

Youth
Organized Open Water Practice
 at the
Lake Berryessa Swim
 Hosted by Davis Aquatic Masters



June 4, 2016

Complimentary Official Berryessa Mug
(guaranteed for entries received by June 1)
 Cool 2016 T-Shirt



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Entries, Order Form, Updates & Race Results, Visit

www.damfast.org

Prizes

Prizes given to the top 3 male & female finishers in each age group.

Food Truck Lunch \$15

Two food trucks, Brunch Boys & Cali Love, will be on-site to satisfy your pre- & post-race cravings. Lunch plates include your choice of **Main + Side + Drink** made to order on race day. **Menu options:** Reuben Sandwich, Pulled Pork Sandwich, Mushroom Sandwich, Mac & Cheese, Chicken Quesadilla, Bacon & Egg Burger, Tri-Tip Sliders, Veggie Sandwich, Chicken & Waffle Sandwich...only \$15!
Please pre-order to reserve a meal. Race day food subject to availability.

Organized Open Water Practice

A designated USA-S certified coach will be present on shore, a requirement for hosting an Organized Open Water Practice. All swimmers must show proof of their current 2016 membership to USA-S in order to swim. Membership information may be obtained by contacting:

USAswimming.org

Water Safety

The Lake Berryessa Swim enforces a strict water safety plan approved by USA-S and USMS. Swim caps will be provided and are mandatory for the swims. The course will be monitored by safety boats and paddlers. Individual escorts will not be allowed. A cut-off time will be enforced to ensure that no swimmers will be in the water longer than one hour for the 1-mile swim and two hours for the 2-mile swim.

Course & Water Temperature

Both the 1-mile & 2-mile courses will be marked by buoys at approximately 200-yard intervals. The expected water temperature of the lake is between 70-73 degrees. Air temperature in June averages 72-degrees. All swims are deep water starts.

Post Swim Picnic

After the swims, Steele Canyon Campground will become a picnic haven. Shade trees, picnic tables, barbecue grills, and restroom facilities make it a prime location for all to enjoy. Come and make a day of it by the lake! Food Truck options and Jamba Juice can be pre-ordered with a limited quantity available day of race. Please see order form for selections. **Note: No sale or use of alcoholic beverages, no glass containers and no smoking allowed in swim area.**

Registration/Check-In

Registration and check-in open at 7:30 a.m. Race day registration available. Cash & check donations will be accepted in lieu of registration fees for the Youth Organized Swim Practice. Sign-ups for each Organized Swim Practice will close one hour before it starts. **NOTE:** All entrants MUST provide USA swimming card on race day. Mailed entries must include photocopy of valid card.

Suggested Donation	Received by 6/1/16	Race Day 6/4/16
1-mile Youth Swim	\$25	\$30
2-mile Youth Swim	\$25	\$30
2-mile + 1-mile Youth Swim	\$35	\$40
500 yd. Youth Swim	\$15	\$20

Swimmers will receive:

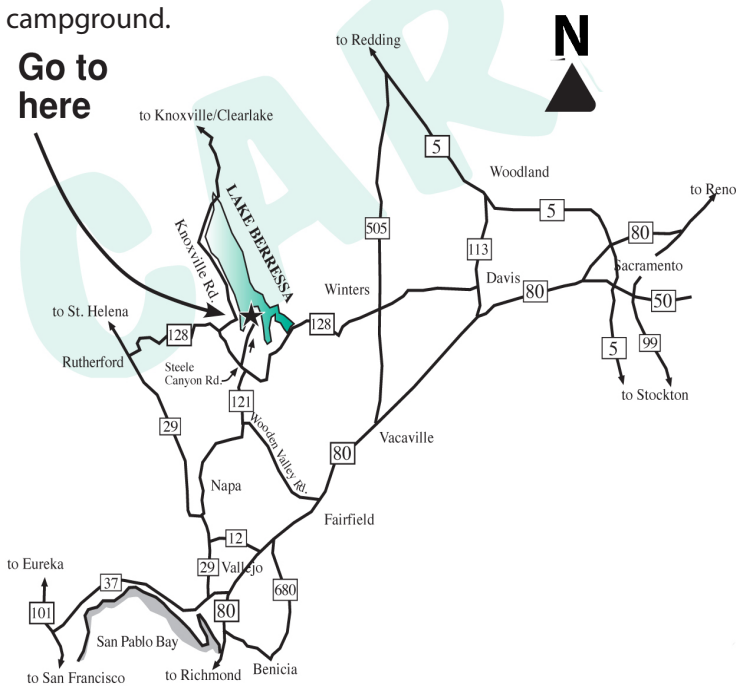
- Swim Cap
- Official Berryessa Mug (if signed up by 6/1/2016)
- Post Race Refreshments
- Online Swim Results

For general race information contact:
Melanie Gentles, DAM Race Director (530) 574-9584
 E-mail address: berryessa@damfast.org

Directions & Parking

All swims start and finish at Steele Canyon Campground, on Steele Canyon Rd. From Highway 128, turn onto Steele Canyon Rd (there will be signs directing you to the swim). The campground entrance is 5.0 miles from the start of Steele Canyon Rd. Plenty of free parking available at the campground.

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You MUST include a current copy of your USA-S membership card.

Category 1: Non-Wetsuit Division

Use of wetsuits (and technical suits: Speedo Lazars, Blue 70's, etc.) shall result in that swimmer being ineligible for prizes. Use of fins, pull buoys, or other swimming devices no permitted. Soft hand paddles may only be used as a prosthesis if - per Race Director - they do not present a safety hazard to other swimmers.

Category 2: Wetsuit Division

Wetsuits are welcome & mandatory for this division.

Division Start Times (approximate). **PLEASE SELECT THE DISTANCES YOU WILL BE SWIMMING**
Swimmers must check in 1 hr. before start time.

- 500 yd. Youth Boys & Girls Ages 8-10 9:10 a.m.
- 2 Mile Youth Boys & Girls Ages 15-18..... 9:20 a.m.
- 2 Mile Youth Boys & Girls Ages 13-14..... 9:25 a.m.
- 2 Mile Masters Non-Wetsuit Men, 18-39..... 9:40 a.m.
- 2 Mile Masters Non-Wetsuit Women, 18-39 ..9:45 a.m.
- 2 Mile Masters Non-Wetsuit Men Ages 40+...9:50 a.m.
- 2 Mile Masters Non-Wetsuit Women, 40+.....9:55 a.m.
- 2 Mile Masters Wetsuit Women & Men..... 10:00 a.m.
- 1 Mile Youth Boys & Girls Ages 15-1810:50 a.m.
- 1 Mile Youth Boys & Girls Ages 11-1410:55 a.m.
- 1 Mile Masters Non-Wetsuit Men, 18-39.....11:10 a.m.
- 1 Mile Masters Non-Wetsuit Women, 18-39 11:15 a.m.
- 1 Mile Masters Non-Wetsuit Men, 40+.....11:20 a.m.
- 1 Mile Masters Non-Wetsuit Women, 40+ ...11:25 a.m.
- 1 Mile Masters Wetsuit Women & Men.....11:30 a.m.

No late starters or switching of races will be allowed.

Please pre-order lunch & jamba to ensure reservation. Race day meals subject to availability

jamba Juice

14 oz. 100% Classic Fruit Smoothie (non-dairy)

- Strawberry Whirl \$5.00
- Pomegranate Paradise \$5.00
- Mega Mango \$5.00

SHIRTS \$15 each (\$20 on race day)

Men..... S M L XL XXL

Women.... S M L XL XXL

Women..XS Youth.....S

All shirts Charcoal Grey Heather, Pre-shrunk

Open Water Practice Donation (see page 1)	\$
Shirt - Qty ___ x \$15 =	\$
Lunch - Qty ___ x \$15 =	\$
Jamba - Qty ___ x \$5 =	\$
Amount Due (Please bring cash/check to check-in on race day)	\$

SEX M F DATE OF BIRTH MONTH DAY YEAR AGE Phone

ON RACE DAY **USA-S ID #**

LAST NAME

FIRST

ADDRESS

CITY

STATE ZIP

Emergency Contact Person

Emergency Contact Phone

CLUB AFFILIATION

CLUB INITIALS

WAIVER: I, the undersigned legal parent/guardian of the above-named participant, intending to be legally bound, hereby certify that the participant is physically fit and has not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Open Water 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 LAKE BERRYESSA SWIM 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., UNITED STATES OF AMERICA SWIMMING, 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

Digital Signature of Swimmer's Parent/Legal Guardian _____ **Date** _____



LIABILITY RELEASE AND INDEMNIFICATION FORM

I, the undersigned participant and parent, request voluntary participation for minor to participate in all events, which are hereinafter referred to as the "activities." sponsored by _____ Club, USA Swimming and its local swimming committees. This agreement is valid while the participant is a member of USA Swimming.

I consent to my/minor's participation in the activities and acknowledge that the minor and I fully understand my/minor's participation may involve risk of serious injury or death, including losses which may result not only from my/minor's own actions, inactions or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the event or activity is being conducted, and/or the rules of play of this type of event or activity. I understand that if I have any risk concerns, I should discuss the risks associated with my participation with the activity coordinators and event staff, before I sign this document and before any activities begins.

Release – Minor's Rights:

In consideration of allowing Minor Participant to participate in the activities, I hereby release and hold harmless _____ Club, USA Swimming and its local swimming committee and their members of its board of directors, officers, employees, volunteers, other participants, and agents (collectively, the "Released Parties"), of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that Minor Participant may have or sustain with respect to any and all damage and/or injury, of any type, arising out of his or her participating in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

(Print name of minor)

(Signature of minor)

(Date)

Release – Parents'/Guardians' Rights:

In consideration of allowing Minor Participant to participate in this USA Swimming event, I hereby release and hold harmless the Released Parties, of and from, and do discharge and waive, any and all claims, demands, losses, damages, and liabilities that I may have or sustain with respect to any and all damage and/or injury, of any type, arising from Minor Participant's participation in the activities. I also agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

I certify that my/minor is in good health and have no physical condition that would prevent participation in this activity. Furthermore, I agree to use my/minor's personal medical insurance as a primary medical coverage payment if accident or injury occurs. I consent to emergency medical treatment in the event such care is required.

(Print name of Parent/Guardian)

(Signature of parent)

(Date)

Indemnification by Parent/Guardian:

The undersigned parent/guardian further agrees to indemnify, save and hold harmless the Released Parties from any and all claims, demands, losses, damages and liabilities for indemnities, contribution or otherwise with respect to any damage and/or injury, of any type, arising from Minor Participant's participation in the activities. The undersigned also agrees that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement extends to all acts of negligence by the Releasee and is intended to be as broad and inclusive as is permitted by the laws of the State in which the Event(s) is/are conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

(Print name of Parent/Guardian)

(Signature of parent)

(Date)