**CIBBOWS presents GRIMALDOS MILE VIII Open Water Swim Event**

**Sunday 22 July 2012 Race Starts at 8:00AM**

***Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #062-06***

**Hosted by** Coney Island Brighton Beach Open Water Swimmers, Inc. (CIBBOWS), an all-volunteer 501c3 organization dedicated to improving NYC water quality, and to being a local resource for and providing guidance to open water swimmers.

**Location** Swim at Coney Island and Brighton Beaches. Race starts in Coney Island at Stillwell Avenue and ends at Shorefront Y in Brighton Beach. Swim bags will be transported from the start to finish area. Award ceremony takes place in the rear of the Shorefront Y. Restroom facilities will be available, but there are no locker rooms or showers.

**Eligibility** Must be 18 years of age or older (as of 07/22/12) and a current registered member of U. S. Masters Swimming (USMS) to register and participate. To join or renew USMS membership, go to **http://www.usms.org/reg/**

**Course** One mile straight line course running parallel with shore line. Race course will be clearly marked with large brightly colored buoys. Expected water temperature range 65-72F with possible challenging currents, swells and chop from surf and wind, and the possibility of flotsam, jetsam and jellyfish.

**Timing** Electronic timing will be used for this event and provided by JustFinish.net. Each swimmer will receive an electronic chip ankle bracelet which must be worn during the entire race and returned immediately after crossing finish line. A $30 fee will be charged for a lost or unreturned chip.

**Rules** Wet suits and swim aids ARE permitted, but will be timed in a separate wetsuit division. Wetsuit and/or swim aid participation option is to be indicated when registering for event under Division 2. Support craft other than designated race craft are not permitted on course. All applicable 2012 USMS rules, regulations and safety guidelines will be enforced. All swim suits and equipment for non-wetsuit swimmers must conform to current USMS open water rules to compete in Division 1.**\***

***\*****In September 2010, the USMS House of Delegates voted to follow new regulations regarding swimsuits for open water competition, effective January 1, 2011. For all open water events, swimwear shall be made of textile material. For men, the swim suit shall not extend above the navel or below the knee. For women, the swim suit shall not cover the next, extend past the shoulders or extend below the knees. There are no fastener specifications*.

**Safety** Lifeguards, jet skis and kayaks will monitor the entire course. A safety boat (possibly New York Harbor Police and Coach Guard) will keep boat traffic away. EMT personnel will be on-site. Any emergencies will be taken to Coney Island Hospital located one mile from race venue. In case of inclement weather or dangerous conditions, the race director may modify or close the course and/or prevent swimmers from completing the swim. Each swimmer will be given a highly visible numbered swim cap that must be worn as the top cap during the entire swim. All swimmers will be body-marked with race number during check-in.

**Time Limit** Course must be completed by 9:30AM regardless of actual start time.

**Age Groups** 18-24, 25-29, 30-34, and so on in five-year increments, as high as necessary for men and women.

**Awards** Awards for the top three (3) finishers in each age group, gender and division (non-wetsuit and wetsuit). Special prizes awarded to the overall male and female finishers. Award ceremony will be held in the Shorefront Y about 60 minutes after the last swimmer has exited the water.

**Goodies** Commemorative event shirt, generous goodie bag, and pre- and post-race refreshments.

**Results** Results will be posted online at **www.metroswim.org** and **www.cibbows.org**

**Schedule** 6:30AM Check-In begins

7:30AM Check-In ends

7:45AM Final race briefing at course start for all swimmers

8:00AM Division 1 (non-wetsuit) begins

8:05AM Division 2 (wetsuit/swim aids) begins

9:30AM Race ends

10:30AM Awards ceremony

**Registration** Online event registration is strongly recommended by race organizers for convenience and accuracy, but paper mail-in entry will also be accepted. Online registration remains open until 11:59PM on Wednesday, July 18, 2012 and is available at **www.grimaldos.org**

**ENTRY FEES & DEADLINES**

Early Bird Fee $ 50.00 processed online or mail RECEIPT by Wednesday, May 16, 2012

Regular Fee $ 75.00 processed online or mail RECEIPT by Wednesday, June 13, 2012

Late Bird Fee $100.00 processed online or mail RECEIPT by Wednesday, July 11, 2012

Bird Brain Fee $125.00 processed online or mail RECEIPT by Wednesday, July 18, 2012

To comply with safety plan, race day registration will NOT be available. NO EXCEPTIONS.

Entry fees are non-refundable and non-transferable.

Mail fully executed entry form with legible copy of 2012 USMS registration card and applicable payment (check or money order payable to **CIBBOWS**) to: **CIBBOWS c/o Patricia Sener, 4715 Surf Avenue, Brooklyn, NY 11224**.

**Information** For the latest event updates and news, go to **http://www.cibbows.org/races/**

**Questions** Direct inquiries to Event Director Patricia Sener via email (preferable) at **patricia@cibbows.org** or contact a CIBBOWS representative at 347-WIN-CIBB (347-946-2422). A swimmers memo will be sent out via email to all registered swimmers one day prior to race date.

**CIBBOWS presents GRIMALDOS MILE VIII on Sunday 22 July 2012**

**~ OFFICIAL ENTRY FORM ~**

Select Division (confirm or change on race day during check-in):

Division 1 Non-Wetsuit Division 2 Wetsuit / Swim Aid / Non-Conforming Swimsuit

Is this your first open water swim race? Yes No

If yes, would you like us to assign an experienced swim buddy to accompany you? Yes No

Print Full Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sex (circle one): M F DOB (mm/dd/yy) \_\_\_\_\_\_/\_\_\_\_\_\_\_/\_\_\_\_\_\_\_ Age (on 07/22/12) \_\_\_\_\_\_ T-Shirt Size: S M L X-L

2012 USMS Reg # \_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_ Club Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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PROVIDE MANDATORY EMERGENCY CONTACT PERSON, CONTACT INFORMATION & MEDICAL INFORMATION:

Print Contact Person Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact Person Relationship \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Contact Person Phone (\_\_\_\_\_\_\_\_\_\_)\_\_\_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Indicate important medical information and/or conditions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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\_\_\_\_\_\_\_\_\_\_ AMOUNT ENCLOSED \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE

To comply with safety plan, race day registration will NOT be available. Entry fees are non-refundable and non-transferable.

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money order payable to **CIBBOWS**) to: **CIBBOWS c/o Patricia Sener, 4715 Surf Avenue, Brooklyn, NY 11224**

**USMS Liability Release**: 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 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 NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEE, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEET 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_