**CIBBOWS presents The 8 Bridges Hudson River Swim**

**Saturday, June 15 - Saturday, June 22, 2013**

***Sanctioned by the Metropolitan LMSC for USMS, Inc.***

**EVENT DESCRIPTION:** The 8 Bridges Hudson River Swim is a seven-day, seven-stage swim that will start at the Rip Van Winkle Bridge near Hudson, NY and finish at the Verrazano Bridge in Staten Island, NY. Swimmers will be required to adhere to U. S. Masters Swimming and English Channel Rules governing conduct and attire. The Launch 5 and other boats will provide transportation for swimmers to the in-water start and from the finish for each stage. Each swimmer will be assigned one kayak escort. Additional kayak volunteers may be on the course as well. Each stage is a stand-alone marathon swim and will be recorded with the International Marathon Swimming Hall of Fame.

**COURSE INFORMATION:** Reference the 8 Bridges Hudson River Swim website ([**www.8bridges.org**](http://www.8bridges.org)) to review the dates and rain dates for each stage, along with event rules. To complete each stage of the swim, you must be able to maintain the recommended pace that takes into account the tide for each Hudson River Swim stage.

**STAGE DETAILS:** For detailed information about each stage including dates, rain dates, water temperature range, maps and recommended pace (if you intend to finish the stage before the tide turns) see [**http://www.8bridges.org/stages/**](http://www.8bridges.org/stages/)

**PER STAGE SWIMMER LIMIT:** There are openings for 20 swimmers for Stages 1 to 6, and 12 swimmers for Stage 7. In 2013 we are offering 2-person relays in two categories: Casual: swimmers can change out as desired; Official: each relay member will swim 60 minute legs. Relay teams that are swimming all seven stages must alternate the lead swimmer daily.

**ELIGIBILITY:** All participants must be 18 years of age or older, and must be current registered members of U. S. Masters Swimming. The 8 Bridges Hudson River Swim is a USMS-sanctioned event and will follow all USMS rules, regulations and guidelines. For complete information on USMS rules, download the Long Distance Swimming Rules document from [**http://www.usms.org/rules/part3.pdf**](http://www.usms.org/rules/part3.pdf)

**ACCEPTANCE:** Each swimmer will need to provide information about their marathon swimming history and pace per mile, upload a legible digital copy of their 2013 USMS registration card, and sign a waiver. Once race organizers review and accept the application, swimmer must pay entry fee to the race director, either online or by check.

**ACCEPTABLE SWIM ATTIRE:** As per USMS and English Channel (CS&PF) rules: Swimmers are not permitted to wear any device or swimsuit that may aid his/her speed, buoyancy, heat retention or endurance (such as wetsuit, webbed gloves, paddles, fins, etc).  The swimmer may wear only one swimsuit in one or two pieces.  For men, the swimsuit shall not extend above the navel, nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knees. All swimsuits shall be made from textile material.  The swimmer is permitted to grease the body before a swim, use goggles, along with one or two caps.  Silicone or latex caps are permitted. Nose clips and earplugs are permitted. Any kind of arm band or tape on the body is not permitted unless approved by the race director.  The swimmer must be sure that their suit and cap are of an approved type before the swim starts; the swim will not be recognized if they are later found not to conform.  During a swim no physical contact with the swimmer shall be made by any person other than to pass food and drink, or to secure such items as light sticks for safety reasons.  The use of MP3 players and other electrical audio/communication devices shall not be allowed by the swimmer while swimming.

**SWIMMER ESCORTS**: An assigned escort craft or paddler will accompany each swimmer throughout the event.  If the escort paddler or craft becomes disabled or cannot continue to accompany the swimmer, the swimmer may stay in the water near the disabled escort craft until a replacement arrives, join another escort craft that is accompanying only one other swimmer until another escort craft arrives, or exit the water.  Any one paddler or craft may escort no more than two swimmers.  The two swimmers must stay within three meters of each other. Failure to stay within three meters shall result in immediate disqualification of the second swimmer assigned to the escort and the immediate removal of that person from the water.  Swimmers may receive food or drink from escorts as long as deliberate contact is not made between the two. The escort may also assist the swimmer with navigation, including verbal and written communication.  Swimmers shall not receive flotation or propulsion from any escort craft, nor make intentional contact with any craft.  Swimmers are not allowed to draft off the escort boat. Escort boats shall not obstruct other swimmers in the race.

**ENTRY FEES**: Entry fee for Stages 1 to 6 is $700 solo\*, $1,300 two person relay**\* Stage 7** is $1,300 solo\*\*, $1,300 two person relay. \* Subtract $100 per stage if you will provide your own kayaker and kayak. Your kayaker must be declared at time of enrollment and must be approved by the race director. There is a $**500 discount** for solo and relay applicants swimming all seven stages. **Prices increase by $100 per stage after April 1, 2013**

**The 8 Bridges Hudson River Swim**

**Monday, June 15 - Monday, June 22, 2013**

**E N T R Y F O R M**

**>>BEFORE EXECUTING THIS FORM AND LIABILITY RELEASE AND SUBMITTING PAYMENT, YOU MUST**

**FIRST FILL OUT THE ONLINE APPLICATION AND HAVE BEEN GRANTED ACCEPTANCE INTO EVENT<<**

**ENTRY FEES:** Stages 1, 2, 3, 4, 5 and 6 are $700 for the first stage you swim and $1300 for relays. Stage 7 is $1300. Indicate below which stage(s) you will be swimming by checking off appropriate box(es). Subtract $100 per stage if you will provide your own kayaker and kayak. Your kayaker must be declared at time of enrollment and must be approved by the race director. There is a $**500 discount** for solo and relay applicants swimming all seven stages. **Prices increase by $100 per stage after April 1, 2013**

 **□** Stage 1 **□** Stage 3 **□** Stage 5 **□** Stage 7

 **□** Stage 2 **□** Stage 4 **□** Stage 6

**TOTA**L $\_\_\_\_\_\_\_\_\_\_\_\_ payable by check or money order to **CIBBOWS**

Mail payment, fully executed entry form and legible copy of 2013 USMS registration card to:

**David Barra, 16 Rock Hill Road, High Falls NY 12440**

Direct inquiries to Race Director David Barra at

(email preferred) **dvdbarra1@gmail.com** (note "8 Bridges" in email subject line) or 845-706-5029

**REFUND POLICY:** Swimmers who withdraw before April 15, 2013 will receive a refund on their entry fee minus a $100 registration fee.

As a condition of being accepted in the 8 Bridges Hudson River Swim, I agree to make timely payment of the registration fee. I will attend the mandatory briefing each morning before the start of each stage and abide by event rules and regulations including water safety determinations. I agree to hold harmless by acknowledging and assuming the risks involved in an endurance activity of this nature and for myself and heirs waive all claims for damages or injury arising during the event against any individual, group, association, agency or government body involved with this activity’s organization, conduct, and/or support.

**USMS Liability Release:** “I, the undersigned participant, intending to be legally bound, hereby certify that I have adequately trained for the swim and am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of the risks inherent in Open Water Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEE, HOST FACILITIES, CIBBOWS, EVENT SPONSORS, EVENT COMMITTEES, VOLUNTEERS, OR ANY INDIVIDUALS OFFICIATING OR SUPERVISING THIS EVENT. Finally, I specifically acknowledge that I am aware of all the risks inherent in Open Water Swimming and agree to assume those risks."

Print First & Last Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*\*Remember to include a legible copy of your 2013 USMS registration card with entry\*\***