



The First Annual
Sebago Challenge Open Water Swim
Sebago Lake State Park, Maine - Saturday, July 30, 2011

USA Maine Swimming Sanction # ME 1011-0730
US Masters Swimming Sanction #042-011-SOWS

Host: Westbrook Seals Swim Club

Event Web Site: www.sebago-challenge.org

Email for information: Sebago.challenge@gmail.com

Meet Referee: John Bliss

Meet Directors: Jeff Easterling and Dana Sone

Location: Sebago Lake State Park, Casco, Maine.
GPS Address: 11 Park Access Road, Casco, ME 04055.
Phone: (207) 693-6613

Eligibility: Athletes must be registered with either USA Swimming or US Masters Swimming to be eligible. Non-USA Swimming or US Masters Swimming registered swimmers may purchase a one-day+event registration for an additional fee (see registration form) prior to the meet. **Swimmers already registered with USA Swimming or US Masters Swimming must include a copy of their member card with the registration form.** Please indicate any special swimming considerations or needs with your entry form.

Events:

Event #	Participants	Event
1	12 years and younger (mixed . women and men)	1,000 meters (1K)
2	13 years and older (mixed . women and men)	3,000 meters (3K)
3	13 years and older (mixed . women and men)	5,000 meters (5K)

Important Note: Swimmers may enter only **ONE** event

The Course: Please refer to the attached map of the course layout. The Start and Finish will take place in the water at the same location. The course will be clearly marked by swim guide buoys and described in detail during the mandatory briefing session. No swimmer escort craft will be allowed. Official safety boats, kayakers, and lifeguards will monitor the course at all times.

Check In: The Registration Table will open at 6:30 a.m. where swimmers will receive a meet packet and numbered swim cap. Swimmers for the 1K event must check no later than at 7:00 a.m. The 3K and 5K event swimmers must check in no later than 7:30 a.m.

Swimwear: All swimwear must meet the requirements of USA Swimming. The use of neoprene swimsuits, wetsuits, or other non-porous attire shall result in disqualification, along with the use of fins, pull buoys, or other swimming devices. Meet swim caps provided at check-in MUST be worn by all competitors.

Pre-Race Meeting: A mandatory pre-race safety and informational briefing will be given 15 minutes prior to each event start time, to include the safety policy, location of safety personnel, and Start/Finish procedures. Swimmers should be ready to swim before the briefing begins.

Briefing: Briefing for the 1K event will begin at 7:15 a.m.
Briefing for the 3K event will begin at 8:00 a.m.
Briefing for the 5K event will begin at 9:15 a.m.

The meet seeding will be based on the estimated finish time provided by swimmers on the entry form, and will be swam in heats in order of fastest to slowest.

Safety: Safety will be of paramount consideration during this competition. Safety provisions contained in the USA Swimming Guidelines and US Masters Swimming Guidelines shall be followed and enforced. Event kayakers, lifeguards, and safety craft will be located on the course and prepared to administer aid if necessary. Kayakers and lifeguards instructions to swimmers MUST be followed. Emergency medical personnel and first-aid will be available on-site.

Timing and Results: Timing will be conducted manually with stop watches. Results will be made available as quickly as possible at the conclusion of each event.

Awards: Awards will be given to the Top 3 overall Male and Female finishers in each event, in addition to the top Male and Female finisher in the following USA Swimming and US Masters Swimming Age Groups: 12&under, 13-15, 16-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, and 90&over.

Entry Fees: Based upon swimmers age as of July 30, 2011:
\$20 for age 12&under
\$30 for age 13 to 18
\$45 for age 19&over

Entry Limits: Registration will be limited to first 150 entries received for the 1K and first 150 entries received for the 3K and 5K combined.

Entry Submittal: All entries must be submitted on the official Sebago Challenge Entry Form. Please submit a separate entry form for each swimmer. Checks should be made out to %Westbrook Seals Inc.+ Mail entry form(s) and check to:

Sebago Challenge Open Water Swim
c/o Westbrook Seals
P.O. Box 909
Westbrook, ME 04098

Entry Deadline: All entries must be received by July 15, 2011. No on-site entries will be accepted.

Cancellation Policy: The Sebago Challenge Open Swim is subject to cancellation due to severe weather conditions or other factors of nature that create unsafe conditions at the meet site. Since the safety of swimmers is of primary concern, the event may be cancelled or delayed. The Meet Referee, Park Ranger, and Sebago Lake Warden will make the final decision. Please note that no refunds will be available should cancellation of the event become necessary.

Important Note: The Sebago Challenge Open Water Swim will be held under the sanction of USA Swimming Inc. and US Masters Swimming Inc. In granting this sanction it is understood and agreed that USA Swimming and US Masters Swimming shall be free and harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Additional Information:

Directions to Sebago State Park:

From Southern Maine, New Hampshire and points South: Traveling North on Maine Turnpike (Interstate 95) take Exit 48 (Westbrook) and proceed thru toll booth to signal light. Turn right onto Riverside Street and travel approximately 1.5 miles, then turn left onto Route 302 to North Windham. Travel approximately 22.5 miles on Route 302 through the towns of North Windham and Raymond, turning left into Sebago State Park.

From Northern Maine: Traveling on Maine Turnpike (Interstate 95) take exit 63 (Gray) and proceed through toll booth to signal light. Turn left onto Route 202/115. In approximately 3.5 miles, Route 202 and 115 will split; remain on Route 115 and travel approximately 3 miles to North Windham. At the junction of Route 115 and 302, turn right and travel approximately 10.5 miles through the towns of North Windham and Raymond, turning left into Sebago State Park.

Entrance Information to Sebago State Park: An entrance fee must be paid upon entry to Sebago Lake State Park. Fees are based upon residency and age, as follows:

Age	Maine Residents	Non Residents
Less than 5	Free	Free
5 to 11	\$1.00	\$1.00
12-64	\$4.50	\$6.50
65 and older	Free	\$2.00

This fee is NOT included in the Meet Registration Fee. Maine State Park Passes (vehicle or individual) may be used to enter the park at no charge. Ample parking in designated areas is available.



Entry Form

Sebago Challenge Open Water Swim

Sebago Lake State Park, Maine - Saturday, July 30, 2011

Name _____ Phone _____

Address _____
(Street or P.O. Box)

(City) (State) (Postal Code)

Email _____ Birthdate _____ Age _____

USA / USMS Registration Card No. _____ Sex (M/F) _____

IMPORTANT: A copy of each swimmer's current USA or USMS card MUST be sent with registration

Please indicate below the event you wish to enter. Choose only **ONE** event:

Event	(√)	Est. Finish Time	Fee	Total \$
Open Water 1K swim (12 years old and younger)	_____	_____	\$20	\$
Open Water 3K swim (13 to 18 years old)	_____	_____	\$30	\$
Open Water 3K swim (19 years old and older)	_____	_____	\$45	\$
Open Water 5K swim (13 to 18 years old)	_____	_____	\$30	\$
Open Water 5K swim (19 years old and older)	_____	_____	\$45	\$
One-day USA / USMS Registration	_____	_____	\$13	\$
Commemorative T-Shirt - Adult sizes (circle)	_____	_____	\$7	\$
XS S M L XL 2XL				

Total Amount Enclosed \$

Important Note: All Fees are Non-Refundable

Make checks payable to "Westbrook Seals" and mail check and Entry Form to:
Sebago Challenge Open Water Swim, c/o Westbrook Seals, P.O. Box 909, Westbrook, ME 04098

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 with swimming, including possible permanent disability or death, and agree to assume all of those risks. **AS A CONDITION OF MY PARTICIPATION IN THE SEBAGO CHALLENGE OPEN WATER SWIM AND ANY OTHER ACTIVITY INCIDENT THERETO, I HEREBY WAIVE ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: USA SWIMMING, INC., US MASTERS SWIMMING INC., THE LOCAL MAINE MASTERS SWIMMING COMMITTEES, THE LOCAL USA SWIMMING CLUBS, THE 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 USA Swimming and US Masters Swimming. Finally, I specifically acknowledge that I am aware of all the risks in open water swimming and agree to assume these risks.

In granting this sanction, it is understood and agreed that USA Swimming and US Masters Swimming shall be free from any liabilities or claims to damages arising by reason of injuries during the conduct of this event.

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

Printed Name _____
(Parent/Guardian if under 18 years of age)

Entry Deadline: July 15, 2011