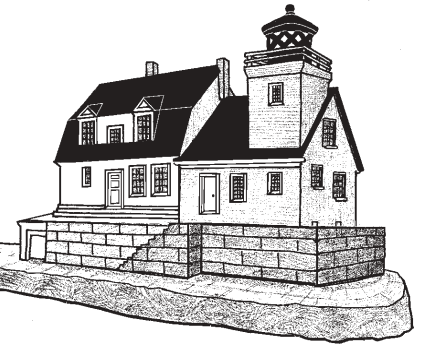


Fifth Annual ROCKLAND BREAKWATER SWIM

Official Entry Form



SATURDAY, AUGUST 28, 2010
 ROCKLAND, MAINE
Sanctioned for USMS, Inc. by New England LMSC, sanction #

Individual Entry Information

Name _____ USMS Registration # _____
 Address _____ DOB ____/____/____ Age (race day) _____
 City _____ State _____ Zip _____ Gender (circle) M F
 Phone (____) _____ E-mail: _____

Must check one or the other:

Wetsuit category
 Non-wetsuit category

Must check one or the other:

1.6 mile swim
 3.2 mile swim

T-SHIRT SIZE S M L XL XXL

Waiver: 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 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 CONDITON OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEE, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEET 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 the risks inherent in Open Water swimming and agree to assume those risks.

Signature _____ Date _____

Entry Fees and Deadlines

Early bird entry - received by 7/31/10 (\$50.00) \$ _____

(OR)

ENTRY FEE received 8/01~8/26/10 (\$75) \$ _____

TOTAL ENCLOSED \$ _____

**ATTACH A COPY OF YOUR
 2009 USMS REGISTRATION
 CARD HERE.**

Make check payable to Pen-Bay Masters and mail with this entry/release form and *a copy of your 2009 USMS card* to:

Rockland Breakwater Swim
 P.O. Box 702
 Union, ME 04862

Info: contact Douglas Roth (207) 273-2907
 Info: contact Dieter Weber *dieter@cisco.com*

HOST

Pen-Bay Masters

DATE

Saturday, August 28, 2010

LOCATION

Rockland Breakwater at Jameson Point in Rockland Harbor, Rockland, Maine. This is a location where your family and friends can travel along with you as you swim and watch the entire event by walking along the Breakwater. *Bring your friends!*

COURSE

The course is L-shaped and follows the Rockland Breakwater. 1.6 mile swim is one loop; 3.2 mile swim is two loops. Water temperatures could range anywhere from 65 degrees down to 55 degrees. *NOTE: All swimmers must wear the colored caps provided by race organizers.*

RACE TIME

Check-in:.....9:00am
Pre-race briefing:.....9:30am
Race begins:.....10:00am

All swimmers must attend the prerace briefing.

ELIGIBILITY

The race is open to all swimmers currently registered with USMS. A copy of your 2010 USMS registration card **MUST** be included with the entry form. Foreign swimmers must present a letter of introduction from their national Masters organization.

REGISTRATION AND ENTRY DEADLINE

Entries must be received by the meet director by Wednesday, August 26, 2010. See below for entry fees. Send entries and fees to

Rockland Breakwater Swim
P.O. Box 702
Union, ME 04862

ENTRY FEES

Early bird entry (received by July 31).....\$50.00
Regular entry (Received Aug 01-Aug 26).....\$75.00

Absolutely NO entries will be accepted if received after August 26, 2010.

RULES

2010 USMS Rules and Regulations will govern this event.

PRE-RACE BRIEFING

There will be a pre-race briefing at 9:30am at the race location. All swimmers must attend the pre-race briefing.

ESCORT CRAFT

Most of the course runs along the Breakwater, which makes it a "spectator event" that is unique from almost any other open-water swim. Course safety monitors will be located on the Breakwater and in kayaks in the water. Although probably not necessary, personal escorts in kayaks are allowed. All personal escorts must stay clear of other swimmers. Any swimmer wanting a personal escort must provide their own human-powered boat and escort.

AWARDS

Awards will be presented to the overall top male and female finishers in the 1.6 mile and 3.2 mile race, wetsuit and non-wetsuit categories. Token awards will also be presented to the top man and woman in each age group for each race and each wetsuit and non-wetsuit category.

T-SHIRTS

T-shirts will be given on race day to each swimmer.

PARKING

Parking is available at the race site.

DIRECTIONS

From the South, take Route 1 into Rockland. Go left on Main Street (Route 1 North). Go 1.3 miles to a stop light. Wendy's Restaurant will be to the left and an auto parts store on the right. Go right at the light onto Waldo Avenue. Go .5 miles and turn right onto Samoset Road. Go .6 miles to the parking area.

From the North, take Route 1 South. At the Rockland city line, go .5 miles. Wendy's Restaurant will be on the right side. Go left at the light onto Waldo Avenue. Go .5 miles and turn right onto Samoset Road. Go .6 miles to the parking area.

LODGING

Information on lodging is available at the Rockland-Thomaston Area Chamber of Commerce website, www.therealmaine.com/accomodations.html or the Camden-Rockport -Lincolnville Chamber of Commerce website, www.camdenme.org.

INFORMATION

Contact Douglas Roth at (207) 273-2907 or Dieter Weber at dieter@cisco.com with any questions or requests for additional information.