

Rice Aquatics/Twin Lakes
Open Water Swimming Carnival
Sunday, April 26th, 2009
Benefiting Rice University Women's Swimming Team

- Location:** Twin Lakes Scuba Park is a 31 acre aquifer fed lake. It is located on Highway 6 just 1.8 miles east of Texas 288 in Manvel, TX. 77578.
- Sanction:** Sanctioned by Gulf LMSC for USMS, Inc. 259-003 OW and by Gulf LSC for USA Swimming, Inc. GULC 09-001.
- Eligibility:** All participants must be currently registered with either USA Swimming or USMS to be eligible. Proof of eligibility must be provided with entry. All USMS swimmers must provide a copy of their USMS card with entries. One day USMS registrations are available for \$10
- Warm Up:** The race course will be open for warm up at 8:00am, once safety marshals are positioned. Only registered swimmers may enter the course. Warm up closes at 8:45am.
- Event Schedule:** There are three events offered:
1. 9:00am USMS, 9:20am USA Swimming 800 meter swim, check in 7:30am to 8:30am,
2. 9:40am USMS, 10:20am USA Swimming 1 mile swim, check in 7:30am to 9:00am
3. 11:00am USMS and USA Swimming 2 mile swim (staggered start), check in 7:30am to 10:00am
- Please note for 2 mile race all USA swimmers will be started at the scheduled start time and USMS swimmers will begin 2 minutes afterward. There will be pre race instructions given 10 minutes prior to each race.
- Race Info:** The race course will be a 400meter diamond. The race will start and finish in the water. It will be swum in a clock wise direction with buoys staying on your right shoulder. The finish will be a hand touch on the dock.
- USA Swimmers are not allowed to wear any device that will aid their speed. USMS swimmers may wear a wet suit, but will not be eligible for awards.
- Awards:** We will have 1st place and runner up awards for male and female 10 and under, 11-12, 13-14, Senior USA Swimmers. First place awards will be available for USMS male and female swimmers 19-24, 25-29, 30-34, etc....
- Directions:** Coming from Houston, go south on Texas 288, past the Sam Houston Toll way about 8 miles, exit Highway 6 and go east (left). Twin Lakes Scuba Park is 1.8 miles down on the right side of the road.
- Entry into the park and parking is \$5 per vehicle. There are no changing rooms available, but there are portable bathrooms.
- Entry Info:** The entry deadline is Friday, April 18th. The race entry fee is \$30 for the first race and \$10 for each additional race the swimmer enters. Late entries will be accepted through the end of race check-in for an additional \$25 late fee. USA Swimming entries are encouraged to enter using Hy Tek Team Manager. Find meet file on Gulf web page. Each participant will receive a race t-shirt. Food and drinks will be provided for participants throughout the event. Send all entries and entry fees to:
- Seth Huston, Head Swim Coach
Rice University
P.O. Box 1892, MS 548
Houston, TX. 77251
- Meet Director:** Make checks to **Rice University** and inquiries to Seth Huston, shuston@rice.edu or call at 713-539-3041.
Seth Huston 713-539-3041, shuston@rice.edu
- Race Referee:** Herb Schwab 713-245-7855, Herb.Schwab@shell.com, **Safety Marshal:** Jada Hallmark 713-539-7519
- Safety:** Safety is our prime consideration. While there are no qualifying standards for this event, you should have previously completed a one mile swim in 40 minutes or faster in order to swim in this event. You should be healthy and in reasonably fit swimming shape. Swimmers will be allotted 20 minutes per ½ mile to complete the course. There will be safety marshals positioned at each turn and at the start and finish of the race.

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Please type or print clearly

Today's Date _____

First Name _____ Middle Initial _____ Last Name _____

Mailing Address _____ Phone Number _____

City _____ State _____ Zip _____ Email _____

Birthdate
Month _____ Day _____ year _____ Gender (please circle) Male Female

USA Swimming ID _____
Or USMS Swimming ID _____ T-shirt (please circle)
adult sizes small medium large x-large

USMS Waiver of Release

"I, the undersigned participant, intending to be legally bound, do 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 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 OR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTER SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signed _____ date _____

Sanctioned by Gulf Local Masters Swimming Committee, Sanction # 259-003 OW

Please check races to be entered:

800 meter swim _____
1 mile race _____
2 mile race _____

Race	Entry	Fees	
1st race entered		\$30	<input type="checkbox"/>
2nd race entered		\$10	<input type="checkbox"/>
3rd race entered		\$10	<input type="checkbox"/>
Late entry fee (after 4/18)		\$25	<input type="checkbox"/>
One day USMS registration		\$10	<input type="checkbox"/>

Make check payable and mail forms to:

**Rice University Swimming
Attention: Twin Lakes Race
P.O. Box 1892, MS 548
Houston, TX. 77251**

Total _____