

Rice Aquatics/Twin Lakes
Open Water Swimming Carnival
Saturday, April 28th, 2007
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:** Sacntioned by Gulf LMSC for USMS, Inc. # 257-004 and by Gulf LSC for USA Swimming, Inc. #GULC 07-003.
- 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.
- Participants 18 and older not currently registered with USMS or USA Swimming can register with USMS for a single event membership for \$18. This form would be filled out at the race during check in.
- 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, 800 meter swim, check in 7:30am to 8:30am,
 2. 9:30am, 1 mile swim, check in 7:30am to 9:00am
 3. 10:30am, 2 mile swim, check in 7:30am to 9:30am
- All USA swimmers will be started at the scheduled start time and USMS swimmers will begin 5 minutes afterward. There will be pre race instructions given 10 minutes prior to each race.
- Race Info:** The race course will be an 800meter triangle. The race will start and finish in the water. It will be swum in a counter clockwise direction with buoys staying on your left shoulder.
- 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 and awards for USMS male and female swimmers 19-24, 25-29, 30-34, 35-39, 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 free. There are no changing rooms available, but there are portable bathrooms.
- Entry Info:** The entry deadline is Saturday, April 21st. The race entry fee is \$25 for the first race and \$5 for each additional race the swimmer enters. Late entries will be accepted through the end of race check in for an additional \$20 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 713-348-4710.
Travis Sandifer 281-773-6100, coach@katyaquatics.org, Seth Huston 713-539-3041
- Race Referee:** Herb Schwab 713-245-7855, Herb.Schwab@shell.com, **Safety Marshal:** Greg Kristoff 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 # 257-004

Please check races to be entered

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

Entry Fees

race # 1	\$25	
race # 2	\$5	
race # 3	\$5	
Late entry fee (after 4/21)	\$20	
One day USMS registration	\$18	
Rice University Swim team gift		

Make check payable and mail forms to:

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

Total _____