

10th Annual Minnesota Fun Swim Challenge
One and two mile open water swims Lake Harriet- Minneapolis, Minnesota

DATE: Saturday, June 13, 2009

START AND DISTANCE: Lake Harriet- Minneapolis 1 and 2 mile races. North Beach

TIME:	2 mile	start 8:00am	Check in 6:30-7:30am	Pre race meeting 7:45 am
	1 mile	start 10:30am	Check in 9:30-10:00am	Pre race meeting 10:15 am

SAFETY: You will be required to check in for each race that you participate in. Positive check in will be required for all swimmers prior to the start of each race. Failure to abide by this system will result in disqualification. Swim caps will be provided and must be worn.

ENTRY FEE: Registration deadline is June 6, 2009 – Late and race day entries will not be accepted

Single event \$20. Both events \$25. Non refundable Please use entry form below

Event is limited to first 100 swimmers to register

The first 50 swimmers to register will receive an event towel

Checks payable to: Minnesota LMSC-Lake Harriet Event t-shirts will be sold on race day.

COURSE AND DISTANCE: Both swims will follow the perimeter of the lake with the 1 mile turning across in the middle. The course will be patrolled with safety boats. Escorts for swimmers are not permitted. *No hand paddles, fins, wetsuits, swimsuits that are made of fabric that provides flotation or flotation devices are permitted. Swimsuits may not go over the shoulders or below the line of the knees. Please contact the race director if you have questions about swimwear.*

You will not be allowed to start the race using prohibited equipment.

The 2 mile course will close at 9:30 am and the 1 mile will close at 11:30 am. Course will be marked with orange buoys.

WAIVER: All swimmers are required to sign the liability waiver.

SWIMMER ELIGIBILITY: All swimmers must be 18 years or older and a registered member of United States Masters Swimming (USMS). To register please see the Minnesota Masters website at www.minnesotamasters.com

AGE GROUPS: 18-24, 25-29, ... Male and female categories.

AWARDS: Overall top 3 men and women finishers plus the top finisher in each age group. Top overall finishers will be removed from age group division winnings.

PARKING: Event parking is available anywhere parking is permitted. Please abide to posted parking restrictions.

WATER TEMPERATURE: Approximately 68 degrees.

FOR REGISTRATION: Complete and mail the form below to: Tina Neill 1286 Alameda St St. Paul, MN 55117

For more information contact Tina Neill at 651-489-4360 or polarswim@aol.com

LAKE HARRIET REGISTRATION - please complete legibly

NAME _____ SEX _____ AGE ON RACE DAY _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____ PHONE _____ (work) _____ (home) _____

EMAIL _____ BIRTHDATE _____

2009USMS# _____ (include a photo copy of card)

Enclosed is: **Registration by June 6, 2009** Check to: **Minnesota LMSC-Lake Harriet**

___ \$20 1 mile registration ___ \$20 2 mile registration ___ \$25 1 and 2 mile registration

Please include: signed waiver, payment, copy of 2009 USMS card with registration form.

ATHLETES RELEASE-MUST BE SIGNED

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 the risk inherent in Masters Swimming (training and competition) including possible permanent disability of death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIM PROGRAM, THIS EVENT, OR ANY ACTIVITY INCEDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEE, THE CITY OF MINNEAPOLIS-HENNEPIN COUNTY, HOST FACILITIES, EVENT SPONSORS, EVENT COMMITTEES, VOLUNTEERS OR ANY INDIVIDUALS OFFICIATING AT THE EVENT OR SUPERVISING SUCH ACTIVITIES. In addition, I specifically acknowledge that I am aware of the risks inherent in open water swimming and agree to assume all those risks. Finally, I agree to abide by and be governed by the rules of USMS.

Date _____ Signature _____

Sanctioned by Minnesota Local Masters Swimming Committee for USMS Inc.

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