

Lake Hopatcong Open Water Swim Festival

Featuring

**2 Mile US Masters Swimming Division
2 Mile USA Swimming Division
1 Mile Tom Wear Memorial Swim**

Proceeds to benefit

Southern Tier Police Canine Association • 11th Hour Rescue • Father John's Animal House • Jefferson Township Pound

**Lake Hopatcong, NJ
September 8, 2013
www.swimlakehopatcong.com**

Hosted by Garden States Masters

**Sanctioned by: New Jersey LMSC, Inc. for USMS, Inc. Sanction #:073-W001
New Jersey xxxxx for USA Swimming Sanction #PENDING**

NEW RACE FORMAT FOR 2013

Special K9 demonstration/Q&A during registration, swimming & post event. Visit with adoptable dogs. Refreshments served before, during and after the race. Fun for spectators while you swim!

Date/Time: September 8, 2013 at 7:45am (2 mile) and 9:30am (1 mile)

Registration, Body Marking, Warm-ups from 7:00 – 7:30 am (2 mile/1mile) and 8:45-9:15am(1 mile)

Mandatory meeting and line-up for all swimmers starting 15 minutes before each race. Awards table open at the completion of each distance to pick up awards. To accommodate the new format to allow swimmers to swim multiple distances, there will only be an awards table for pick up versus a formal awards presentation.

Location/Directions: Northern tip of Lake Hopatcong, NJ. Registration and Event held at Flash Marina, 155 Route 181, Lake Hopatcong NJ 07849. From Rt 80, Rt 15 North to 181 North/Lake Forest/Woodport exit (approx. 6 miles), follow to Rt 181 (first available right after you exit and cross over Rt 15), then approx 1.4 miles on Rt 181 and Flash Marina is on your left before you cross over water. Parking available.

Eligibility: For the USMS Division this is a USMS sanctioned event and all participants must be registered for 2013 with USMS, or complete a one day event registration (additional \$15). For the USAS Division this is a sanctioned event and all participants must be registered for 2013 with USAS. You must submit a copy of your 2013 USMS/USAS card with mail in entries and bring a copy of your current registration to day of registration with on-line entries. The 1 Mile Tom Wear Memorial Swim will allow wetsuits and separate awards will be given for wetsuit entries. All swimmers are eligible for the 1 Mile Tom Wear Memorial Swim. An entry fee discount is offered for swimmers participating in both the 2 and 1 mile events. *Swimmers 10 and under must provide proof of a timed 1 mile swim, supported by a coach sign off.*

Rules: Current 2013 U.S. Masters Swimming rules will govern this event or all races.

Conditions: Course is one mile loop starting at Flash Marina. In water start. The safety of swimmers is of prime concern; therefore, the swimming event may be delayed or canceled due to bad weather. The Meet Director, US Coast Guard and Lake Hopatcong Marine Police will make this decision. There will be no refund.

Entry Fee: \$55 pre-registration by May 31, 2013, \$65 by July 15, 2013, \$75 by August 22, 2013, and \$85 between August 23 and August 31, 2013 for all races. For 2 Mile swimmers entering the 1 Mile Tom Wear

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Memorial Swim, the additional fee is only \$25. On-line registration closes August 31, 2013 11pm EST. Race day registration is available for \$100 entry fee for 1 race, and \$125 to enter both races. Fee includes T-shirts for registrations received by August 1, 2013, refreshments, permits, electronic timing, caps and race bags. After August, T-shirts are available as supply lasts.

Chip Timing: Each swimmer will be given a timing chip to wear on the ankle during the race to provide accurate times and finish places. Results and awards will be available soon after the last swimmer is done in each race; awards will then be available for pick up at the awards table. Timing provided by Prestige. Awards will not be mailed.

Awards: In the USMS Division, medals are awarded for the top 3 finishers in each age group. Age groups are: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89 and 90+. In the USA Swimming Division, medals are awarded for the top 3 finishers in each age group. Age groups are: 11-12, 13-14, 15-18. In the 1 Mile Tom Wear Memorial Swim awards for top 3 Overall Male & Female and top 3 finishers in each age group: 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89 and 90+. Awards in the wetsuit divisions will be for the top 3 Overall Male & Female. Awards will be available at the awards table for pick-up at the completion of each event. Results will be posted at www.swimlakehopatcong.com.

Safety – Our Primary Concern: For safety reasons, swimmers unable to complete 1 mile in 45 minutes and 2 miles in 1.5 hours are advised not to enter. Swimmers still on the course after that 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 as the top cap during the swim and all swimmers must have their race number on their arm and shoulder. Lifeguards, safety boats, and kayaks will monitor the entire race course and local EMTs and medical personnel will be present. Medical cards are available at day of registration for you to complete and submit to EMTs if you would like to alert them to potential issues (i.e. diabetes, allergies).

Water Temperature: 68 to 77°F (based on prior 4 years in early September)

Accommodations: Please see www.swimlakehopatcong.com for a list of local hotels and area attractions.

For more information please see www.swimlakehopatcong.com or contact Bridgette Hobart via email at bhobart@ptcllc.com, or via phone at 973.663.3663.

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Entry Form – Please provide the following information (print clearly):

Name _____ **Email** _____

Sex _____ **Age** _____ **Date of Birth** _____ **Club** _____

Telephone # _____ **USMS/USAS #** _____

Address _____

City _____ **State** _____ **Zip** _____

Emergency Contact Name: _____ **Telephone #:** _____

Check Applicable: _____ ***2 Mile US Masters Swimming Division**

_____ ***2 Mile USA Swimming Division**

_____ **1 Mile Tom Wear Memorial Swim**

_____ **USMS One Day Event Registration**

** A copy of your USMS/USAS Registration Card is required to enter the 2 mile race.*

T-Shirt Size: _____ **Small** _____ **Medium** _____ **Large** _____ **X Large** _____ **XX Large**

CHECK OR MONEY ORDER PAYABLE TO: PARADIGM TECHNOLOGY CONSULTING, LLC

SEND ENTRIES TO: Lake Hopatcong Swim Festival, c/o Bridgette Hobart - Event Director,
8 Lorettacong Drive, Lake Hopatcong, NJ 07849.

Questions please call Bridgette at 973.663.3663 or email at bhobart@ptcllc.com.
You can also register on-line via link on our site: www.swimlakehopatcong.com.

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MASTERS SWIMMERS SIGN:

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.

Signature

Date

ALL SWIMMERS SIGN:

LIABILITY/PUBLICITY RELEASE: (failure to sign with date will delay processing of your application.) Please accept my entry in this event. I hereby state that I have conditioned myself to participate in this event. I myself, my executors, administrators and assignees, do hereby release and discharge the event committee, USMS, NJMS, host facilities, event sponsors, volunteers, Marine Police, Coast Guard, EMTs, or any individual officiating at the event or supervising such activities from any and/or all claims or liabilities from damages or injuries occasioned by my participation in this event. I agree that if I have a medical condition I will fill out an informational form at registration, or bring my own documents and I will take full responsibility to ensure the event director or EMTs receive this information. I understand this information is being submitted only for informational purposes if an emergency should occur, and my conditions noted do not impair my ability to successfully complete this event. I understand that this information is not being used by EMTs or the event in any other way other than if an emergency should occur, and it is not being used to give priority safety watch over other athletes. Further, I grant to all foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature

Date

Signature of parent/guardian if under 18

Date