

**EASTERN ZONE
OPEN WATER
SWIMMING COMPETITION**

**AUGUST 15, 2004
also at www.starswimming.org**

SPONSOR/HOST: Niagara Swimming, Inc. and STAR Swimming, Inc.

SANCTION: Sanctioned by USA Swimming: NI 0449

MEET TYPE: Zone Championship

DATE: Sunday, August 15, 2004

RACE TIMES: Check-in/Warm-up available 7:30 AM
10 & under, 11-12, 13-14 races begin - 8:30 AM
15-18 event will begin upon completion of the

LOCATION: Town of Hamburg Lakefront Town Park
S 4420 Lake Shore Road
Hamburg, New York 14075
Lake Erie
From downtown Buffalo, take Route 5 over Skyway

ELIGIBILITY:

1. Each swimmer must be a 2004 USA Swimming registered athlete in the LSC which he/she represents.
2. Each swimmer must be entered on the official entry forms provided. Only one swimmer per entry form.
3. Competition is restricted to Eastern Zone LSC's.
4. The Meet Director reserves the right to limit entries or conduct the events in heats.
5. A full refund will be given to swimmers that are eliminated.

COURSE: The racecourse will be 1/2 mile long clearly marked by large orange buoys. The 2-mile race will be four loops, the 1 mile , two loops and the 1/2 mile, 1 loop. Water temperature ranges from 74 to 77.

RULES: 2004 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 site and prepared to administer aid should the need arise. Meet Swim Caps will be provided and required to be worn.

EVENTS:	10 & Under	1/2 mile
	11-12	1 mile
	13-14	1 mile
	15-18	2 mile

PROTESTS: A meet jury will adjudicate any protest including issues of conduct which may occur at the meet venue. All protests 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 Friday, August 6, 2004. All entries must be submitted on the official entry form. Please submit a separate entry sheet for each swimmer. All signatures, including coach's verification, must be on entry form prior to participation.

ENTRY FEE: \$20.00 per entrant. Should the meet be canceled due to inclement weather or lake conditions not conducive to running the meet, a refund of \$10.00 will be made to each entrant. Each entrant will receive their meet t-shirt and swim cap and hospitality at the site even if the meet has to be canceled.

PRE-RACE MEETING:

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

AWARDS: Zone Championship medals for first through eighth places.

Completed entry forms and fees should be sent by

**DAVE BIMBER
5568 COACHMAN'S LANE
HAMBURG, NEW YORK 14075
716-649-2701
email: PUFFIN5568@aol.com**

3. Make checks payable to: **STAR SWIMMING, INC.**
4. Meet Director for this meet is: Dave Bimber

Eastern Zone Open Water Championships
Official Entry Form
Town of Hamburg Lakefront Park
Lake Erie
Sunday, August 15, 2004

Name: _____ Age _____ Sex _____

USA Swimming Reg # _____ LSC _____

Street Address _____

City _____ State _____ Zip _____

Phone _____ Club Code _____ Coach _____

T-shirt size (Please circle) M L XL

RELEASE BY PARTICIPANT FROM LIABILITY: I hereby release USA Swimming, Niagara Swimming, Inc., Star Swimming, Inc., Town of Hamburg, County of Erie, State of New York 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 am aware of the risks involved with an open water swim, am physically fit to compete, and have trained sufficiently for the completion 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 _____ Date _____

***** ENTRIES MUST BE RECEIVED BY FRIDAY AUGUST 6, 2004 *****

ENTRY FEE: \$20.00 (Includes T-shirt)
Mail entry, release form and entry Fee to:

Make checks payable to "STAR SWIMMING, INC."

Dave Bimber
5568 Coachman's Lane
Hamburg, NY 14075
716-649-2701
e-mail: puffin5568@aol.com