

**Davis Aquatic Masters**  
**29<sup>th</sup> Annual Lake Berryessa Open Water Swims**  
**Saturday, June 12, 2010**

**Sanction Numbers:**

USMS#: OW10-05a (1-mile swim) & OW10-05b (2-mile swim)

USA Swimming #: OW 10-004 (500 yd swim & 1-mile swim)

**Location:** Lake Berryessa in Napa County, at Oak Shores Park, on Knoxville-Lake Berryessa Road, West side of the lake.

**Directions:** Turn E. onto Knoxville-Berryessa Road from Hwy 128 at Turtle Rock Café. Entrance to Oak Shores Park is 0.6mi. N. of Park Headquarters and two miles N. of Spanish Flat. Carpooling is strongly encouraged. Parking spots are limited. Directions will be on Web site and in the brochure.

**Course:** One and two-mile buoys mark courses at 200-yard intervals. Anticipated water temp. is 65-70 degrees.

**Events:** Masters 1-mile, Masters 2-mile, Masters Wetsuit 1-mile, Masters Wetsuit 2-mile. USA Swimming 500 yd and 1-mile.

**Swim Procedure:** Deep water starts. No late starters. Caps are provided and are mandatory. No individual escorts. Safety craft will patrol, kayaks and canoes. Cut-off times: 1 hour for one-mile and 2 hours for two-mile.

**Check-in:** Race day registration and check-in begins at 7:30 a.m., and closes at 9:00 a.m. for the 2-mile swim and 9:30 a.m. for all 1-mile swims. The two-mile starts at 9:30 a.m., one-mile at 11:00 a.m.

**Entry fees:** For 1-Mile and 2-Mile swims \$35 if postmarked by Tuesday, May 25, 2010. Pre-race day entry fees for combined 1 and 2-Mile is \$50. For 500 yd swim, cost is \$20. For the USA Swimming 1-mile (10-18year old), cost is \$30. Late and race day fees add \$10 (see deadline below). Send entries, with a photocopy of 2010 USMS or 2010 USA Swimming to DAM, P.O. Box 921, Davis, CA 95617. Use official entry form or register on Dam's website under Lake Berryessa Swim at [www.damfast.org](http://www.damfast.org).

**Deadline:** Postmarked by May 25, 2010. Late registration accepted with a fee of \$10 by June 1, 2010. No on-line registration after June 5, 2010. Day of competition registrations are accepted but a \$10 late fee will be imposed.

**Awards:** Commemorative awards to the top three finishers in all events in each age and gender groups. Special awards to the first man and woman overall in combined 1 & 2-Mile, and wetsuit (no age group) categories. Special awards for oldest man and woman finishing the 1 & 2-Mile.

**Custom T-shirts:** May be purchased on entry form prior to May 25, 2010 and on-line until June 5, 2010. A limited number of T-shirts will be available on Race Day.

**Traditional Post Swim Picnic:** An onsite food service will provide lunch. Lunches should be pre-ordered – only a limited number will be for sale on race day. Details are on the official entry form. Picnic tables, BBQ grills and restroom facilities are available.

**Race Director:** Kathleen Morris 510-364-0698; email: kemdamfast@yahoo.com.

**Online Registration Form Request:** [www.damfast.org](http://www.damfast.org) under Lake Berryessa Swim.

**Paper Registration Form Request:** Link is posted at [www.damfast.org](http://www.damfast.org) under Lake Berryessa Swim. Send SASE to P.O. Box 921, Davis, CA 95617, Attn: Lake Berryessa Race Director.

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Sanctioned by Pacific Swimming for USA Swimming OW 10-004 (500 yd & 1-mile)

**Event Sheet**  
(sorted by time starts)

2 Mile Masters Non-Wetsuit Men Ages 18-39 ..... 9:30 a.m.

2 Mile Masters Non-Wetsuit Women Ages 18-39 .....9:35 a.m.

2 Mile Masters Non-Wetsuit Men Ages 40+ .....9:40 a.m.

2 Mile Masters Non-Wetsuit Women Ages 40+ .....9:45 a.m.

2 Mile Masters Wetsuit Women & Men..... 9:50 a.m.

500 yd. USA youth Boys Ages 8-10 .....9:55 a.m.

500 yd. USA youth Girls Ages 8-10 .....10:00 a.m.

1 Mile USA Boys Ages 15-18 .....11:00 a.m.

1 Mile USA Girls Ages 15-18 .....11:05 a.m.

1 Mile USA Boys Ages 11-14 .....11:10 a.m.

1 Mile USA Girls Ages 11-14 .....11:15 a.m.

1 Mile Masters Non-Wetsuit Men Ages 18-39 .....11:30 a.m.

1 Mile Masters Non-Wetsuit Women Ages 18-39 ...11:35 a.m.

1 Mile Masters Non-Wetsuit Men Ages 40+ .....11:40 a.m.

1 Mile Masters Non-Wetsuit Women Ages 40+ .....11:45 a.m.

1 Mile Masters Wetsuit Women & Men.....11:50 a.m.

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Swimming Event Fees	\$
Shirt Total	\$
Lunch Total	\$
Jamba Juice Total	\$
<b>Total Amount Enclosed</b> (Make check payable to DAM)	<b>\$</b>

(Remember, you must attach a current copy  
Of your USMS/USA Swimming  
membership card HERE)

Recommended procedure to attach  
USMS/USA Swimming card:

1. Place USMS/USA Swimming card in this space.
2. Photocopy with this entry form – Don't reduce
3. Send in the photocopied entry form.

<b>Fees:</b> If postmarked by May 25, 2010		
	2-mile Masters	\$35
	1-mile Masters	\$35
	2-mile & 1-mile Masters	\$50
	2-mile Masters Wetsuit	\$35
	1-mile Masters Wetsuit	\$35
	2-mile & 1-mile Masters Wetsuit	\$50
	1-mile USA Swimming (11-18)	\$30
	500 yd USA Swimming (8-10)	\$20

<b>Shirts:</b> \$15 each (\$20 on race day)						
	Adult	S	M	L	XL	XXL
	Youth	S	M	L	XL	
_____ X \$15 = \$_____						
If you don't select a shirt size, an adult large will be given to you.						
PRESHRUNK: Adult shirts are a light Blue and Youth shirts are a light Orange with the event logo.						

Jamba Juice (12 oz) - 100%, non-dairy		
	Mega Mango	\$4
	Pomegranate Paradise	\$4
	Strawberry Whirl	\$4

<b>Subway Sandwich Lunch Options</b> (Must be pre-ordered.) Each meal comes with chips and choice bottles water/soda		
	Turkey & Cheese	\$7
	Avocado & Cheese (Vegetarian)	\$7
	The Italian: Mortadella, Capicola, Turkey Cotto, Dry Salami, & Provolone Cheese	\$7

USMS #:		
USA Swimming #:		
Last Name:		
First:		
Sex: M F	Age: _____ (In order to be scored, you must fill in your age.)	Date of Birth: _____ (mm/dd/yyyy)
Address:		
City:	State:	ZIP:
Phone:	Work:	
Club Affiliation:		
Club Initials:		

**WAIVER:** 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 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 PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES CAUSED BY 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 risks inherent in open water swimming and agree to assume those risks.

Swimmer's Signature: \_\_\_\_\_

**MAIL IN COMPLETED ENTRIES TO: Davis Aquatic Masters, P.O. Box 921, Davis, CA 95617**  
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