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| **C:\Users\Sean\Pictures\BBST_Logo final copy_Large.jpg** | **The 4th Annual****Aly Fell Memorial Open Water Invitational** |
| **10K, 5K, 2.5K and 800 Meters****Saturday August 13th, 2016** |

**Hosted by the Bellingham Bay Swim Team**

USA Swimming Sanction#

USMS Sanction#

**LOCATION:** Lake Padden 2115 N 128th St, Bellingham, WA, 98133

**COURSE**: The course is a 1.25 kilometer rectangle, starting and ending at the appropriate lines. The water temperature will be approximately 65-67 degrees.

**TIME**:

8:00 AM: Registration/Meet package pickup

**8:45 AM is a *mandatory* safety / race briefing**

9:00 AM: 800 M Race start

9:10 AM: 10K Race start

9:20 AM: 5K Race start

9:30 AM: 2.5K Race start

**TIME LIMIT:** Swimmers who cannot finish the 2.5K in under 50 minutes (3:20 minutes for the 10K) cannot enter the 5k and 10k distances. Race will end at 12:30.

**ELIGIBILITY:** Open to current USA Swimming and USMS registered athletes. There are no Qualifying times for this event. Coaches are asked to enter swimmers in the appropriate distance according to their age and experience. Swimmers must be registered under USA Swimming and/or USMS. Proof of registration must be sent with entry

**RULES:** Current USA swimming rules will govern this event for USA Swimming Participants and USMS rules will govern USMS participants. Use of a neoprene swimsuit, wetsuit or other non-porous attire is allowed in the Masters wetsuit division only. Pacers, Fins, pull buoys, snorkels, MP3 players are NOT allowed. 10K swimmers must identify their food and drink for ease of dispersal at the feeding station

**SAFETY** The course will be monitored by safety boats and paddlers. Swim caps will be given to all participants and are mandatory to wear for the swim. All swimmers will be body marked. .Swimmers still on the course after the time limit will be stopped and listed as DNF in the results.

**Timing:** Timing will be conducted with chip timing and backed up manually with stop watches. Timers will be stationed at the finish line and will be started near the starting line. Race will be started via air horn and flag.

**Awards:** 1st thru 3rd place awards will be given in the Men’s and Women’s categories for each distance and event.

**Entry FeeS:**

$30 Meet Fee for 800 Meters,

$40 for 2.5 K

$50 for 5K and 10K

$22 for One-Event USMS registration

Event Day Registration will be available at the race 8:00 – 8:40am for an additional $25

Swimmers must wear the caps provided at check in. Event T-shirt and Post Race athlete Breakfast is included in the meet fees. Canadian Swimmers will be charged according to the CAD/USD exchange rate.

Aly Fell Open Water

Attention: Sean Muncie

PO Box 5821

Bellingham, WA 98227

*Make check payable to BBST*.

**REGISTRATION**

Online Registration Will Be Available at the Event Website

[www.alyfellmemorialopenwaterswim.com](http://www.alyfellmemorialopenwaterswim.com)

**This event is limited to the first 199 entries** USA Swimming Registration will not be available on site.

Masters Swimmers must complete the Masters Liability and Release Form and turn it into race officials on check in.

For more information contact the Event Director

**EVENT DIRECTOR:** Sean Muncie, coachmuncie@yahoo.com, 575-496-8259

**Directions:**

**From North or South on I-5:** Take Exit 246 to N. Lake Samish. Go approximately 2.4 miles then take a left on Samish Way.

**Parking:** All Participants can park in the Lake Padden parking area

NO TRANSFERS. NO DEFERRALS. NO REFUNDS.

Event may be delayed or cancelled due to extreme weather, other emergency, and/or as determined by the

Aly Fell Open Water Event Director, Facility/Venue Host, Safety Officials, and/or Event Referee.