

## 2010 Snake River Challenge



### 3/4 Mile Open Water Swim Clarkston, Washington July 3, 2010

Sponsored by: Lewis Clark Neptune Swimming and Lewis Clark Neptune Masters Swimming

USMS Sanction: #035100703

USA Swimming Sanction: # \_\_\_\_\_

Race Day Entry: 6:15 – 7:00 a.m.

8:00 a.m. there will be mandatory race briefing

Start: 8:15 a.m. USMS Swimmers

9:15 a.m. USA Swimmers

All swims start and finish on the beach

\*athletes must declare USAS or USMS affiliation

Entry Fee: Early entry fee for pre-registered athletes before 06/18/09 \$35.00. Late entry fee for after 06/19/09 & including race day registration is \$45.00.

All participants who will receive a bright colored cap that will be mandatory to wear during the race.

Participants will also receive a t-shirt. For those who are not pre-registered, t-shirts are not guaranteed, first come first serve basis.

The event will be limited to the first 1,000 entries.

Make check payable to: LCN

Mail to: 20228 Clearwater Dr., Lewiston, ID 83501

For More Information Contact:

Chris & Nicole Engledow, Race Directors

[nmcrafft@aol.com](mailto:nmcrafft@aol.com)

[www.lcneptunes.com](http://www.lcneptunes.com)

Confirmation will be sent if you provide a legible e-mail address or stamped self-addressed envelope. This is a rain or shine event. The event may be delayed or cancelled due to water or weather conditions. Every effort will be made to continue the event. Swimmers are responsible for the safety and storage of their own belongings at all times.

\*\*\*All entry fees are non-refundable.\*\*\*

Eligibility: Open to all USMS registered swimmers 18 & over as of July 3, 2010. You must submit a copy of your 2010 registration card. Open to USAS registered athletes who submit a current card. Current USMS & USAS Swimming rules will govern this race. Annual USMS registration can be found at <http://www.usms.org/reg/>

\*\*\*One Day Event Registration will be Available @ the race.

Equipment: Use of neoprene swimsuits, wetsuits, or other non-porous attire shall result in that swimmer being ineligible for awards or place points. The use of fins, pull buoys, or other swimming devices will result in disqualification.

Awards: awards will be given to the first place finisher in each of the following age groups: 12 & under boys, 12 & under girls, 13-17 Boys, 13-17 girls, 18-25 women, 18-25 men, 26-35 women, 26-35 men, 36-45 women, 36-45 men, 46-55 women, 46-55 men, 56 & over women, 56 & over men

Timing: Timing will be conducted manually by assigned timers with stop watches. Timers will be stationed at the finish line and will be started via radio.

Meet Package Pick Up: Package pick up will be race day for everyone. Swimmers are required to check in and pick up their package between 6:15 a.m. and 7:45 a.m. on race day. You must be marked, checked in, and receive your bag before the race briefing. Swimmers will be transported to the start at Chestnut Beach.

Course & Water Temperature: The course is  $\frac{3}{4}$  of a mile. It will begin at Chestnut Beach in Clarkston and end at the Green Belt Boat ramp in Clarkston. Swimmers will start and finish out of the water. It is suggested that you bring comfortable shoes to walk to the race start as the surface will have sand and some rocks. The expected surface temperature in July on the Snake River is between 67-71 degrees. Fingernail and toe nail length will be inspected by the meet referee or designee. Nails must be trimmed close or the swimmer will be disqualified.

Water Safety: Brightly colored swim caps will be provided to all swimmers & will be mandatory for the swim. The course will be monitored by safety boats and paddlers. For safety reasons, swimmers who cannot complete the  $\frac{3}{4}$  mile course in 1 hour are advised not to enter. Swimmers still on the course after the time limit will be stopped and listed as DNF in the results. All swimmers will be body marked. Local EMT/ ambulance and law enforcement will be present.

Where: Snake River, Clarkston, Washington  
Directions: From West: take Hwy 12 East, will turn into Bridge St., Left at Riverview Dr. (just before the blue bridge). From East: Hwy 12 West, though Main St., right at end blue bridge  
Places to Stay:

Quality Inn, Clarkston: (509) 758-9500

Motel 6 Clarkston: (509) 758-1631

Hells Gate State Park: (camping) (208) 799-5015

Hells Canyon RV Park: (509) 758-6963

Comfort Inn, Lewiston: (208) 798-8090



2010 Snake River Challenge, hosted by  
Lewis Clark Neptune Swimming  
Saturday July3, 2010

Staple legible copy of USMS or USA 2010 card here & complete the follow information:  
 Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_  
 Address: \_\_\_\_\_  
 E-mail: \_\_\_\_\_ Email Confirmation: check here \_\_\_\_\_  
 Emergence Contact: \_\_\_\_\_ Team: \_\_\_\_\_  
 Name: \_\_\_\_\_ Attach Card Here: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 USA Swimming Member: \_\_\_\_\_  
 OR (can't be both for competition)  
 USMS Swimming Member: \_\_\_\_\_

(One Day USAS (\$10) or USMS (\$13) registration will be available at the race if you are not currently a member of either.)

			CHECK HERE
Early Entry Fee (must be received by 06/18/10)	\$35.00	Complete Entry Form	
Late Entry Fee (received 06/20/10-07/04/10)	\$45.00	Signed Release	
T-Shirt Size: (adult sizes only) Circe: S M L XL XXL	Included in early registration	Copy of USMS card or USA Swimming Card	
Total Enclosed: (check payable to LCN)			

Mail complete entry with check payable to:  
 Lewis Clark Neptunes or LCN  
 20228 Clearwater Dr., Lewiston, ID 83501  
 \*\*\*Don't forget to attach a copy of your USA Swimming or USMS card

**RELEASE OF LIABILITY BY PARTICIPANT:** 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 of the risks inherent in Masters and USA swimming (training & 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 and/or USA Swimming or any other 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., United States Swimming Inc., the local masters swimming committees, the clubs, host facilities, meet sponsors, meet committees, 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 USMS and USA Swimming. In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. Finally, I specifically acknowledge that I am aware of all the risks in open water swimming and agree to assume those risks.

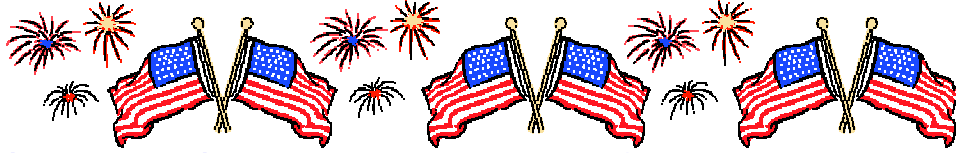
Date: \_\_\_\_\_ Signature: \_\_\_\_\_  
 Printed Name: \_\_\_\_\_



# More Snake River Challenge

## Info:

July 3, 2010



**Visiting USA Swim Teams:** Would you like your team to come to Lewiston for the weekend, participate in the Open Water Swim, AND do some training... We will help accommodate your team by getting pool time on Friday afternoon/night, so you can get some extra pool time/training in while you are in Lewiston. Time and space is limited, so contact Chris or Nicole Engledow ASAP to reserve your training session in our 50 meter pool on Friday. (208) 843-2768

**Hotels & Accommodations:** See the entry form for Hotel and camping information. For further information, please feel free to e-mail us at [NMCraft@aol.com](mailto:NMCraft@aol.com).

**Enjoy our Beautiful Water Park:** The Lewis Clark Valley is also home to: The Asotin County Family Aquatic Center. Enjoy the wave pool, lazy river, water slides, and more! Last year the aquatic center even provided free admissions to all Snake River Challenge Participants! Don't miss out on the fun!!!

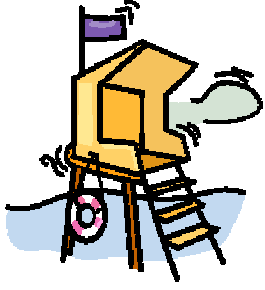
**Beaches:** Lewiston and Clarkston also boasts several beautiful beaches. There are even a few campgrounds with their own beaches. There are also Jet Boat Trips, skiing, wake-boarding, fishing, and all the water activity you can imagine. What better place to spend your 4<sup>th</sup> of July weekend?!!!

### General Information:

Meet Directors: Chris & Nicole Engledow (208) 843-2768, [nmcraft@aol.com](mailto:nmcraft@aol.com)

Meet Referee: Ken Schuh, [kdschuhmeister@aol.com](mailto:kdschuhmeister@aol.com)

Meet Officials: Several S&T officials from LCN will be officiating. If you are interested in officiating, please contact the Meet Referee.



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