

2009 POLAR BEAR SWIM

Mansfield Dam Park

11:30 a.m. January 1, 2009



ASA Sanction 08001

Who: A few brave men & women. (Adults: 18 & older. Youth: 15-17.)

What: Dash — 200m open water swimming race.
Double Crossing — Open water swimming race — about 1 mile across Lake Travis and back.

Where: Mansfield Dam Park, Lake Travis, Texas.

When: Monday, January 1, 2009.
Check-in: 11:00-11:15 a.m.
Start: 11:30 a.m.



Why: To test your mettle, to greet and meet the challenges of 2009, to commit to health and fitness for the New Year, and for fun.

Rules: 2009 ASA Open Water Rules will govern this event. No fins, snorkels, heart monitors, wrist watches or any other artificial aids permitted. Wetsuits permitted in a separate wetsuit division.

Eligibility: Adults 18 and older, Youth 15-17. All entrants must be 2009 ASA members in good standing.

Membership: Entry fees for all 2009 American Swimming Association (ASA) events are discounted for ASA members. To join ASA or to renew your ASA membership for the 2009 calendar year, complete a 2009 ASA Swimmer Membership Application (at www.AmericanSwimmingAssociation.com) and include a \$20 fee for 2009 ASA membership.

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 the double crossing. You should be healthy and in reasonably fit swimming shape. This is not the time to test your open water swimming skills. You should not enter a swim if you doubt your ability to complete it. There will be a 45 minute time limit for the double crossing.

T-shirts: Polar Bear Swim t-shirt for all paid on-time entrants who swim the Dash or Double Crossing.

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. Take the 2nd left to enter the park.

From Hwy 71 & 620 intersection: Go North (right) on 620 approximately 9 miles (immediately before the dam). Turn left onto Mansfield Dam Road. Take the 2nd left to enter the park.

Parking: If you enter the park by land, there is a park entrance fee.

Entry Fee & Deadlines:

Dash or Double Crossing: \$56 (\$36 for 2009 ASA Members). All "on-time" (received by or on December 23rd) entries include Polar Bear Swim t-shirt. After 11/23, add \$15 late fee. T-shirt not guaranteed for late entries. All fees are non-refundable.

Volunteers: Please contact Sandy Neilson if you are interested in volunteering (on land or on the water): 327-1280

Direct Questions & Comments to:

Dr. Keith Bell, Race Director • 327-2260

Send Entry Form and Make Fees Payable to:

American Swimming Association, LLC
Attn: Polar Bear
3101 Mistyglen Circle
Austin, Texas 78746 U.S.A.

PLAN TO SWIM OTHER 2009 ASA EVENTS:

1/1/09 — Polar Bear Swim
5/3/09 — Money Box Cap 2k Open Water Race & Pledge Swim
5/3/09 — Open Water Swimming Texas H.S. State Championships
10/10/09 — Lake Travis Relay
10/21-25/09 — Highland Lakes Challenge
11/7/09 — Dam 5k
11/7/09 — ASA Open Water Collegiate Nationals

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

All information subject to change.

ENTRY FORM
2009 POLAR BEAR SWIM
 MANSFIELD DAM PARK

11:30 a.m. January 1, 2009

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 January 1st _____ T-shirt size: S M L XL XXL (Please Circle One)

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

* If you are not already a 2009 ASA member you may attach a completed 2009 membership form, including appropriate fees, with this entry form to get the ASA member discount on all 2009 events. If including your membership application now, please check here: ASA membership form and fee enclosed

Please count me in for the:
 DASH _____ DOUBLE CROSSING _____

Wetsuit Division:
 yes / no (please circle one)

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 their 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
 ___ 2009 ASA Membership
 ___ Check for appropriate fees

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

American Swimming Association
 Attn: 2009 Polar Bear Swim
 3101 Mistyglen Circle
 Austin, Texas 78746
 512-327-2260

ENTRY FEES:

ENTRY FEE	\$56	_____
ENTRY FEE for 2008 ASA MEMBERS	\$36	_____
LATE FEE (if received after 12/23)	\$15	_____
2009 ASA Membership	\$20	_____
# Extra T-shirt(s):		
# S # M # L # XL @ \$12 ea		_____
# XXL @ \$14 ea		_____
Donation to SwimSafe:		

TOTAL FEES ENCLOSED		_____