Eastern Zone Open Water Championships
Moraine State Park, Portersville, Pennsylvania

Sanction Number:	#AM081003-01	Meet Director:	Marian Cassidy Keen PO Box 7436
Hosted by:	Allegheny Mountain Swimming		Fitzgerald Field House, #218 Pittsburgh, PA 15213
Meet Type:	Open Water		(412)648-8341 PH (412)648-1264 FAX
Date:	Sunday, August 10, 2003		

Race Times:
Check-In/Warm-up Available 7:30AM
10 & under, 11-12, 13-14 Races Begin 8:30AM
The 15-18 event will begin upon completion of the preceding events but not prior to 9:00AM

Location:
Moraine State Park, 225 Pleasant Valley Road, Portersville, PA
50 minutes north of Pittsburgh: From the University of Pittsburgh, follow 279N to 79N. Take exit #96, Portersville (old exit 28) and turn right off the exit. Then immediately, take the next left (very soon) onto Badger Hill Road. Follow approximately 1.5 miles all the way to boat launch, Porter's Cove. (The road will become unpaved.)

Course:
The racecourse will be out and back for each distance marked by large orange bouys. Water temperature ranges from 72-80F.

Eligibility:

1. Each swimmer must be a 2003 USA Swimming registered athlete.
2. Competition is restricted to Eastern Zone LSCs.
3. Each swimmer must be entered on the official entry forms provided. Only one swimmer per entry form.
4. The Meet Director reserves the right to limit entries or conduct the events in heats. A full refund will be given to swimmers that are eliminated.

Events:

10 & under	½ mile
11-12	1 mile
13-14	1 mile
15-18	2 miles

Rules:
2003 USA Swimming Rules and Regulations will govern this event. No drafting allowed.

Safety:
Adequate safety guidelines will be strictly adhered at this meet. Lifeguards and safety craft will be on sight and prepared to administer aid should the need arise.

Protests:
A meet jury will judacate any protest including issues of conduct which may occur at the meet venue. All protest must be made in writing. The meet jury will consist of the meet director, meet referee, an athlete representative, a coach representative and a non-coach representative.

Entry Deadline:
Entries must be received by Sunday, August 3 to be included in the program and guaranteed a T-shirt. All entries must be submitted on the official entry form. Please submit a separate sheet for each swimmer. **All signatures, including coach's verification, must be on entry form prior to participation. You may register at the pool meet, but entries must be received by the conclusion of Thursday Finals, August 7 at the announcer's table.**

Entry Fee:
$20.00 per entrant. Fee includes T-shirt. **$30.00 for entries recieved 8/4-8/7. T-shirt included if still available.**

Pre-Race Meeting:
There will be a mandatory pre-race meeting with detailed course description at the race site at 8:15AM.

Awards:
Zone Championship medals for the top eight places in each age group.

Eastern Zone Open Water Championships
Official Entry Form
Moraine State Park, Portersville, PA
Sunday, August 10, 2003

Name _____ Age_____Sex _____

USA Swimming Reg # _____LSC_____

Street Address _____

City _____ State _____ Zip _____

Phone _____ Club Code _____ Coach _____

Event (please circle) ½ Mile 1 Mile 2 Mile

T- shirt size (please circle) M L XL

RELEASE BY PARTICIPANT FROM LIABILITY: I hereby release USA Swimming, Eastern Zone, Allegheny Mountain Swimming, Team Pittsburgh, the University of Pittsburgh, Moraine State Park, the Commonwealth of Pennsylvania and any other participating organization from any claims and damages received by me as a result of my participation in the race and furthermore, hold them harmless and indemnified from any damages. I further attest and verify that I am aware of the risks involved with an open water swim, am physically fit to compete, and have trained sufficiently for the completion of this race.

Signature _____ Date _____

Parent's Signature _____ Date _____
(If under eighteen years of age)

Coaches Certification: I hereby affirm that the swimmer entered on this form is capable of completing the distance entered.
Signature _____

*********ENTRIES MUST BE RECEIVED BY SUNDAY AUGUST 3 or THURSDAY AUGUST 7********

ENTRY FEE - $20.00 by August 3 (Includes T-shirt)
$30.00 8/4-8/7 (Includes T-shirt if available)

Make checks payable to:
Pittsburgh Aquatic Program

Mail Entry, Release Form and Entry Fee to:

Marian Cassidy Keen
PO Box 7436
Fitzgerald Field House, #218
Pittsburgh, PA 15213
(412)648-1264 FAX or mckeen@pitt.edu