



Coastal Crawl 10k Open Water Swim

2009 USMS 10k National Championship

Little Traverse Bay in Harbor Springs, Michigan

Saturday, August 1, 2009, 7:00 am

Sponsored by: Hammerhead Swim Club

Sanctioned by: Held under the sanction of United States Masters Swimming, Sanction #199-002OW

Event: This will be a 10k open water swim, consisting of three laps around a 2.05-mile course marked with buoys.

USMS 10k National Championship 7am start

Non-Championship Wetsuit 10k 7:15am start

Race morning: National Championship entrants may switch to Non-Championship Wetsuit event, but not the other way around.

Check-in: 5:45-6:45 AM.

Mandatory pre-race meeting – 6:45. You MUST be checked-in and ATTEND this meeting to be eligible to swim.

Eligibility: Open to all swimmers 18 years & over as of August 1, 2009. All swimmers must be registered with USMS. You must submit a copy of your 2009 registration or a completed One Event Registration Form (\$14). Entries without a copy of the 2009 USMS card will not be accepted.

NO RACE DAY ENTRIES

RULES: All applicable USMS rules, regulations and safety requirements will be enforced.

Entries: All entries must be received by **Saturday, July 25**. LATE AND RACE DAY ENTRIES WILL NOT BE ACCEPTED. Entry fee is \$35.00. Your entry fee includes a barbecue picnic lunch. Spectators may purchase a lunch, drink and dessert for only \$6.00.

Make checks payable to *Hammerhead Swim Club* and mail to:

John Cowing, Race Director
6212 Emmet Heights Road
Harbor Springs, MI 49740

Safety: For safety reasons, swimmers who cannot complete 10k in 4½ hours are advised not to 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 swim. Entry fee includes a highly visible swim cap that must be worn during the swim.

Roving boats, jet skis, anchored boats and paddlers will provide safety.

Water temperature: average temp in early August is 67-70°F.

Feeding: a feeding area will be provided but you must provide your own food/drink and assistant to handle your food/drink in the feeding area.

Awards: USMS National Championship medals will be awarded to the top 6 men & women finishers in each age group: 18-24, 25-29, 30-34...100+. USMS National Championship patches will be awarded to the winner of each age group. **One event registrants** will not be eligible for records or All-American status.

Non-Championship Wetsuit 10k: medals for top three men/women for each age-group.

Results will be posted at www.coastalcrawl.org

Post-race Picnic & Awards Ceremony: Free for all entrants and volunteers. Guests \$6.00.

Accommodations:

Contact Meet Directors, visit website or call Harbor Springs Chamber of Commerce 231-526-7999

Directions: From the South: Approximately 1½ hrs. north of Traverse City Airport. Drive north on US-31 into Petoskey.

From the North: Approximately 1/2 hr south of Pellston Airport. Drive south on US-31 into Petoskey.

Both North and South: Turn west onto M-119 to downtown Harbor Springs, turn left on State Street, turn right on Bay Street to Zorn Park (City Beach).

For more information, contact:

John Cowing, 231-330-8904 or Marilyn Early, 231-526-9824, or email coastalcrawl@gmail.com

Website: www.coastalcrawl.org



Coastal Crawl 10k Open Water Swim
2009 USMS 10k National Championship Entry Form
Saturday, August 1, 2009

Name: _____
(first), (last)

Address: _____

City, State: _____ Zip: _____

Phone: (____) _____

E-mail: _____

Birthdate: _____ Age(as of Aug 1st): _____ Gender: (circle) M F

USMS #: _____

Emergency Contact:

Name: _____ Phone: _____

I plan to swim: (circle) a) USMS National Championship 10 Kilometers
b) Non-Championship Wetsuit 10 Kilometers

Race morning: National Championship entrants may switch to Non-Championship Wetsuit event, but not the other way around.

Entry Fee: \$35.00; for non-members of USMS there is an additional \$14 for one-event fee. (+ \$15 for shirt)

Short Sleeve T-Shirt: Small ___ Medium ___ Large ___ X-Large ___ XX-Large ___

To guarantee a Shirt the registration must be in our hands by July 25th.

Entry fee \$35.00 = \$ 35.00

Non-members of USMS \$14.00 = \$ _____

T-Shirt fee \$15 each = \$ _____

TOTAL ENCLOSED \$ _____ Make check payable to HAMMERHEAD SWIM CLUB

Sorry, there will be NO refunds granted after the entry deadline. Shirts will be distributed ONLY on race day, at check-in.

All entry forms must be received by the entry deadline of July 25, 2009.

Please read and sign the liability release:

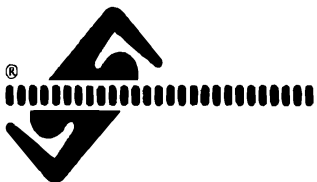
RELEASE OF LIABILITY BY PARTICIPANT: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including 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, 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 in open water swimming and agree to assume those risks.

DATE _____ SIGNATURE _____

2 Ways to Join USMS:

Annual USMS Membership Registration information can be found at: http://www.usms.org/reg/?LMSCID=19 .

One Event Registration Forms can be found at the www.michiganmasters.com



2009 One Day Membership Application

Renewal – my last USMS number was _____
 New registration

Register with the same name you will use for competition. Please print clearly.

Last Name		First Name		MI
Street Address				
City/State/Zip			Phone	
Date of Birth (mm/dd/yy)	Age	Sex (circle) M F	E-mail address	
Club Name or unattached			Today's Date (required)	

WAIVER: 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, 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.

Signature (required): _____

_____ I wish to contribute \$_____ to the Michigan Masters Education Endowment. I have added this amount to my 2009 registration fees.

_____ I wish to contribute \$_____ to the International Swimming Hall of Fame Foundation. I have added this amount to my 2009 registration fees.

_____ I wish to contribute \$_____ to the United States Masters Swimming Foundation. I have added this amount to my 2009 registration fees.

2009 Yearly Fees & effective date	
11/1/08 to 12/31/09	
USMS fee	\$10.00
LMSC fee	\$4.00
Total Fee	\$14.00

USMS Registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.

Make check for total fees plus any donation amounts payable to: Michigan Masters

**Mail check and completed form to: Jill Cooper
 3876 140th Ave.
 Holland, Michigan 49424**

Visit: www.michiganmasters.com

