



Maui Channel Swim

Established in 1972

DATE OF SWIM: Saturday, September 1, 2012

The MAUI CHANNEL SWIM is the original Masters distance relay race in open water. It begins on the Island of Lanai and ends at Kaanapali Beach on the Island of Maui. In between are some fine rough water and a lot of competitive long-distance swimming. Six-person teams on individual escort boats trade off swimmers after successive half-hour legs, then switch to ten-minute legs until the finish line is reached anywhere from 3 to 7 hours later depending upon sea conditions. The total distance is over nine miles.

RULES & REGULATIONS

1. Entrants & Eligibility

- 1.1. An official team may be entered by six individuals (no solo swimmers will be allowed). All swimmers are cautioned that swimming the Channel can be very challenging due to winds and currents. As such, a swimmer who cannot complete 2,000 pool yards or an Open Water mile in under 30 minutes should not consider participating. If you have any doubts, please contact the Race Director.
- 1.2. All competitors must finish the race within 7 hours (8:00 AM to 3:00 PM) in order to have an official time and to be eligible for applicable awards. Teams not finished can be pulled from the water at the discretion of the race referee or official timer. All teams finishing after 7 hours will be unofficial whether or not they complete the race.
- 1.3. All swimmers must be at least **18** years old. Date of birth for each team member will be listed on the entry form. There are six (6) swimmers to a team. Swimmers are advised that they may jeopardize their amateur standing under FINA rule GR1, if they participate in Masters competition.
- 1.4. All participants must be currently registered with U.S. Masters Swimming. If a team's Official Entry and Roster Form does not indicate each team member's 2012 U.S. Masters Swimming Registration number along with a copy of their 2012 USMS card, the entry will be rejected. Foreign swimmers may compete if they are registered with their FINA-approved governing body (a copy of their registration card is required). (Foreign swimmers do not require a USMS single-event registration.) A team shall be comprised of six swimmers. Teams can be comprised of a mix of members of different USMS clubs.
- 1.5. An official entry must be **legible, mailed hard copy** and include (A) complete Official Entry and Roster Form; (B) copy of USMS card for **all** participants (or card of other approved FINA-governing body); (C) Liability Release Form executed by **all** participants; (D) Safety Letter signed by the team's boat captain; and (E) entry fee. **Partially complete applications will be rejected and returned.**

2. Divisions

- 2.1. Divisions are as follows, with appropriate division determined by the combined age of all team members:

	MEN/DEFAULT (Any Number of Men & Women)	MIXED (Exactly 3 men & 3 women)	WOMEN (All Women)
OPEN	OPEN	MIXED OPEN	WOMEN'S OPEN
MAKULE (240+)	MAKULE	MIXED MAKULE	
SENIOR MAKULE (300+)	SENIOR MAKULE		
GRAND MAKULE (360+)	GRAND MAKULE		
EXTREME MAKULE (420+)	EXTREME MAKULE		

The famed Maui Channel "DUKE BOWL" will go to the first team overall. Combined ages will determine the age division of a team. Thus some members of a team may be younger than the age total divided by 6 ($150/6=25$). However the minimum age is 18 years. A "mixed" team consists of exactly 3 men and 3 women. A "woman's" team must consist of ALL women. All other divisions are any combination of men and women competing against each other.

3. Competition

3.1. CAPS, BODY MARKINGS & FLAGS:

- 3.1.1. A swim cap is required to be worn by all swimmers during the race. Swim cap colors will be assigned by division as follows and must be purchased by the team prior to the race.



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Division	Swim Cap Color
OPEN	Silver
MAKULE (240+)	Royal Blue
SENIOR MAKULE (300+)	Orange
GRAND MAKULE (360+)	Green
EXTREME MAKULE (420+)	Red
MIXED OPEN	White
MIXED MAKULE (240+)	Yellow
WOMEN'S OPEN	Pink

3.1.2. The first and finishing swimmers must have that team's number written on the swimmer's left arm and on the swim cap in order to assist in identification at the start and finish of the race. As such, each team will be responsible for purchasing a black **waterproof** marker. Your race number will be given out at the pre-race meeting.

3.1.3. Each team also must have a flag or towel of the division color (and related swim caps) of such size that it can be easily seen by other boats, swimmers and race personnel.

3.2. General:

3.2.1. ALL ESCORT BOATS are required to monitor a frequency defined at the Captains' Meeting to allow timing and emergency communication with all boats throughout the race.

3.2.2. TIMING: The official race time is kept by the timer on Kaanapali Beach using stopwatches and started by listening over the radio to the starter. Times are recorded to the nearest second when the final swimmer crosses the finish line up the beach. If race finishers are within a second of each other, the timing judge determines order of finish or a tie.

3.2.3. Each swimmer's first leg is 30 minutes. Succeeding legs are 10 minutes per person, except for the Kaanapali Beach finish leg. If the swimmer has passed or is close to the final buoy and has reached the end of their 30 minute or 10 minute leg, the captain may elect to have this swimmer complete the race.

3.2.3.1. Official 30-minute change times will be called out on the radio frequency that all boats are required to monitor throughout the race. Relay changes must occur +/-30 seconds of the change time. Unless dealing with an emergency at the time, the race director will direct a race official to call out a 1 minute warning of the upcoming change point, 30 seconds prior to the change point, the change time, and 30 seconds after the change time.

3.2.3.2. Any team found changing team members outside the 30 second window (as best evidenced by videotape) will be penalized, at least, with a time penalty equal to how much time they changed outside the +/-30 second window. Any protests on this matter must be submitted to the race referee or race timer within 30 minutes of race finish. Any penalty to be assessed will be determined by the race referee based on the evidence provided. Decision of the race referee is final and not subject to appeal.

3.2.3.3. If the team captain chooses to switch the swimmers near the finish triangle buoy, under no circumstances will the escort boat be allowed to enter the area between the buoy and the shore. Any escort boat that enters this restricted area will automatically disqualify the team. (Exceptions can only be granted by the race referee, race director or official race timer.) See map below.



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3.2.4. PULLING SWIMMERS FROM THE RACE: The starting sequence of swimmers must be maintained throughout the race. If a swimmer cannot take his or her turn for any reason, he or she cannot be replaced by an alternate. In all cases, the race referee or official race timer must be notified of these conditions. See below for details and examples.

3.2.4.1. If a person cannot swim any part of his or her leg(s), the boat is allowed to keep its motor on only to maintain the present position for the duration of that swimmers leg. In this case, if the next swimmer starts his/her relay leg before the proper time, the team will be disqualified. e.g.; If a swimmer gets out for any reason, the boat stays in place until the next 30 or 10 minute relay change point. If the swimmer still does not swim his/her next leg, the boat stays in place during his/her leg. A swimmer may re-enter the water during his leg or for future legs if whatever caused him/her to stop has been resolved and the team may continue forward progress.

3.2.4.2. If a team has to pull a swimmer for any reason, they may choose to motor sideways relative to the finish line to get away from that area, but they may not motor forward.

3.2.4.3. As stated above, competitors must finish the race within 7 hours (8:00 AM to 3:00 PM) in order to have an official time and to be eligible for applicable awards. Before 7 hours, it is up to boat captains as to whether a swimmer is pulled from the water due to, among other items, significant currents; and after 7 hours, the decision to pull a swimmer can be ordered by the race referee or official race timer. Any team finishing after 7 hours is not eligible for any award.

3.2.4.4. TEAMS WITHDRAWING FROM THE RACE FOR ANY REASON MUST NOTIFY THE OFFICIAL TIMER ON THE EMERGENCY FREQUENCY.

3.2.5. DRAFTING & PACING BY SWIMMERS:

3.2.5.1. NO DRAFTING WILL BE ALLOWED outside the Lanai Channel (i.e.; the channel dug into the coral reef allowing boat access to the starting beach corresponding to the first 20 minutes of the race).

3.2.5.1.1. NOTE: While FINA and USMS rules generally allow drafting in Open Water races, this swim never has and does not. Further there is a safety component to this no drafting rule: Since boats have to escort swimmers for the entire race, a swimmer drafting put the escort boat in a position to watch out for other boats and their swimmers –



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which becomes extremely dangerous as swimmers' positions change and related escort boats gain and lose right of way over one another. Consequently, the Race Director has dictated that any swimmer caught drafting will be disqualified.

3.2.5.1.2. Drafting is defined as "the carrying of a swimmer by the wake of the escort boat (including such wake as may exist directly behind or to the immediate side of the boat – Note that for catamarans behind includes between, as well as behind the pontoons) or another swimmer."

3.2.5.1.3. Because of the nature of this race, a race official may not be direct witness to any drafting violations. As such, any complaints of drafting must be submitted to the race referee or official race timer within 30 minutes of the complaining team completing the race. EVIDENCE TO SUPPORT THE PROTEST MUST BE PROVIDED, VIDEO BEING THE BEST EVIDENCE THAT DRAFTING OCCURRED. EVIDENCE TO SUPPORT A PROTEST MUST DEMONSTRATE THAT THE DRAFTING CAUSED ABSOLUTE OR RELATIVE DETRIMENT TO ANOTHER TEAM IN THE SOLE DISCRETIONARY JUDGMENT OF THE REFEREE WHOSE DECISION SHALL BE FINAL WITH NO RIGHT OF APPEAL. THE REFEREE'S decision SHALL BE MADE BY 6pm. THE REFEREE MAY DETERMINE WHETHER DETRIMENT WAS CAUSED TO A COMPETING TEAM AND ASSESS A SANCTION IN THE REFEREE'S JUDGMENT COMMENSURATE WITH THE DEGREE AND EFFECT OF DRAFTING. THIS MAY RANGE FROM A TIME PENALTY TO DISQUALIFICATION.

3.2.6. BOATS & SWIMMERS:

3.2.6.1. NO PACING; NO PADDLEBOARDS: Rubber rafts are allowed if fixed to the escort boat.

3.2.6.2. EYES ON SWIMMERS: Each team is responsible for having a person(s) watching their swimmer at all times. This is absolutely critical at all times but none so more as at the start and finish of the race and during exchanges. While not required, it is recommended that each team purchase a small air horn that can be used to gain the team's swimmer's attention or that of other boats and swimmers.

3.2.6.3. Swimmers must swim on either the left or the right side of the boat except during changes or if this poses a safety risk due to ocean conditions. NO DRAFTING off the boat WILL BE ALLOWED. Drafting is defined as "the carrying of a swimmer by the wake of the escort boat (including such wake as may exist directly behind or to the immediate side of the boat) or another swimmer." The same procedure for drafting off another swimmer above applies to this section.

3.2.6.4. SWIMMER'S RIGHT OF WAY: The swimmer's safety is the first priority. In all cases, escort boats must give way to the swimmer(s). Boat captains are cautioned to maintain safe distances from all swimmers including those on other teams. If any team's boat becomes a threat to the safety of a swimmer and a complaint is filed with the Race Director and upheld, the violating team will be disqualified.

3.2.6.4.1. If two swimmers are close to each other, the boat for the lead swimmer has the right of way over the boat for the following swimmer. However, in such case, both swimmers have the ultimate right of way and both boats must give way to the swimmers in order for them to follow their chosen path.

3.2.6.5. SWIMMER CHANGES: It is the team's responsibility to make sure that boats turn off power to, or disengage, the propellers when swimmers climb into the boat to prevent any possibility of injury. This also applies to individuals not competing such as support staff or swimmers not currently swimming their leg who are getting in/out of the boat e.g.; for a bathroom break.

3.3. Start

3.3.1. When escort boats arrive at the starting area, only the lead swimmer is to be at the beach. All lead swimmers will meet on the beach for a review of safety rules prior to the start of the race. All other swimmers must leave the beach 10 minutes before the start and return to their boats.

3.3.2. Team members wishing to warm up are to ask their boat to move further down the beach to an area determined to be clear of other boats. This is a safety concern to prevent any accidents from occurring. Even the lead swimmer who is swimming to the beach must be aware of other boats in the area.

3.3.3. All lead swimmers will meet on the beach in order to verify all teams are present and to review safety rules.



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- 3.3.4. After all teams are accounted for and safety rules reviewed, the teams will be asked to arrange themselves by division as follows starting with the farthest right as you face Maui:

From the Perspective of Facing Maui	Division
Furthest Right	Open
↓	Makule
↓	Mixed Open
↓	Women's Open
↓	Mixed Makule
↓	Senior Makule
↓	Grand Makule
Furthest Left	Extreme Makule

- 3.3.5. **THE START WILL BE A WATER START.** Accordingly, at the starter instruction, all lead off swimmers arranged by division as noted above will proceed into the water and swim to a point where the lifeguards on jet skis will have established a starting line. All swimmers will swim to the line and maintain their respective division groupings. Such a start will allow for the escort boats to have better understanding of the beginning location for their swimmer so as to assist them in tracking their swimmer following the start and will allow the lead swimmers to safely clear the reef at Lanai. To start the race from this line, an official starter will raise a red flag warning all participants of the pending start and then a green flag and air horn to indicate the race has begun. Any swimmer or group of swimmers who start before this signal will automatically disqualify their team(s). The official starter is solely vested with the authority to start the race. This authority includes holding up the start of the race in order to assure all teams have crossed the channel to get to Lanai.
- 3.3.6. The starter will be in contact with the official timer via radio at the start to start the official time. The race will start at approximately 8:00 A.M. from Lanai.
- 3.3.7. Team captains are to instruct the boat captains to position their boats at the start to create an "imaginary channel" approximately 100 yards wide to allow swimmers to swim out at the start without being obstructed by boats. Further, boat captains should be instructed to stay outside the various packs of swimmers for the first 20 minutes or so of the race. This will allow the swimmers to gain separation and allow all swimmers in the "imaginary channel" to have the benefit of clean water and clean air. Please be on the lookout for other swimmers in the water; SAFETY IS OUR FIRST PRIORITY.

3.4. Finish

- 3.4.1. The finish line will be in front of the Kaanapali Beach Hotel, immediately below the "MAUI CHANNEL" banner. At the finish line, the finishing swimmer shall give the team name and number to the race official.
- 3.4.2. A safety zone will be established at the race finish. The zone will be enforced by race personnel on surfboards and standup paddlers. At the finish there will be an orange buoy in the water in front of the Kaanapali Beach Hotel. Swimmers are to keep this orange buoy on their right shoulder (i.e., swim between the buoy and Black Rock). Two tomato buoys will be near shore marking the swimmer's exit from the water to start their run up the beach. The official finish is on the beach under the banner. The finishing swimmer must have their team number on the left shoulder and must be wearing a swim cap in the designated color for their division.
- 3.4.3. The area between the orange buoy and the shore line is to be considered restricted in order to protect finishing swimmers and spectators. **TEAM CAPTAINS ARE TO INSTRUCT THE BOAT CAPTAINS THAT UNDER NO CIRCUMSTANCES ARE ESCORT BOATS ALLOWED TO ENTER THIS AREA. FAILURE TO COMPLY WITH THIS RULE WILL RESULT IN DISQUALIFICATION OF THE TEAM.** Similar to the start, escort boats are to position their boats a safe distance apart in order to establish an imaginary channel to allow swimmers to approach the finish remembering that swimmers will be coming from south as well as north of the orange buoy. Escort boats may drop their other swimmers south of the orange buoy.



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GENERAL LOGISTICS

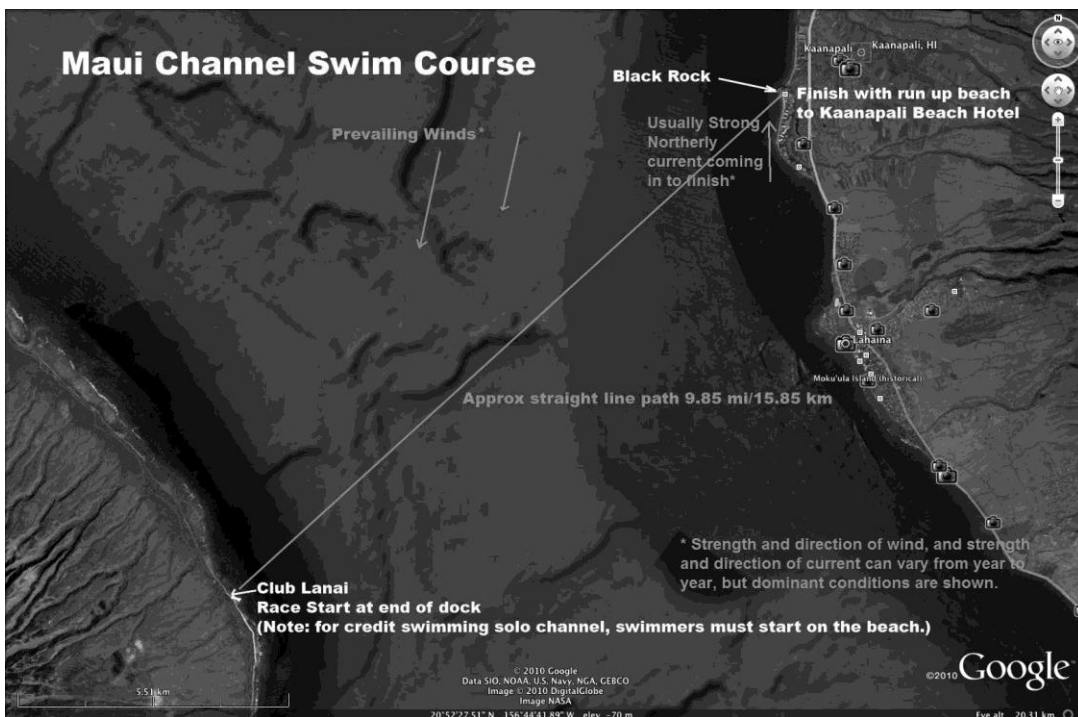
4. COURSE:

The Maui Channel Swim begins at Club Lanai, approximately 8am and finishes on Kaanapali Beach after swimming 10 miles.

5. SAFETY:

The following section outlines some of the basic safety practices and requirements. A full Safety Plan will be posted on the MCS website at least a week before the event.

The aquatic environment, especially open water, holds a potentially wide range of challenges to swimmer safety. These may include anxiety attacks, physical contact between swimmers, fatigue, weather, marine life, hypothermia, hyperthermia, cramping, heart attacks, strokes and drowning.



- 5.1. Team captains must inform boat captains of the issues regarding the safety of all swimmers as well as rules pertinent to their operation of the boat as an escort.
- 5.2. When at sea, the boat captain is the ultimate safety officer responsible for his/her craft and the passengers on or near his/her boat. They also know ocean conditions and the limits of their craft in those conditions so their decision is final even to the point of disqualifying or stopping the race for his/her team.
- 5.3. No boats are allowed in the designated finish area inside the buoy from the time the first swimmer completes the race to the last swimmer finishes. Exceptions that do not result in disqualification can only be granted by the head timer or race referee.
- 5.4. ALL BOATS are required to monitor a frequency defined at the Captains' Meeting to allow timing and emergency communication with all boats throughout the race. The Citizens Band (CB) channel for boat communication will be CB 35 VHF and VHF 68.
- 5.5. Boats MUST turn off power to, or disengage, the propellers when swimmers climb into the boat to prevent any possibility of injury. It is the responsibility of the team to maintain visual contact of their swimmer at all times.
- 5.6. It is required for swimmers to wear a swim cap in the designated color of their division.

6. ESCORT BOATS:

- 6.1. Each team is responsible for securing the services of a support boat. If assistance is required in identifying an escort boat, the team should contact the Race Director. However, the Race Director only maintains a list of available boats but cannot make any representation as to the boat captain's abilities or the vessel's condition. The team has sole responsibility for making such determination and for the final selection and all arrangements with the boat captain. As an additional point of clarification, the Race Director has NO responsibility to insure that the boat will show up on time at a location specified. This is the responsibility of the team.
- 6.2. Each team's official entry must include the name of the boat captain and related contact information, the name of the vessel and the boat registration number.



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- 6.3. Each boat captain is required to read the attached safety letter and indicate their review and understanding of the rules and regulations specified in safety letter by signing and dating the letter. A signed Safety Letter must be received by the Race Director prior to the race in order for the boat to be allowed to escort the team.
- 6.4. In the event that the team seeks the assistance of the Race Director to identify a potential escort boat, the Race Director asks that the team inform the Race Director of the team's final decision in order to minimize the chance of confusion and duplication. Further, the Race Director asks that each such team provide an informal evaluation of the escort boat and its captain following the race.
7. **ENTRY:**
 - 7.1. An **official entry** must include a **complete** Official Entry and Roster Form, copies of USMS cards, executed Liability Release Form for **all participants**, the Safety Letter signed by the team's boat captain and a check for the Entry Fee.
 - 7.2. The package must be completed neatly and must be **LEGIBLE** in all respects. The entry registration must be mailed to:

Ian Emberson
P.O. Box 690169
Makaweli, Kauai, HI 96769
 - 7.3. The Race Director reserves the right to refuse any entry. In particular, if an entry is received but is not legible or is not complete, the Race Director will not accept the entry. Resubmission of the entry after the deadline will cause the entry fee to increase to the late fee.
 - 7.4. Entries submitted by email or facsimile will **not** be accepted.
 - 7.5. It is recommended that each team retain a copy of their entry as the Race Director will not return the actual entry.
8. **ENTRY FEE:** The entry fee for a team is \$740.00. Entry fees include the price of the buffet banquet for each member of a team and one official Maui Channel Swim t-shirt for each team member. The entry fee is to be paid by check made to MAUI CHANNEL SWIM
9. **ENTRY DEADLINE:** All entries must be **received** by **Monday, July 16, 2012** (postmarked by July 10). **If received after this date, the entry fee will be \$900.00 for a team.**
10. **TEAM CAPTAIN:** Each team shall have an appointed team captain who is responsible for knowing all the rules and details of the race. The Citizens Band (CB) channel for boat communication will be CB 35 VHF and VHF 68. **Please call in if you are pulling out of the race.**
11. **USMS REGISTRATION:** Your registration and membership in U.S. Masters Swimming provides you with accident insurance for all properly sanctioned events and supervised practices of member clubs. In many cases, registration can be done online through your Local Masters Swim Committee website. Pacific Masters registration chairperson is Nancy Ridout, 580 Sunset Parkway, Novato, CA 94947-4810 (PHONE: (415) 892-0771 or EMAIL: registrar@pacificmasters.org). Southern Pacific Masters registration chairperson is Dan Wegner, 3773 Price Ridge Court, Las Vegas, NV 89147 (PHONE: (310) 564-6958 or EMAIL: registrar@spma.net). For Hawaiian Masters Swimming Association ("HMSA") contact: Toni Sinnott, 321 Pukalani St., Makawao, HI, 96768 (PHONE: (808) 298-3269 or EMAIL: HIRegistrar@usms.org).

A One Event USMS Registration is available from Hawaii Masters Swimming Association at <http://www.hawaiimastersswim.org/how-tos.html>. This registration does not include a subscription to SWIM MAGAZINE. When requesting registration application, specify whether you want full membership or single-event. Pacific and Southern Pacific Masters contact your local registrar for availability of single-event registration.
12. **SANCTION:** This event is sanctioned by the Hawaii Masters Swimming Association for USMS, Inc. The official sanction number can be obtained by contacting the Race Director. As such, rules not specified in this race notice default to USMS 2012 Rule Book.
13. **SUITS & EQUIPMENT:** All suits and equipment must conform to current USMS open water rules. Wet suits are NOT permitted. Support craft other than designated race craft are not permitted. The USMS House of Delegates voted in September, 2010, to follow new regulations regarding swimsuits for open water competitions, effective January 1, 2011. Swimwear shall be made from textile materials. For men, the swimsuit shall not extend above the navel or below the knee. For women, the swimsuit shall not cover the neck, extend past the shoulder, nor extend below the knees. There are no "fastener" specifications.
14. **CAPTAINS' MEETING:** There will be a mandatory organizational meeting at the Kaanapali Beach Hotel, at 5:00 P.M. on the evening of Friday, August 31st, near the pool, which also will serve as the banquet area on Saturday night. **TEAM CAPTAINS OR OTHER REPRESENTATIVES FROM EACH TEAM ARE REQUIRED TO BE AT THIS MEETING** to review any last minute changes,



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instructions for the start of the race and to pick-up official t-shirts. Team captains or the designee will be required to sign in indicating their attendance at the meeting and that they have reviewed and understood all race rules, regulations and safety instructions. **NOTE:** Additional t-shirts and hats will be available for purchase at this meeting and during the banquet on Saturday evening.

15. **BANQUET:** The banquet on Saturday night will also be held at the Kaanapali Beach Hotel, beginning at 5:30 P.M. The team's entry fee covers the cost of the banquet for each participant.

Non-participants who wish to attend the banquet may purchase banquet tickets for an additional fee of \$40.00 per person. Please indicate the number of additional tickets on the Official Entry and Roster Form and include the additional fee with the team's entry. If you plan to have extra people attend the banquet, it is mandatory you pay ahead of time so we can have an accurate headcount to give the hotel.

Parking for the banquet on Saturday night at the Kaanapali Beach Hotel is limited at the hotel. We ask for your assistance to park near Luigi's Restaurant, the Whaler's Village parking complex, or walk, if you are nearby.

Due to swimmers wanting to leave early to participate in other swims, the Awards ceremony will start at 6:00 PM. The Waikiki Roughwater Swim will be on Monday, September 3, 2012, and the Annual 2.4 Mile (or Sprint 1 Mile) Maui 'Au Makua Swim will be on Monday, September 3, 2012. Please indicate if you will not attend the banquet.

16. **ACCOMMODATIONS:** A special rate is available for Maui Channel Swimmers at the Kaanapali Beach Hotel. It is best to contact hotel's reservation desk directly. Their phone number is (808) 661-0011, Toll Free Number: (822) 262-8450, Web Site: www.kbhmaui.com. Hawaii residents may request a Kama'aina rate.

17. **RACE DIRECTOR:** The Race Director with ultimate authority over the conduct of the competition is:

Ian Emberson
P.O. Box 690169
Makaweli, Kauai, HI 96769
Home: (808) 338-0722
Cell: (808) 639-1109 Primary – Coco
Fax: (808) 241-7287
Email Address: CocoEmberson@hawaii.rr.com
Web Site: www.MauiChannelSwim.com

18. **GRIEVANCES, COMPLAINTS, PROTESTS AND APPEALS:**

18.1. Protests, or intention to file protest, over any infraction or race rule or conduct must be submitted within 30 minutes of the team finishing the race (i.e.; within 30 minutes of the team accused of an infraction OR of the team making the protest). Protests should be filed with either the head timer or the race referee. A written protest must follow within the hour.

18.2. The race referee will either rule on the protest, gather more evidence and then rule, or put together a race committee consisting of the race referee and 4 other members (consisting of 4 other members including the race referee, head timer, and members of 3 teams participating in the race not party to the incident) to hear evidence and render a decision.

18.3. A written reply to the protest will be delivered before the awards presentation and delivered to the person making the protest, the person/team who the protest was filed against, and the race director. If no decision is made, the results of that race cannot be presented until resolved.

18.4. Any grievance or appeal of the decision of the referee or race committee shall be filed with the race director, the official's chair of HMSA and the general chair of HMSA in writing. There is no appeal on the decision regarding rules listed earlier in this document.

19. **OTHER QUESTIONS:** If you have further questions about anything not covered here, or about anything that remains unclear after reading all of this, please contact the Race Director. Please call between 8:00 A.M. and 7:00 P.M. **HAWAIIAN TIME** (be courteous; Hawaii time is 3 hours earlier than California). Since we are swamped with telephone calls concerning the MAUI CHANNEL SWIM, we would appreciate it if you would write, email or fax whenever possible.



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P.O. BOX 690169
 MAKAWELI, KAUAI, HI 96769
 (808) 338-0722

2012

OFFICIAL ENTRY AND ROSTER FORM

MUST BE RECEIVED BY MONDAY, JULY 16, 2012

(Postmarked no later than July 10, 2012)

(Complete all sections; copies will be accepted; Signatures of ALL athletes required)

TEAM NAME: _____

DIVISION (check one): OPEN (150+) WOMEN'S OPEN
 MAKULE (240+) SENIOR MAKULE (300+) GRAND MAKULE (360+) EXTREME MAKULE (420+)
 MIXED (3 MEN/3 WOMEN) MIXED MAKULE (240+ and 3 MEN/3 WOMEN)

#	TEAM MEMBER'S NAME (Please Print or Type)	T-size S-M-L-XL	AGE	Birth Date	USMS Number
1.	Captain:				
Mailing Address:			Home Tel:		
Emergency Contact: Phone:			Work Tel:		
			Email:		
2.	Name: Emergency Contact: Phone:				
3.	Name: Emergency Contact: Phone:				
4.	Name: Emergency Contact: Phone:				
5.	Name: Emergency Contact: Phone:				
6.	Name: Emergency Contact: Phone:				

REQUIRED: Attach copy of each USMS CARD

ESCORT BOATS: Do you require assistance in locating an escort boat? (Please circle one) YES NO

ADDITIONAL BANQUET TICKETS (boat captain, spouse, friends, etc.): _____ x \$40.00 per person = \$ _____

TEAM CAPTAIN: My signature following indicates that I have read this application in its entirety and understand all of the rules of the race. Further, I acknowledge that in certain cases, failure to comply with the rules can result in my team being disqualified from the race.

Signature: _____ **Date:** _____



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P.O. BOX 690169
MAKAWELI, KAUAI, HI 96769
(808) 338-0722

2012

BOAT CAPTAIN INFORMATION & SAFETY FORM MUST BE RECEIVED BY FRIDAY, AUGUST 31, 2012

TEAM NAME: _____

TEAM CAPTAIN: _____

THIS IS EXECUTED DOCUMENT IS **REQUIRED** FOR YOU TO BE ALLOWED TO ESCORT A RELAY TEAM IN THE MAUI CHANNEL SWIM. YOUR SIGNATURE INDICATES THAT YOU HAVE **REVIEWED AND UNDERSTAND THE INFORMATION AND RULES** CONTAINED HEREIN, IN THE ENTRY INSTRUCTIONS AND/OR DISCUSSED WITH YOU BY THE TEAM CAPTAIN AND THAT YOU **AGREE TO COMPLY** WITH ALL RACE RULES AND REGULATIONS. DO NOT HAVE TO ATTEND THE FRIDAY NIGHT MEETING.

1. General Information

- 1.1. The Maui Channel Swim will be held on the Saturday, September 1, 2012. Boat captains are encouraged, but not required, to attend the Captains' Meeting to be held on Friday, August 31, 2012, at approximately 5:00 PM at the Kaanapali Beach Hotel.
- 1.2. The race begins on Lanai and ends in front of the Kaanapali Beach Hotel. The total distance is just under 10 miles.
- 1.3. All competitors must finish the race within 7 hours (8:00 AM to 3:00 PM). If the team is very close to the finish line, they may finish, but they will not have an official time and they will not be eligible for any awards. It is up to the boat captain to pull the swimmers from the water IF they are quite a distance away from Maui.
- 1.4. Each boat must have a flag, banner or towel corresponding to the color assigned to the team's division. All members of the team are required to have a swim cap of the color corresponding to their division. This will help others to easily identify teams.

2. Race Rules

- 2.1. No pacing. No paddleboards. No rubber rafts are allowed unless they are affixed to the escort boat.
- 2.2. Each swimmer's first leg is 30 minutes. The starting sequence of swimmers must be maintained throughout the race. Alternate swimmers are not allowed. If a swimmer cannot swim his/her leg, the boat must maintain its position (not going forward or sideward) for the entire time that swimmer is not in the water. The next swimmer may not start earlier. Succeeding legs are 10 minutes in duration. If the swimmer has passed or is close to the final buoy and they have reached the end of their 10 minute leg, the swimmer may finish the race.
- 2.3. Official 30 minute changes will be announced on the radio frequency which all boats are required to monitor during the race. Relay changes must occur +/- 30 seconds of the official change time.
- 2.4. No drafting is allowed except during the first 20 minutes after the start. Swimmers must swim to the left or right of the boat.

3. Start Rules

- 3.1. When escort boats arrive to the starting area, only the lead swimmer is allowed to swim to the beach on Lanai. Swimmers wanting to warm up in the water must stay well away from boats arriving and positioning themselves. All swimmers in the water must return to their boat by 7:55 AM for an 8:00 AM start. Boats should be in position well before the 8:00 AM start time.
- 3.2. Boats will line up well outside of the reef, with a lifeguard on a jet ski providing direction. Prior to the race start the lead swimmer will swim to shore for a meeting at which the official starter will review rules and will check in teams.
- 3.3. The official race start will be a water start, which is new to the race. The lead swimmers will swim outside of the reef and line up as directed by the lifeguards. Each swimming division has an assigned swim cap color to make it easier to identify your swimmer (i.e., all Open teams will have one specific color, Women's teams will have another color, etc.). All boats within the same division will line up together. Final instructions as to the placement of the teams and escort boats will be provided at the Captains' Meeting.
- 3.4. At the start, boats are to position themselves in order to create an "imaginary channel" approximately 100 yards wide to allow swimmers to swim out at the start without being obstructed by boats. This imaginary channel is to be maintained for the first 20



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Established in 1972

DATE OF SWIM: Saturday, September 1, 2012

minutes or so of the race. This will allow the swimmers to gain separation and allow all swimmers in the “imaginary channel” to have the benefit of clean water and clean air. Please be on the lookout for other swimmers in the water. **SAFETY IS OUR FIRST PRIORITY.**

4. Finish Rules

- 4.1. A safety zone will be established at the race finish. The zone will be enforced by race personnel on surfboards and standup paddlers. At the finish there will be an orange buoy in the water in front of the Kaanapali Beach Hotel.
- 4.2. **UNDER NO CIRCUMSTANCE** will boats be allowed to enter the area between the orange buoy and the shore! No exceptions. Please refer to the map. The area between the orange buoy and the shore line is to be considered restricted in order to protect finishing swimmers and spectators. **UNDER NO CIRCUMSTANCES ARE ESCORT BOATS ALLOWED TO ENTER THIS AREA. FAILURE TO COMPLY WITH THIS RULE WILL RESULT IN DISQUALIFICATION OF THE TEAM.** Similar to the start, escort boats are to position their boats a safe distance apart in order to establish an imaginary channel to allow swimmers to approach the finish remembering that swimmers will be coming from south as well as north of the orange buoy. Escort boats may drop their other swimmers south of the orange buoy

5. Safety Rules

- 5.1. **SAFETY IS THE FIRST PRIORITY!** The aquatic environment holds a potentially wide range of challenges. These may include anxiety attacks, physical contact between swimmers, fatigue, weather, marine life, hypothermia, hyperthermia, heart attacks, cramping, strokes and drowning to name a few.
- 5.2. All boats are required to monitor **CR channel 35 and VHF 71** to allow timing and emergency communication with all boats, lifeguards and organizers throughout the race.
- 5.3. **SWIMMER’S RIGHT OF WAY:** The swimmer’s safety is always the first priority.
 - 5.3.1. In all cases, escort boats must give way to the swimmer. Boat captains are cautioned to maintain safe distances from all swimmers, including those on other teams.
 - 5.3.2. If two swimmers are close to each other, the boat for the lead swimmer has the right of way over the boat for the other swimmer but in any case, both boats must maintain safe distances from both swimmers to give them room to avoid each other while maintaining the line and avoiding any potential drafting infraction.
- 5.4. **BOATS MUST TURN OFF POWER TO – OR DISENGAGE PROPELLERS** when swimmers climb into the boat to prevent any possibility of injury. This also applies to individuals not competing (i.e., support staff or swimmers not currently swimming their leg who need to go into the water for any reason).
- 5.5. Boat captains have the right to pull a swimmer from the water due to, among other reasons, significant currents or other dangers. The boat must maintain their position until that swimmer may enter the water again. However, if needed, the boat may motor sideways to the finish, but no nearer, to avoid the danger.
- 5.6. **TEAMS WHO WITHDRAW FROM THE RACE FOR ANY REASON MUST INFORM THE RACE DIRECTOR OR THE TIMER FROM THE BOAT RADIO.**

I HAVE REVIEWED THE RULES AND UNDERSTAND THEM. FURTHER, I AGREE TO COMPLY WITH ALL RACE RULES AND INSTRUCTIONS.

Signed: _____
(To be signed by Boat Captain/Owner)

Date: _____

Boat Captain/Owner: _____
(Print Name)

Address: _____

Name of Boat: _____

Telephone Number: (____) _____

Boat Registration Number: HA-_____

Team Name: _____

*(Send original to Coco Emberson at PO Box 169, Makaweli, HI 96769 and send a copy to the team captain.
An executed copy of this document is required to be received by Coco prior to the race in order for you to escort a team.)*



Maui Channel Swim

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DATE OF SWIM: Saturday, September 1, 2012

P.O. BOX 690169
MAKAWELI, KAUAI, HI 96769
(808) 338-0722

2012

LIABILITY RELEASE FORM

Competitors recognize that this is the longest Open Water relay race in the world that brings unique difficulties not found in other Open Water competitions. THIS SHALL INCLUDE THAT IN CONSIDERATION OF THE COMPETITORS' PARTICIPATION IN THE EVENT THE ORGANIZERS SHALL EXERCISE THEIR BEST EFFORTS AND DUE DILIGENCE TO, PROVIDE REALISTIC RESCUE AND RELATED ASSISTANCE TO AND AS REASONABLY REQUIRED BY ANY COMPETITOR. AND THAT, DESPITE HAVING DONE SO, COMPETITORS WAIVE ANY CLAIM AS MIGHT BE HAD BY ANY ONE OF THEM FOR ANY FAILURE BY THE RACE ORGANIZERS TO HAVE PROVIDED SUCH ASSISTANCE WHICH TURNED OUT NOT TO BE EFFICACIOUS IN PREVENTING HARM, INJURY OR DEATH TO ANY COMPETITOR.

Due to the extended exertion, potential hazardous ocean conditions, and possible interactions with ocean creatures in the hot sun and strong winds that put the body under stress, and that you may be far from immediate medical care while out to sea, I understand that I should consult a physician before participating in this race.

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.

1. Signed: _____

Print: _____

2. Signed: _____

Print: _____

3. Signed: _____

Print: _____

4. Signed: _____

Print: _____

5. Signed: _____

Print: _____

6. Signed: _____

Print: _____



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2012

APPLICATION CHECKLIST

A. Official Entry & Roster Form:

- a. Team Name and Division _____
- b. Participant Data _____
- c. Emergency Contact Data _____
- d. Team Captain Signature _____

B. Copy of USMS Card 1 2 3 4 5 6

C. Executed Boat Captain Information & Safety Form Boat Captain

D. Executed Liability Release Form 1 2 3 4 5 6

E. Check for Entry Fee _____

ALL ITEMS MUST BE COMPLETE

MUST BE LEGIBLE

MUST BE MAILED (No Emails or Facsimiles)

Or

APPLICATION WILL BE REJECTED

2012

RACE DIRECTOR SUMMARY

Team Name:			
Captain		Division:	
Address:			Open (150+)
			Makule (240+)
			Senior Makule (300+)
Home			Grand Makule (360+)
Work			Extreme Makule (420+)
Email			Mixed Open
			Mixed Makule (240+)
			Women's Open

			Emergency Contact	
Team Member	Age	Shirt	Name	Phone
1.				
2.				
3.				
4.				
5.				
6.				

Boat Captain		Boat Name
Address:		
		Boat Registration Number
Phone		HA-

Number of Extra Banquet Tickets:	
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