



2010 USMS 1.5 MILE OPEN WATER NATIONAL CHAMPIONSHIP



Tri Valley Masters Del Valle 0.75 & 1.50-Mile Open Water Swims

Sunday, June 6, 2010 Lake Del Valle, Livermore, California

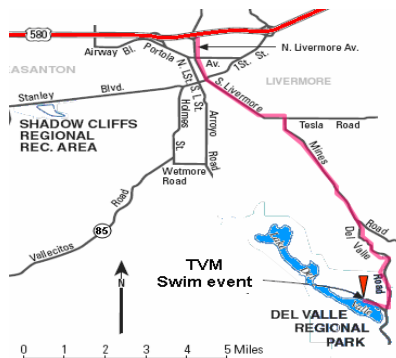
Pacific Swimming/USA Swimming Sanction # Pending and # Pending

Electronic Chip based Timing, Wave Start, Age Group Division, Wetsuit Division



Location of Event

The Del Valle Regional Park, Livermore, CA., is located on Del Valle Road off Mines Road. From I-580 take the North Livermore Av exit and head south 3.9 mi (North Livermore Av will become South Livermore Av). Turn right onto Mines Road. Go 3.5 miles and continue straight on Del Valle Road (Mines Road turns left). Drive 4 miles over the hill to the park entrance (there is a parking fee). After the entrance go right and park near the lake.
www.ebparks.org/parks/delval.htm



Race Start/Cutoff Times

USA-S 0.75-mile swim begins at 8:55 A.M. and 1.50-mile swim begins at 10:25 A.M. Cutoff times will be 45 minutes for the 0.75-mile swim and 90 minutes for the 1.50-mile swim. Race start times are approximate. Registration is from 6:45 to 9:15 A.M. Registration for 0.75 mile race will close at 8:00AM. Swimmers may be seeded in waves fast to slow. Wetsuits will be seeded in a separate wave. The waves will be denoted by different color caps and start 5-10 minutes apart.

Awards

0.75-mile race: Medals will be given to the first 3 finishers in each sex/age in the non-wetsuit division (11-12, 13-14, 15-16, 17-18). **1.5-Mile Race:** Medals will be given to the first 3 finishers in each sex/age in the non-wetsuit division (11-12, 13-14, 15-16, 17-18). Entrants under 18 years of age are permitted with parent/guardian waiver. Wetsuits will be allowed in a separate wetsuit division and be given official times. **Wetsuit Open Division:** Medals will be given to the first 3 finishers in each sex in the wetsuit division in each race. Wetsuits will be allowed in a separate wetsuit division and be given official times. Preliminary results for both races will be posted on site 30 min after the last swimmer in the 1.5 mile race finishes. Official results will be posted on www.trivalleymasters.com, and www.pacificmasters.org

Conditions/Safety

Expected water temperature: 65-75 degrees. Each course is patrolled by safety craft. Participants should be adequately trained for open water swims of this length. Previous experience in similar water conditions is highly recommended. All swimmers must wear the provided swim cap.

Contact Information Race Director: Bill McCracken, mccracmiller@pacbell.net, (925) 216-7918

ALL SWIMMERS MUST REGISTER AND SIGN WAIVER ON THE FOLLOWING PAGE or see www.trivalleymasters.com for registration form.

