

**Rice Aquatics/Twin Lakes**  
**Open Water Swimming Carnival**  
**Saturday, April 17<sup>th</sup>, 2010**  
*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. 250-004 OW and by Gulf LSC for USA Swimming, Inc. GULC. 10-002.
- 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 800meter 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:** All participants will receive a goody bag. All male and female first place finishers in each age group of each race will receive a race and age group champion award. We will have 1st place 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 Monday, April 5<sup>th</sup>, 6:00pm for USA Swimmers and Friday, April 9<sup>th</sup> for USMS swimmers. 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.  
Send all entries and entry fees to:  
Seth Huston, Head Swim Coach  
Rice University  
P.O. Box 1892, MS 548  
Houston, TX. 77251
- Make checks to **Rice University** and inquiries to Seth Huston, [shuston@rice.edu](mailto:shuston@rice.edu) or call at 713-539-3041.
- Meet Director:** Seth Huston 713-539-3041, [shuston@rice.edu](mailto:shuston@rice.edu)  
**Race Referee:** Herb Schwab [Herb.Schwab@gmail.com](mailto:Herb.Schwab@gmail.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.

**2010 Rice/Twin Lakes Open Water Carnival**  
**Saturday, April 17<sup>th</sup>, 2010**  
**USA Swimming Gulf Sanction GULC 10-002**

**Gulf Swimming Event Information:**

<b>All Swimmers will receive a goody bag, event winners in each age group will receive award</b>	
<b>Entry Rules</b>	
Type of Meet	Open Water
Max # of events	1 for 9-10, 2 for 11-12 and 3 for 13 & over
Swimmers Eligible	All Registered USA Swimming athletes
Entry Times	None
Qualifying Times	None
Enter with no time	Yes
Gulf "three event" rule applies?	Does not apply
Gulf "up/down" rule applies?	Does not apply
Fees	1 <sup>st</sup> event \$30, 2 <sup>nd</sup> event \$10, 3 <sup>rd</sup> event \$10
Entry due date	Monday, April 5 <sup>th</sup> , 2010, 6:00pm

**Order of Events:**

<b>Event #</b>	<b>Age Group</b>	<b>Event</b>
1-2	9 & over girls and boys	800 meter free *
3-4	11 & over girls and boys	1600 meter free **
5-6	13 & over girls and boys	3200 meter free ***

Please note that events will be swum combined and scored separately for boys and girls by 9-10, 11-12, 13-14 and 15 & over.

\* 9-10 year olds are eligible for the 800 meter event only.

\*\* 11-12 year olds are eligible for the 800 meter and the 1600 meter events.

\*\*\* 13 years old and over are eligible for all three events.

# Rice Aquatics/Twin Lakes Open Water Swimming Carnival Saturday, April 17<sup>th</sup>, 2010 Benefiting Rice University Women's Swimming Team

Please type or print clearly

Today's Date \_\_\_\_\_

First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_ Last Name \_\_\_\_\_

Mailing Address \_\_\_\_\_ Phone Number \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

Birthdate Month \_\_\_\_\_ Date \_\_\_\_\_ Year \_\_\_\_\_ Team \_\_\_\_\_ 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 # 250-004OW and Gulf Swimming, sanction # GULC 10-002

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 Fee USA 4/5, USMS 4/9		\$30	<input type="checkbox"/>
One day USMS registration		\$10	<input type="checkbox"/>

Make check payable and mail forms to:  
**Rice University Swimming**

Total \_\_\_\_\_

**Seth Huston, Head Swim Coach  
Rice University  
Attention: Twin Lakes Race  
P.O. Box 1892, MS 548  
Houston, TX. 77251**

