



54th ANNUAL JULY 4th ROUGH WATER SWIM

www.july4roughwater.org

Location: Central Beach, Coronado, CA

Date: Wednesday, July 4, 2012

Directions: Take I-5 to the Coronado Bridge. The bridge exits onto 3rd Ave. Continue on 3rd Ave. in the left and lane and turn Left on Alameda Blvd before the Naval Base. When Alameda ends, turn left onto Ocean Blvd. The course is NW of the main lifeguard tower.

Questions: swimcoachcheryl@aol.com



**REGISTER ONLINE AT ACTIVE.COM
by 6/30/12**

More information at www.july4roughwater.org

Event	Check-in AM	Start Time AM
Youth 250 yd / (12/U)	7:30 - 8:15	8:30
Youth 400 yd (12/U)	7:30 - 8:30	8:45
Youth half mile (12/U, 13-18)	7:30 - 8:30	9:00
Youth one mile (12/U, 13-18)	7:30 - 9:00	9:20
USMS one mile (masters age groups)	7:30 - 9:00	9:30
Open one mile (18+)	7:30 - 9:00	9:40

Entry Fees:	
Category	Fee
Youth 250 & 400	\$30 (includes t-shirt)
Youth half mile	\$35 (includes t-shirt)
Youth one mile	\$50 (includes t-shirt)
USMS one mile	\$50 (includes t-shirt)
Open one mile (minimum age 18)	\$50 (Includes t-shirt)
Day of Event USMS one mile and Open one mile only	\$55 (t-shirts on a first-come, first-served basis)

Awards: 1st - 3rd Male, Female:

Youth: 8/U, 9/10, 11-12, 13-14, 15-18

Masters: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49...

Open: 18-29, 30-39, 40-49, 50-59...

No refunds, regardless of reason (including weather).

Sanctions

SI LMSC for USMS, Inc.

SI Swim LSC

USA Water Polo

All swimmers under the age of 18 must be USA Swimming and/or USA Water Polo members and must pre-register on Active.com by 6/30/12.

No day of event registration for youth participants under age 18!!!

*"USMS entrants or foreign Masters entrants must include a copy of your current USMS CARD or foreign Masters equivalent."
Flotation or propulsion devices are not permitted. Swimmers wearing wetsuits are permitted to swim the USMS and OPEN One-Mile events, but are not eligible for awards or place rankings.*