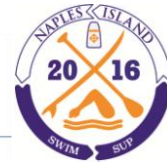




6201 Appian Way, Long Beach, CA 90803 • info@aquaticcapital.org • www.aquaticcapital.org



# 2016 Naples Island Swim & SUP

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

**SUNDAY, AUGUST 14**

## **COURSES:**

The race courses are located entirely within Alamitos Bay (no surf). Water temperatures average in the mid-60's.

## **PARKING:**

Alamitos Bay is located at 54th Place & Bay Shore Avenue (between Ocean Blvd and 2nd Street) in Long Beach, CA. Parking is available along Ocean Blvd and in the City parking lots (metered). Bay Shore Avenue is closed daily to through traffic and parking from 9 a.m. to 5 p.m.

## **EQUIPMENT:**

Wetsuits will be allowed, but competitors who use wetsuits or any other flotation devices will not be eligible for awards. 3-Mile swimmers are encouraged to bring their own experienced paddlers. No kayaks or paddle boards will be provided by the race host; rentals are available at [www.standuprentals.net](http://www.standuprentals.net) (562-434-0999).

Male 6-Mile Elite SUP racers shall use boards of 14'0" in length. Female 6-Mile Elite SUP racers shall use boards of 12'6". Prone position paddlers and those with all board lengths may enter 3-Mile Fun SUP race.

## **START TIMES:**

Registration and check-in will open at 7:00 a.m. Check-in for each event will close 20 minutes before the start of each event

6-Mile SUP: 8:00 a.m. | 3-Mile SUP: 8:00 a.m.

1-Mile Swim: 9:00 a.m. | 3-Mile Swim: 9:20 a.m. | 1000M Swim: 9:40 a.m. | 500M Swim: 10:00 a.m. | 200M Swim: 10:20 a.m.

## **SAFETY:**

Race planning is coordinated with the City of Long Beach Marine Safety Division to ensure safe coverage of the competition. Swimmers are encouraged to wear brightly colored swim caps to enhance their visibility in the water. Anyone still in the water at 11:45 a.m. will be picked up and returned to the finish area. Race organizers reserve the right to pull a competitor from a race if the competitor appears to be in distress.

## **AWARDS:**

Custom Naples Island Swim & SUP awards for 1st, 2nd, and 3rd place in all age groups and races according to gender.

## **AGE GROUPS:**

**SWIMS:** 7-8, 9-10, 11-12, 13-14, 15-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 70-74, 75+

**SUP:** 13-18, 19-29, 30-49, 50+ **SWIM COMBINATION, UNLIMITED BOARD LENGTH & PRONE:** Open (no age groups)

## **ELIGIBILITY:**

Swimmers shall be at least 11 years old to enter the 1-Mile and 1000Y swims and at least 13 years old for the 3-Mile swim. The 500Y will be limited to the 9-10 age group and the 200Y will be limited to the 7-8 age group. Paddleboarders shall be at least 13 years old.

*No exceptions. Please don't ask!*

Registration is open to all interested competitors with sufficient swimming and/or paddleboarding ability. Current participation in competitive aquatic organizations such as US Masters Swimming, USA Swimming or USA Water Polo is preferred. In open water swimming and paddleboarding there are no walls to grab and rest. Competitors should be certain of their capabilities in order to complete their desired race distances without stopping. Competitors may switch their entered distances at the registration table on race day for any reason.

## **ENTRY FEES AND DEADLINES FOR ENTRIES:**

10 years of age and younger: \$30.00 pre-registered or on race day (pre-registered preferred)

11 years of age and older:

\$50 if entry is postmarked or processed online on or before Friday, July 23, 2016;

\$55 if postmarked or processed online July 24 through August 11, 2016;

\$60 after August 11 (on-line) or for race day beach entry.

Add \$15 for "1 Mile + 1000Y" combination.

On-line registration only from August 6<sup>th</sup> through August 11.

Online entries will close at **10:00 p.m.** on Thursday, August 11. Paper entries must be **received** by Thursday, August 11, 2016.

## **PARTICIPANT PACKETS:**

Entry fee includes a quality, 100% cotton t-shirt, re-usable tote bag designed for the event and brightly colored Latex swim cap. Availability is not guaranteed for entries postmarked after July 23, 2016 or for race day beach entries.

## **NUMBERING:**

All competitors will receive a race number at beach registration and check-in on race day. Race numbers are to be marked on both the left and right upper arms. Competitors with full sleeve wetsuits will have their numbers marked on the tops of both hands.



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SUNDAY, AUGUST 14

## ENTRY FORM

Name: \_\_\_\_\_ Age: \_\_\_\_\_ (as of event date)  
(Print legibly)

Signature: \_\_\_\_\_  
(Parent or Legal Guardian signature if participant is under the age of 18)

Birthdate (MM/DD/YY): \_\_\_\_\_ Gender: Male / Female (circle one)

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

Club Name: \_\_\_\_\_ Accept text messages? Yes / No

\* Wetsuit?: Yes / No (circle one) \*Response required for swim race entries

\*\* Is your SUP board standard length (14' men and 12'6" women)? Yes / No / Prone (circle one)  
\*\* Response required for 6-Mile elite SUP race entries

Event (circle one):

6-Mile Elite SUP \*\* | 3-Mile Fun SUP \*\*\* | 1-Mile Swim | 3-Mile Swim | 1000Y Swim | 500Y Swim | 200Y Swim  
| Swim 'n Swim (1 Mile Swim+1000Y Swim)

Event T-shirt size: Youth S Youth M Adult S Adult M Adult L Adult XL Adult XXL (circle one)

Media Notice – Entry into the event includes acknowledgement and consent that photos, video, and other forms of obtaining images of athletes and spectators may be used by event organizers, the City of Long Beach, and media.

**READ AND SIGN THE LIABILITY RELEASE ON THE NEXT PAGE, AND SUBMIT A SIGNED COPY WITH THIS ENTRY FORM**

Enter online at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=2273&smid=8126](https://www.clubassistant.com/club/meet_information.cfm?c=2273&smid=8126)

IF SUBMITTING A PAPER ENTRY:

Make checks payable to: **AQUATIC CAPITAL OF AMERICA**

Mail entry form and liability release to:

NAPLES ISLAND SWIM & SUP  
c/o Bruce Bradley  
262 St. Joseph Avenue  
Long Beach, CA 90803

Questions: info@naplesislandswimandsup.com

**Read and sign this liability release...**

**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,  
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of Aquatic Capital of America. ("Club") allowing me, the undersigned, to participate in the 2016 Naples Island Swim & SUP races ("Event"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sports of open water swimming and paddleboarding. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Club and the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Event.
3. The swimming races of the Event will be run under the Rules and Regulations of United States Masters Swimming ("USMS"), and I agree to be familiar with and to abide by said Rules and Regulations, including any USMS safety regulations and safety regulations established by the City of Long Beach ("City"). I accept sole responsibility for my own conduct and actions while participating in the Event.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: the Club, the City, USMS, their members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; waterways, beaches and property owners or operators hosting the Event; public safety agencies and other public entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Print Participant's Name or Parent or Legal Guardian if under 18:

\_\_\_\_\_ Date: \_\_\_\_\_

Participant's Signature or signature of Parent or Legal Guardian if under 18:

\_\_\_\_\_ Date: \_\_\_\_\_