



9th Annual Deep Eddy Mile

1766 2/3 yards, 53 laps of the pool

Saturday, August 14, 2010



ASA Sanction: #P10-0814

Who: Open to A.S.A. registered swimmers eighteen and older. If you are not yet a 2010 A.S.A. registered swimmer, you may include a completed A.S.A. 2010 Swimmer Membership Application (found at www.americanswimmingassociation.com) and check for 2010 A.S.A. membership fee (\$20) along with your Deep Eddy Mile entry form or you may register for 2010 A.S.A. Membership at check-in for the meet.

What: A "Deep Eddy mile": 1766 2/3 yard swim. The swimmer in each age group in each gender who achieves the fastest recorded time for the "Deep Eddy mile," in strict accordance with the rules, wins. This event is organized in heats such that each swimmer gets his own lane.

Where: Deep Eddy Pool, 401 Deep Eddy Drive. Deep Eddy pool is a 10-lane 33 1/3 yard well-water pool. Expect the water temperature to be between 68 and 74 degrees Fahrenheit. There is a large grassy area with shade trees surrounding the pool.

When: Saturday, August 14, 2010. Warm-up starts at 7:30 am, First heat starts at 8:00 a.m.

Why: Because

- ...it is a great way to get/stay healthy, fit, and look good
- ...it is your opportunity to test yourself against the competition (including yourself)
- ...it is your opportunity to establish an A.S.A. certified, Deep Eddy Pool record
- ...it's fun

Timers/Counters: Each swimmer must provide at least one timer and, if desired, someone to count.

Age Determination: A swimmer's age as of 8/14/10 will determine the swimmer's age group.

Age Groups: The event will be contested by gender in each of the following age groups: 18-29, 30-39, 40-49, 50-59, 60-69, 70 and up.

Rules: 2010 ASA Open Water Rules will govern this event. No fins, snorkels, heart monitors, wrist-watches, 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.

Awards: Awards to the winners of each contested age group.

Directions: Deep Eddy is located at 401 Deep Eddy Drive, just North of the River and West of Mopac (Loop 1). Going South on Mopac: exit at Lake Austin Blvd. and go West (right) past one stoplight. Turn left on Deep Eddy Drive. Going North on Mopac: exit at First Street and go West (left) past two stoplights. Turn left on Deep Eddy Drive.

Entry Fee* & Deadlines: \$36.00 if received on or before August 4, 2010. \$46.00 for late entry. All fees are non-refundable. Entries received after 8/9/10 not guaranteed a t-shirt.

*A portion of your entry fee will go to support the Friends of Deep Eddy Pool.

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.

Direct Questions & Comments to:

Sandy Neilson, Meet Director
info@AmericanSwimmingAssociation.com • 327-2260

Send Entry Form and Make Fees Payable to:

American Swimming Association
 3101 Mistyglenn Circle
 Austin, Texas 78746
 U.S.A.

*TeamTexas and the
 American Swimming Association
 in cooperation with City of Austin Aquatics
 host this event.*



DEEP EDDY MILE RECORDS

18-29 Men Keith Astoria, 24	21:43.75
18-29 Women Katelyn Erickson, 19	20:54.49
30-39 Men Ross Davis, 36	19:46:05
30-39 Women Kristen Turner, 36	22:23.59
40-49 Men Seth Huston, 40	20:31.74
40-49 Women Erin Scott, 42	21:24.01
50-59 Men Keith Bell, 55	20:31.45
50-59 Women Sandy Neilson-Bell, 51	24:30.59
60-69 Men Keith Bell, 60	21:15:30
60-69 Women Maria Johnson, 60	34:37.72
70+ Men Robert Murray, 72	45:26.67
70+ Women Beverly Lowry, 71	34:23.05

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



2010 ASA INDIVIDUAL MEMBERSHIP APPLICATION

Please Type or Print Clearly

Today's Date: / /

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