

Seal Beach 44th Annual Rough Water Swim

Saturday, June 22, 2013

Info and Results at sealbeachswimclub.org

Including the SCS Age Group Open Water Events & 5 K and 1 mile
USA-S/USMS Long Distance Events Sanctioned by USA-S #00-000 and USMS #000-0000
USA-S OR USMS REGISTRATION REQUIRED - NO EXCEPTIONS

USA

USA SWIMMERS \$25

LONG DISTANCE EVENTS

USMS SWIMMERS \$31

1. Men's 5K

2. Women's 5K

3. Men's 1 Mile

4. Women's 1 Mile

Paddler is required for events 1 & 2. **USMS \$6 surcharge included.**

SCS AGE GROUP OPEN WATER EVENTS

200 yard Swim

400 yard Swim

800 yard Swim

1200 yard Swim

5. Boys 7 & 8

7. Boys 9 & 10

9. Boys 11 & 12

11. Boys 13 & 14

6. Girls 7 & 8

8. Girls 9 & 10

10. Girls 11 & 12

12. Girls 13 & 14

Age group races start as soon as the 3 mile race goes off.

EVENT #

CHECK IN TIMES

START TIMES

START LOCATION

1 & 2

6:30am

8:00am

Seal Beach Pier N/W side

5 - 12

7:00am

after 3 mile race STARTS

Seal Beach Pier N/W side

3 & 4

8:00am

after age group events(after 9:30am)

Seal Beach Pier N/W side

AWARDS: Events 1 through 12 1st – 3rd place medal.

All Age Group swimmers will receive a medal.

WETSUITS ALLOWED BUT NOT AWARDED.

RULES: USA-S/USMS rules govern. Swimmers must check-in with Clerk of Course.

ENTRY FEES: Events 1 – 4 **\$25.00** Events 5 – 12 **\$20.00.**

Add **\$5.00** if postmarked after June 14th and on race day.

MEDIA NOTICE – Entry into the event is acknowledgement and consent that media including photos, video, and other forms of obtaining images of athletes may be used.

ELIGIBILITY: USA Swimming/USMS registration is

MANDATORY. Include Copy of your membership card.

One day membership available for \$20 USA-S.

DIRECTIONS: 405 Fwy to Seal Beach Blvd. south, right on PCH, left on Main St. to Seal Beach Pier.

For more information call at (562) 430-1092 or email mariafattal@sealbeachswimclub.org

Make checks payable to: Seal Beach Swim Club

TEAM CODE

Mail to: S.B.R.W.S.

USA-S# _____

P.O. Box 605

USMS Event Fee \$31

USMS# _____

EVENT # _____

Seal Beach, CA 90740

Name: _____ Age: _____ Sex: _____ Email _____

(last)

(first)

Address: _____ State _____ Zip _____

Phone # (____) _____ Paddlers Name(3 mile Swim) _____

USA Events:1-4 \$ 25 Events: 5-12 \$20 Late fee of \$5.00 if Postmarked after June 14, 2013 or event day.

PREORDER: The Seal Beach RWS shirt **\$15.** SIZE YL S M L XL XXL

Event T-shirt add \$15

T-shirt also available race day for \$20 in limited sizes.

Total Enclosed \$ _____

NO REFUNDS.

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 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 CONDITION OF MY PARTICIPATION IN THE UNITED STATES SWIMMING, OR ANY 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 SWIMMING, INC., SOUTHERN CALIFORNIA SWIMMING, INC., THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, ALL CITIES, COUNTIES, DISTRICTS AND/OR STATES IN WHICH SAID EVENT MAY BE STAGED OR IN WHICH SEGMENTS MAY BE RUN, 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/OR USS as appropriate. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature of Participant (Parent or Guardian if under 18 years of age)

Date