

CIBBOWS presents the 10K, 5K & 1 Mile Open Water Coney Island Aquarium Triple Dip Swim



Saturday, September 8, 2012

Race starts at 10:00AM

Sanctioned by the Metropolitan LMSC

for USMS, Inc. Sanction #062-09



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.

Eligibility: Must be 18 years of age or older (age determination date is September 8, 2012), and a current registered member of U.S. Masters Swimming ("USMS"). Non USMS members will have to take out a one-day (OEV) USMS registration (a \$20 nominal fee) which is provided in the event registration process. To join or renew your USMS membership (\$45 fee), go to <http://www.usms.org/reg/>. Swimmers may register for the 1 mile and the 5K or 10K. Prior open water swim race experience for all 5K & 10K participants is Required and must be detailed during race registration process.

Location: Swim will be held at Coney Island and Brighton Beaches. Race headquarters will be at the New York Aquarium's Education Hall located by the Boardwalk. Directions to New York Aquarium go to <http://www.nyaquarium.com/plan-your-trip/directions.aspx> (for GPS purposes use 602 Surf Avenue, Brooklyn, NY 11224). Race participants, volunteers, spectators and officials may park, free of charge, on race day, in the New York Aquarium parking lot. Restroom facilities will be available, but there are no locker rooms or showers.

Information: For the latest event updates, go to <http://www.cibbows.org/races/>.

Course: The 1 mile race course will be a loop from the start/finish to the Coney Island Pier. The 10K race course will be two 5K loops between Coney Island Pier and the east end of Brighton Beach. Start and finish will be on the beach in front of the New York Aquarium. Swim course will be clearly marked with large, brightly colored buoys. Wave designations and swim direction will be determined close to race date subject to number of participants and water/weather conditions. Expected water temperature range 65-70 F, with some chop due to wind and the possibility of flotsam, jetsam and jellyfish.

Rules: Support craft other than designated race craft are not permitted on course. Wetsuits **ARE** permitted, but will be timed in a separate "wetsuit" division. All applicable 2012 USMS rules, regulations and safety guidelines will be followed and enforced. Swim suits in non-wetsuit divisions must conform to current USMS open water rules.*



*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 national championships 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 neck, extend past the shoulders nor extend below the knees. There are no "fastener" specifications.



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 race and returned immediately after crossing the finish line. \$30 fee will be charged for a lost or unreturned chip.

Safety: Lifeguards, jet skis and kayaks will monitor entire course. A safety boat (possibly in conjunction with New York Harbor Police and Coast 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: 1 Mile: One (1) hour time limit from race start. 10K & 5K events: Four (4) hours time limit from race start. Swimmers who have not completed their race within the time limit will be instructed to exit the water and scored as "DNF" (Did Not Finish). Participants should sign up for appropriate swim distance based on ability level.

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

Awards: Special prizes will be awarded to the top three overall male and female finishers in each division. Awards for the top three (3) finishers in each age group, gender and division (wetsuit and non-wetsuit). Award ceremony will be held inside the New York Aquarium about 20 minutes after the last swimmers has exited the water.

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

Results: Will be posted online at www.metroswim.org and www.cibbows.org.

Schedule:

8:45AM	Check-in opens.
9:50AM	Final briefing at course start for 1 mile swimmers
10:00AM	1 Mile swim race begins
10:50AM	Final briefing at course start for 5 & 10K swimmers
11:00AM	1 mile race ends. 5K & 10K swimmers start
11:30AM	1 mile awards ceremony
3:00PM	Entire race course closes
3:20PM	5K & 10K awards ceremony

Registration: Must decide on distance and division (wetsuit or non-wetsuit) at time of registration. Once registered it is up to the discretion of Race Director to accept any changes. **ABSOLUTELY NO CHANGES RACE DAY.** 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 (EDT) on Tuesday, September 4 and is available at: http://nyaquariumswimseries.org/?page_id=271

ENTRY FEES (per event) & DEADLINES

Early Bird Fee:	\$ 50.00	processed online or mail RECEIPT by Sunday, July 8, 2012
Regular Fee:	\$ 75.00	processed online or mail RECEIPT by Wednesday, August 8, 2012
Late Bird Fee:	\$100.00	processed online or mail RECEIPT by Saturday, August 25, 2012
Last Minute Fee:	\$125.00	processed online or mail RECEIPT by Tuesday, September 4, 2012

To comply with safety plan, race day registration will NOT be available.

Entry fees are non-refundable and non-transferable

Note: \$10 of your entry fee will be donated to the New York Aquarium

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 Cristian Vergara, 312 Garfield Place, Brooklyn, NY 11215**

Questions: Direct inquiries to Race Director Cristian Vergara via email (preferable) cristian@cibbows.org or by phone at **718-938-4988**. Event information will be sent out by email to all registered swimmers prior to race day.

**Saturday, September 8, 2012 10K, 5K & 1 Mile Coney Island Aquarium Triple Dip swim
~ OFFICIAL ENTRY FORM ~**

Select Swim Distance: 1M and/or 5K or 10K Select Division (confirm or change on race day during check-in): Non-Wetsuit Wetsuit

Print Full Name _____

Sex (circle one): M F DOB (mm/dd/yy) ____/____/____ Age on 09/08/12 ____ T-Shirt Size: S M L X-L

*2012 USMS Reg # _____ - _____ Club Name _____ *Non-USMS members must fill out a OEVT registration form.

E-Mail Address _____

Day Phone (_____) _____ - _____ Eve Phone (_____) _____ - _____

Street Address _____

City _____ State _____ Zip _____

Prior Open Water swim race experience (5K & 10K swimmers) _____

IF MORE SPACE IS REQUIRED, PLEASE USE THE BACK OF THIS FORM.

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

Contact Person Name _____

Contact Person Relationship _____ Contact Person Phone (_____) _____ - _____

Indicate important medical information and/or conditions: _____

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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 _____

