

Seal Beach 46th Annual Rough Water Swim

Saturday, June 13, 2015

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 #14-000 and USMS #000-0000

USS OR USMS REGISTRATION REQUIRED - NO EXCEPTIONS

USMS

LONG DISTANCE EVENTS

USMS SWIMMERS \$31

1. Men's 5K

3. Men's 1 Mile

2. Women's 5K

4. Women's 1 Mile

Paddler is highly recommended 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.

ELIGIBILITY: USA Swimming/USMS registration is

All Age Group swimmers will receive a finish medal.

MANDATORY. Copy of your membership card.

WETSUITS ALLOWED BUT NOT AWARDED.

One day membership available for \$15 USMS.

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

ENTRY FEES: Events 1 - 4 \$31

DIRECTIONS: 405 Fwy to Seal Beach Blvd. south, right on

Add \$5.00 if postmarked after June 5th and on race day.

PCH, left on Main St. to Seal Beach Pier.

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.

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-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 \$ 31

Late fee of \$5.00 if Postmarked after June 5, 2015 or event day.

PREORDER: The Seal Beach RWS shirt \$15. ADULT SIZE 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 MASTERS SWIMMING PROGRAM 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 MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, 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 USMS. 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

Date