

Seal Beach 47th Annual Rough Water Swim

Saturday, July 2, 2016

Info and Results at sealbeachswimclub.org

USA

Including the SCS Age Group Open Water Events & 5 K and 1 mile
USA-S/USMS Long Distance Events Sanctioned by USA-#S16-145 and USMS #336-W003

USA-S OR USMS REGISTRATION REQUIRED - NO EXCEPTIONS

USA SWIMMERS \$25

LONG DISTANCE EVENTS

USMS SWIMMERS \$31

1. Men's 5K

3. Men's 1 Mile

2. Women's 5K

4. Women's 1 Mile

Due to new Lifeguard requirements a Paddler is mandatory for events 1 & 2.

USMS \$6 surcharge included.

SCS AGE GROUP OPEN WATER EVENTS \$20

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
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1 & 2	6:30am	8:00am	Seal Beach Pier N/W side
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5 - 12	7:00am	after 3 mile race STARTS	Seal Beach Pier N/W side
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3 & 4	8:00am	after age group events(after 9:30am)	Seal Beach Pier N/W side
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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 20th 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: Send in **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

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

USA Event Fee \$20 or \$25 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 20, 2016 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