



The Second Annual  
**Sebago Challenge Open Water Swim**

Sebago State Park, Maine

**Saturday, August 4, 2012**

**Sanctions:** USA Maine Swimming Sanction #ME1112-0804  
US Masters Swimming Sanction #022-W002

**Host:** Westbrook Seals Swim Club

**Event Web Site:** [www.sebago-challenge.com](http://www.sebago-challenge.com)

**Email for information:** [sebago.challenge@gmail.com](mailto:sebago.challenge@gmail.com)

**Meet Referee:** John Bliss

**Meet Director:** Jeff Easterling

**Location:** Sebago State Park in 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. A "Day-of-meet" temporary event registration will be available for an additional fee (see registration form). Swimmers registered with US Masters must include a copy of their member card with the registration form.

**Events:**

Event #	Participants	Event
1	All ages (women)	1K
2	All ages (men)	1K
3	13 years and older (women)	2.5K
4	13 years and older (men)	2.5K
5	13 years and older (women)	5K
6	13 years and older (men)	5K

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 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 7:00 a.m. where swimmers will receive a meet packet and numbered swim cap. Swimmers for all events must check-in no later than 7:45 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 at 8:00 a.m., and include course description, details of the safety policy, location of safety personnel, and Start/Finish procedures. Swimmers should be ready to swim before the briefing begins.

**Start Time:** 5K Men will start at 8:30 a.m.  
5K Women will start at 8:35 a.m.  
2.5K Men will start at 8:40 a.m.  
2.5K Women will start at 8:45 a.m.  
1K Men will start at 8:50 a.m.  
1K Women will start at 8:55 a.m.

**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 finishers in each event, in addition to the top Male and top Female finisher in the following 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 (includes commemorative event t-shirt):**

\$35 for 12&under  
\$45 for 13 to 18 y/o  
\$65 for 19&over

**Entry Limits:** Registration will be limited to the first 350 entries.

**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 "Seals Swimming". 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 postmarked by **July 27, 2012**. **No on-site entries will be accepted.**

**Cancellation Policy:** The Meet Referee will be the final authority on event cancellation.  
**Important Note:** No refunds will be available should cancellation of the event become necessary.

The Sebago Challenge Open Water Swim will be held under the sanction of USA Swimming Inc. and US Master's 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, August 4, 2012

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

(Street or P.O. Box)

(City) (State) (Postal Code)

Email \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_

USMasters ONLY Registration Card No. \_\_\_\_\_ Sex (M/F) \_\_\_\_\_

**IMPORTANT: Master's Swimmers please include copy of your USMS card with entry form.**

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

Event	(✓)	Estimated Finish Time	Fee by 7/15	Fee by 7/27	Total \$
Open Water 1K swim (12&Under)	_____	_____	\$35	\$55	\$
Open Water 1K swim (13&Over)	_____	_____	\$45	\$65	\$
Open Water 2.5 swim (13 to 18 years old)	_____	_____	\$45	\$65	\$
Open Water 2.5K swim (19 years old and older)	_____	_____	\$65	\$85	\$
Open Water 5K swim (13 to 18 years old)	_____	_____	\$45	\$65	\$
Open Water 5K swim (19 years old and older)	_____	_____	\$65	\$85	\$
One-day USA Registration	_____	_____	\$13	_____	\$

Commemorative T-Shirt (Included in Fee) - Adult sizes (circle)

XS      S      M      L      XL

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)

**Entries Must be Postmarked by July 27, 2012**