series: Swim the three Virginia open water swims - Reston 2-Mile, Virginia Beach 1-Mile, Charlottesville 2-Mile Cable - to qualify for a participation award. Information on the Virginia Beach and Charlottesville swims can be obtained at www.vaswim.org. Additional USMS sanctioned open-water swims can be found at www.usms.org/comp/ldcalendar.htm

Directions: From I-495 (Capital Beltway), take Route 267 West (Dulles Airport Toll Road; there is a 75 cent toll). Go left on Wiehle Ave. (Exit #13). Turn left on Sunrise Valley Drive. Go to second traffic light and turn right on South Lakes Drive. Go 1 block and turn left on Twin Branches Road (at traffic light next to shopping center). Stay on Twin Branches until you reach Lake Audubon. A link to a map to the lake can be found at the Reston Masters web site at www.restonmasters.org.

Email: If you provide your email address on your entry form, you will receive timely notification of event information. Please make sure your address is legible - thanks.

On-Line Entries @ Lin-Mark Computer Sports

On-line entries will be available at Lin Mark Computer Sports. Go to www.lin-mark.com to enter.



Reston Masters Swim Team presents
Jim McDonnell 1 & 2-Mile Swims
Lake Audubon, Reston, VA - Sunday, May 30, 2004
Benefits the Lymphoma Foundation

ATTACH COPY OF USMS CARD HERE

Name: _____
Street: _____
City: _____ State: ___ Zip: _____
Sex: ___ Birth Date: _____ Club: _____
Age on 5/30/04: _____ USMS#: _____
(Please fill out completely)

ENTRY INFORMATION

Divisions: **1650 Yd Seed Time**
1-mile _____
wetsuit/non-wetsuit (circle one)
2-mile _____
wetsuit/non-wetsuit (circle one)

Pay Entry Fee to Reston Masters

One event ___ \$35.00
Two events ___ \$60.00

T-shirt Size: S _____ M _____ L _____ XL _____

Mail to: Lin-Mark Computer Sports
7 Westwood Dr, Mantua, NJ 08051

Entry Check-List: ___ Copy of USMS card ___ Division ___ Seed Time ___ T-Shirt Size ___ Sign USMS Waiver ___ Sign RA Waiver ___ Enclose Entry Fee

USMS 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, MEET SPONSORS, MEET COMMITTEES, RESTON ASSOCIATION, LIN-MARK COMPUTER SPORTS, 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. 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 _____ Phone No. _____

RESTON ASSOCIATION RELEASE: "I hereby release the Reston Association generally from all claims for bodily injury, death or property damage arising from my use of Reston Association facilities. I assume full responsibility for all liability in connection with such claims, and agree to indemnify Reston Association and hold Reston Association harmless against any such claims."

Signature _____ Date _____ Email _____