

**EASTERN ZONE  
OPEN WATER  
SWIMMING COMPETITION**

**AUGUST 12, 2007  
also at [www.starswimming.org](http://www.starswimming.org)**

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

**SANCTION:** Sanctioned by USA Swimming: NI 0742

**MEET TYPE:** Zone Championship

**DATE:** Sunday, August 12, 2007

**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 earlier races

**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 2007 USA Swimming registered athlete in one of the LSC's which make up the Eastern zone.
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 usually ranges from 74 to 77.

**RULES:** 2007 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.

<b>EVENTS:</b>	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 3, 2007. 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. The decision to cancel usually cannot be made until the morning of the race. 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. Parents will be asked to help time and to take order of finish.

**AWARDS:** Zone Championship medals for first through eighth places.

Please Note: The results of the Open Water Competition will not affect the team scores from the Eastern Zone Meet.

Completed entry forms and fees should be sent by  
Express Mail or FedEx with signature waiver to:

**DAVE BIMBER  
5568 COACHMAN'S LANE  
HAMBURG, NEW YORK 14075  
716-649-2701  
email: [dbimber@adelphia.net](mailto:dbimber@adelphia.net)**

3. Make checks payable to: **STAR SWIMMING, INC.**
4. Meet Director for this meet is: Dave Bimber  
Email any questions to [dbimber@adelphia.net](mailto:dbimber@adelphia.net)

**Eastern Zone Open Water Championships**  
**Official Entry Form**  
**Town of Hamburg Lakefront Park**  
**Lake Erie**  
**Sunday, August 12, 2007**

Name: \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

USA Swimming Reg # \_\_\_\_\_ LSC \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Club Code \_\_\_\_\_ Coach \_\_\_\_\_

T-shirt size (Please circle) adult sizes            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 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.

Coach's Signature \_\_\_\_\_ Date \_\_\_\_\_

\*\*\*\*\* ENTRIES MUST BE RECEIVED BY FRIDAY AUGUST 3, 2007 \*\*\*\*\*

ENTRY FEE: \$20.00 (Includes T-shirt)

Make checks payable to "STAR SWIMMING, INC."

Mail entry, release form and entry Fee to:

Dave Bimber  
5568 Coachman's Lane  
Hamburg, NY 14075  
716-649-2701  
e-mail: dbimber@adelphia.net