

The DAM 5K

Lake Travis, Texas
Saturday, November 6, 2010



ASA Sanction #OW10-1106

Who: Adults: 18 & older. Youth: 12-17.

What: 5k open water swimming race.

Where: Mansfield Dam Park, Lake Travis, Texas.

When: 9:00 a.m. Saturday November 6, 2010. Check-in and warm-up starts at 8:15 a.m.

Why: To get/stay healthy & fit, to look good, and for fun.

Rules: 2010 ASA Open Water Rules will govern this event. No fins, snorkels, heart monitors, wristwatches, pull buoys, floats or any other artificial aids permitted. No tech suits.

Costume: Only one suit and one cap may be worn. No tech suits. Please make sure you wear an acceptable suit. If you have any doubt as to what suit you will be permitted to wear at this event, please check with the Event Director.

Age Determination: A swimmer's age as of November 6, 2010 will determine the swimmer's age group.

Age Groups: The event will be contested by gender in each of the following age groups: 12-14, 15-17, 18-34, 35-49, 50-64, 65 and older. Wetsuit swimmers will be listed separately.

Eligibility: Adults 18 and older, Youth 12-17. All entrants must be 2010 ASA members in good standing.

Membership: If you are not yet a 2010 A.S.A. registered swimmer, include a completed A.S.A. 2010 Single-Membership Application (found at www.AmericanSwimmingAssociation.com) and check for \$12 for single-event membership. If you wish to register for 2011 ASA membership (\$20) you may do so at a combined discounted rate of: \$27.

Safety: Safety is our prime consideration. While there are no qualifying standards for this event, you should have previously completed a mile swim in 40 minutes or faster in order to swim this events. You should be healthy and in reasonably fit swimming shape. The Dam 5k is not the time to test your open water swimming skills. If you have any doubts about your ability to complete a 5k in a reasonable amount of time, you should not enter. There will be a 2 hour 15 minute time limit for the 5k.

Swimming in a river, lake or pond always carries some risk of exposure. Unlike swimming pools, natural waters are not chlorinated or disinfected. The risk is higher after heavy rains when bacteria levels are elevated due to fecal matter washed into the lakes and streams.

SWIM AT YOUR OWN RISK.

Escort Paddlers: Escort Kayakers are permitted and highly encouraged for this race.

Awards: Award to the top finisher in each contested age group. No awards for swimmers wearing wetsuits.

Directions: **From Mopac or 360:** Take FM 2222 west to RR 620. Go south (left) at 620, Travel 4.9 miles. Turn right onto Mansfield Dam Road, just after you cross Mansfield Dam. The park entrance is on your left.

From Hwy 71 & 620 intersection: Go North (right) on 620 approximately 9 miles (immediately before the dam). Turn left onto Mansfield Dam Road. The Park entrance is on your left.

Entry Fees & Deadlines: \$36 if received on or before Monday, October 25, 2010. Include a \$15 late fee for entries received: 10/26-11/1. Entries received after 11/1 through Race Day (if available) are \$55. Entry fee is determined by the date that a valid entry form, 2010 ASA membership form, and all applicable fees are received. Incomplete entries may be returned and are subject to late fees. ALL FEES ARE NON-REFUNDABLE.

T-Shirts: Participant T-shirt included with on-time entries. Please designate your t-shirt size. Additional t-shirts may be pre-ordered on the entry form. Late entrants are not guaranteed a t-shirt.

Volunteers: Please contact Sandy Neilson if you are interested in volunteering (on land or in the water):
327-1280 • sneils@austin.rr.com

Direct Questions & Comments to:

Dr. Keith Bell, Race Director • 327-2260

Send Entry Form and Make Fees Payable to:

American Swimming Association, LLC
Attn: Dam 5k
3101 Mistyglen Circle
Austin, Texas 78746 U.S.A.

All information on subject to change

Questions: 512 327-2260 / info@AmericanSwimmingAssociation.com

2010 ASA Event Calendar

The Money Box Cap 2k 8th Annual — 5/2/10

ASA Open Water Texas H.S. State Championships — 5/2/10

5th Annual Austin Masters City Championships — 7/4/09

KB Birthday Swim & Fitness Challenge — 8/8/10

9th Annual Deep Eddy Mile — 8/14/10

World Championship of Texas 3-on-3 Swimming Tournament — 9/5/10

ASA Open Water Collegiate National Championships — 10/2/10

7th Annual Lake Travis Relay — 10/9/10

4th Annual Highland Lakes Challenge — 10/20 through 10/24/10

5th Annual Dam 5k — 11/6/10

To enter or for more event information go to:
www.AmericanSwimmingAssociation.com

Entry Form
The DAM 5k
Saturday, November 6, 2010

Please Type or Print Clearly

Today's Date: _____ / _____ / _____

First Name _____ Middle Initial _____ Last Name _____

Mailing Address _____ Cell Phone (_____) _____

City _____ State _____ Home or Work Phone (_____) _____

Zip Code _____ Email address: _____

Birthdate Month _____ mm / dd / yyyy _____ Age as of November 7th _____ T-shirt size: S M L XL XXL (Please Circle One)

ASA member: yes / no* Gender: M / F Wetsuit: y / n Drivers License #: _____ State: _____

* If you are not already a 2010 ASA member you must attach a completed 2010 membership form including appropriate fees with this entry form or your entry will be void. If you've already sent in your membership application but have yet to receive a number, then designate "pending." If including your membership application now, please check [here](#): ASA membership form and fee enclosed

Kayaker is optional but highly suggested

Name of Kayaker _____ Ph: _____ Email: _____

Mile Time: _____ Please circle: 1650y 1500m Open Water Longest Event Completed & Time: _____

COMPETITORS UNDER THE AGE OF 18 MUST HAVE THE "WAIVER AND RELEASE OF LIABILITY" SIGNED BY A PARENT OR LEGAL GUARDIAN.

**WAIVER AND RELEASE OF LIABILITY
 READ BEFORE SIGNING**

In consideration of being allowed to participate in any way in the American Swimming Association, LLC swimming program, related events and activities, I, _____, the undersigned acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this particular program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my Heirs, assigns, personal representatives, and next of kin, HEREBY RELEASE AND HOLD HARMLESS American Swimming Association, LLC, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"). WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property. WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

ALL FEES ARE NON-REFUNDABLE.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND IT'S TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature of Swimmer _____ Age: _____ Date Signed: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by

Parent/Guardian Signature: _____ Phone: _____ Date Signed: _____

CHECK LIST

- ___ Entry form
- ___ 2010 ASA Application (if not already a youth or adult member) & appropriate fees
- ___ Check for appropriate fees

Make check payable & mail or deliver form & fees to:

American Swimming Association, LLC.
 Dam 5k
 3101 Mistyglan Circle
 Austin, Texas 78746

Questions: 512 327-2260 / info@AmericanSwimmingAssociation.com

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ENTRY FEE (if received by 10/25)	\$36	_____
LATE FEE (if received on or after 10/26 & by 11/1)	\$15	_____
11/2 to Race Day Entry (if available)	\$60	_____
Single Event ASA Membership	\$12	_____
Combo: 2011 + single-2010 ASA membership:	\$27	_____
T-shirt for Kayaker / # Additional T-shirt(s):		
_____ S _____ M _____ L _____ XL @	\$12	_____
_____ XXL @	\$14	_____
TOTAL FEES ENCLOSED		_____



2010 ASA INDIVIDUAL MEMBERSHIP APPLICATION

Today's Date: / /

Please Type or Print Clearly

First Name		Middle Initial	Last Name	
Mailing Address			Home Phone ()	
City	State / Province		Work Phone ()	
Country	Postal Code		Mobile Phone ()	
Birthdate Month	Day	Year	Age	Minor: y / n
			Circle One: Gender M F	
Email				
Team			(if paying by check) Driver's Licence #:	

COMPETITORS UNDER THE AGE OF 18 MUST HAVE THE "WAIVER AND RELEASE OF LIABILITY" SIGNED BY A PARENT OR LEGAL GUARDIAN.

**WAIVER AND RELEASE OF LIABILITY
READ BEFORE SIGNING**

In consideration of being allowed to participate in any way in the American Swimming Association, LLC swimming program, related events and activities, I, _____, the undersigned acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this particular program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my Heirs, assigns, personal representatives, and next of kin, HEREBY RELEASE AND HOLD HARMLESS American Swimming Association, LLC, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"). WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property. WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

ALL FEES ARE NON-REFUNDABLE.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND IT'S TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature of Swimmer _____ Age: _____ Date Signed: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by

Parent/Guardian Signature: _____ Phone: _____ Date Signed: _____

2010 ASA Membership Fee: \$20.00

**CONTACT US AT:
512-327-2260**

info@AmericanSwimmingAssociation.com
www.AmericanSwimmingAssociation.com

Make check payable to:
American Swimming Association, LLC (ASA)

Send completed form and check to:

American Swimming Association, L.L.C.
3101 Mistyglen Circle
Austin, Texas 78746