

# Seal Beach 43rd Annual Rough Water Swim

## Saturday, June 30, 2012

Info and Results at [sealbeachswimclub.org](http://sealbeachswimclub.org)

Including the SCS Age Group Open Water Events & 5 K and 1 mile  
USA-S/USMS Long Distance Events Sanctioned by USA-S #12-106 and USMS #332-W006

**USA-S OR USMS REGISTRATION REQUIRED - NO EXCEPTIONS**

USA

### USA-S/USMS LONG DISTANCE EVENTS

1. Men's 5K	3. Men's 1 Mile
2. Women's 5K	4. Women's 1 Mile

Paddler is required for events 1 & 2.

### SCS AGE GROUP OPEN WATER EVENTS

200 yard Swim	400 yard Swim	800 yard Swim	1200 yard Swim
5. Boys 7 & 8	7. Boys 9 & 10	9. Boys 11 & 12	11. Boys 13 & 14
6. Girls 7 & 8	8. Girls 9 & 10	10. Girls 11 & 12	12. Girls 13 & 14

Age group races start as soon as the 3 mile race goes off.

EVENT #	CHECK IN TIMES	START TIMES	START LOCATION
1 & 2	6:30am	8:00am	Seal Beach Pier N/W side
5 - 12	7:00am	after 3 mile race STARTS	Seal Beach Pier N/W side
3 & 4	8:00am	after age group events(after 9:30am)	Seal Beach Pier N/W side

**AWARDS:** Events 1 through 12 1<sup>st</sup> - 3<sup>rd</sup> place medal.

All Age Group swimmers will receive a medal.

**WETSUITS ALLOWED BUT NOT AWARDED.**

**RULES:** USA-S/USMS rules govern. Swimmers must check-in with Clerk of Course.

**ENTRY FEES:** Events 1 - 4 \$25.00 Events 5 - 12 \$20.00.

Add \$5.00 if postmarked after June 15th and on race day.

**MEDIA NOTICE** - Entry into the event is acknowledgement and consent that media including photos, video, and other forms of obtaining images of athletes may be used.

**ELIGIBILITY:** USA Swimming/USMS registration is

**MANDATORY. Include Copy of your membership card.**

One day membership available for \$20 USA-S.

**DIRECTIONS:** 405 Fwy to Seal Beach Blvd. south, right on

PCH, left on Main St. to Seal Beach Pier.

**For more information** call the Seal Beach Swim Club at (562) 430-1092 or email [sbvbcmaria@yahoo.com](mailto:sbvbcmaria@yahoo.com)

**Make checks payable to:** Seal Beach Swim Club

TEAM CODE

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**Mail to:** S.B.R.W.S.

USA-S# \_\_\_\_\_

P.O. Box 605

USMS# \_\_\_\_\_

EVENT # \_\_\_\_\_

Seal Beach, CA 90740

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Email \_\_\_\_\_

(last)

(first)

Address: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # (\_\_\_\_) \_\_\_\_\_ Paddlers Name(3 mile Swim) \_\_\_\_\_

Events: 1-4 \$ 25 Events: 5-12 \$20 **Late fee of \$5.00 if Postmarked after June 15, 2012 or event day.**

**PREORDER:** The Seal Beach RWS shirt \$15. SIZE YL S M L XL XXL

**Event T-shirt add \$15**

T-shirt also available race day for \$20 in limited sizes.

**Total Enclosed \$ \_\_\_\_\_**

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 UNITED STATES SWIMMING, 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 SWIMMING, INC., SOUTHERN CALIFORNIA SWIMMING, INC., THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, ALL CITIES, COUNTIES, DISTRICTS AND/OR STATES IN WHICH SAID EVENT MAY BE STAGED OR IN WHICH SEGMENTS MAY BE RUN, 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 AND/OR USS as appropriate. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature of Participant (Parent or Guardian if under 18 years of age)

Date