



HAGG LAKE PRACTICE SWIM

Sanctioned by Oregon Masters Swimming for United States Masters Swimming – Sanction# 379-OWCL1

Location: Hagg Lake – Pavilion at Boat Ramp C

Time: Following the clinic – approximately **11:30 am**

Eligibility: Practice Swim is only open to those attending the clinic. All swimmers MUST be registered with **USA Swimming** or **USMS**. Entries submitted without a LEGIBLE COPY of your 2009 registration may be returned. To register for USMS online, visit <http://www.swimoregon.org/registration.php>.

It is possible to register for **USMS** with a one-event registration for \$15.00. This registers the participant for this event, but no USMS swim workouts or other USMS events during 2009. Full year registration for USMS is \$38. Checks for the USMS registration should be payable to **"OMS, Inc."** for Oregon Masters Swimming.

Wetsuits: Wetsuits are permitted at the Hagg Lake Swims. If you are planning to wear a wetsuit during the swim, you are encouraged to wear it to the Practice Swim.

Clinic & Practice Swim Registration:

Name: _____	Age on 5/30/09 _____ DOB _____
Address: _____	Gender: Male Female (circle ONE)
City/State/Zip _____	Phone: _____
USS/USMS #: _____	E-mail: _____

If you are not a USMS Member and want a one-event registration for \$15, circle: YES
If registering for this one-event only, include a 2nd check payable to "OMS, Inc." for \$15
Note: Annual USMS registration is **\$38**. Registration instructions are at <http://www.swimoregon.org/registration.php>.

Emergency Contact Name: _____

Emergency Contact Phone: _____

Significant medical conditions (i.e. seizures, diabetes, asthma, etc.): _____

Make check payable to **"Tualatin Hills Barracudas"** and mail with the completed entry form and photocopy of USMS or USA Swimming card to: **Tim Cespedes, 11539 SW Davies Rd. #2501, Beaverton, OR 97007**

RELEASE BY PARTICIPANT FROM LIABILITY

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 SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE 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, ALBEMARLE COUNTY, 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 the USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature: _____ Date: _____



OPEN WATER CLINIC & HAGG LAKE PRACTICE SWIM

SATURDAY, MAY 30, 2009

9:00 AM – Cost: \$30

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CLINIC TOPICS

- A Step – Getting Started, Overcoming Fears, Techniques
- An Adventure – Crossing the Channel
- The Possibilities – The Grandeur of Open Water Swimming Around the World

CLINIC LOCATION

Pacific University, Price Hall
2043 College Way
Forest Grove, OR 97116

CLINIC SCHEDULE

8:45 AM – Check In
9:00 AM – Start
11:00 AM – Wrap up, drive to lake

DIRECTIONS: <http://www.pacificu.edu/about/location/directions-forest-grove.cfm>

CAMPUS MAP: http://www.pacificu.edu/about/location/documents/CampusMap_AUG19_08_bw.pdf

MICHELLE MACY

Michelle is a Marathon Swimmer who was the 2nd fastest American swimmer in 2007 to cross the **English Channel**. In 2008, Michelle swam the **Manhattan Island Marathon Swim** (28.5 miles), the **Catalina Channel** (21 miles), **Boston Light Swim** (8 miles) and **Pennock Island Challenge** (8.5 miles). In 2009, Michelle was part of the relay setting a **New World Record** for fresh water crossing **Lake Taupo** in New Zealand (63 miles). In addition to her work as a Business Analyst for Nike, she is a well respected motivational speaker.

JOE OAKES

Joe is an author and the creator of the **Escape from Alcatraz Triathlon** and **The Alcatraz Challenge** – one of the top 10 ocean swims in the world. He has been guiding swims from Alcatraz for more than 25 years. During that time, he has lead more than 30,000 swimmers across the icy waters of the **San Francisco Bay**.

TIM CESPEDES

Tim is a long time USMS swimmer with over 20 years open water swimming experience. He successfully crossed the **English Channel** in 2007