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21st Annual Maryland Swim for Life



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Saturday, July 14, 2012

1, 2, 3, 4, or 5-Mile Open Water Swims
Rolph's Wharf Marina, Chestertown, MD

Sponsored by the District of Columbia Aquatics Club, Inc. and
Sanctioned by Maryland LMSC for USMS, Inc., Sanction No. 092-OW002



Maryland Swim for Life.

Register online today.



The *District of Columbia Aquatics Club (DCAC)* (<http://www.swimdcac.org>) is proud to host the 21th Annual Maryland *Swim for Life* on Saturday, **July 14, 2012**. DCAC is one of the largest United States Masters Swimming teams and is a 501(c)(3) organization. Proceeds from *Swim for Life* support a number of local organizations assisting individuals and families affected by HIV/AIDS, as well as the Chester River Association, which advocates for the health of the Chester River. We invite all swimmers, old and new, to join us in participating in this wonderful event.

REGISTRATION AND FUNDRAISING

We strongly encourage swimmers to register for *Swim for Life* through **Club Assistant**, which allows you to reach out to family and friends and collect donations online. Club Assistant will also confirm your USMS registration or allow you to purchase

your one-event USMS registration (“OEVT”) if you are not USMS-registered. Go to <http://www.swimdcac.org/swimforlife> and click on the “Register Now” button to get started. Online registration will close at 11:59 pm eastern time on Thursday, July 12, 2012. We will still accept race-day registrations if you are unable to register online.

TRAINING/ELIGIBILITY

All swimmers must be 18 years of age and registered with USMS to participate in this swim. USMS registration is easy to do online at www.usms.org/reg. One-event USMS memberships, good for this event only, are available for a fee of \$17.00 during online registration. All swimmers are urged to train for this event, and novices are urged to enter the shorter distance waves.





A day of fun and friendship - all for a great cause.

LOCATION

This year's event will again take place at Rolph's Wharf Marina on the Queen Anne's County side of the Chester River, three miles south of Chestertown in Kent County.

<http://www.rolphswharf.com>. This beautiful setting, near a charming small town, is well worth a day trip or a weekend of exploring. For lodging and tourist information, call 410-778-0416, or visit

<http://www.kentcounty.com>

DIRECTIONS

From the Chesapeake Bay Bridge: Take 50 East to 301 North. 50 East and 301 North separate approximately 9 miles past the Bay Bridge. Stay on 301 by taking the left fork. In approximately 5 miles, take the Route 213 North exit toward Chestertown and Washington College. After 2 miles, you will pass through Centreville. Proceed another 10 miles and turn left onto Rolph's Wharf Road. A Swim for Life banner will mark this turn. Follow Rolph's Wharf Road for 2 miles and a volunteer will direct you for parking. If you plan to drive Saturday morning, it is best to leave early to avoid summer bridge traffic.

WATER

Water temperature on swim mornings is usually in the mid-70s. Wetsuits are allowed (most swimmers do not wear one as the water is very comfortable); flotation devices (e.g., pull buoys, paddles, fins) are not.

SCHEDULE

- 7:00 – 8:15 a.m.** On-Site Registration (check-in) and Breakfast
- 8:30 a.m.** Opening Ceremony and Swimmer Instructions
- 9:00 a.m.** Swim Start
- 12:30 p.m.** Swim Cutoff; Picnic Celebration and Awards Ceremony

Every swimmer must be registered and checked-in by 8:15 a.m. on race day. All pledge money not submitted online also is due by 8:15 a.m., in order to be included in fundraising totals used to determine prize winners. ABSOLUTELY NO changes to race distance will be permitted after registration closes. To ensure the validity of the swim results, no mid-course changes are allowed, except for safety reasons. If you do not complete your designated distance, please inform the event coordinators. During check-in, swimmers will be body-marked and capped according to distance, and will receive a timing chip on a velcro strap, to be worn around one ankle.

SAFETY

Safety support at the swim will be provided by the U.S. Coast Guard and their Auxiliary, Maryland Natural Resources Police, the Chesapeake Paddlers' Association, the Chester River Association, the Kent and Queen Anne's Paddlers, Chesapeake Bay Boston Whalers Club, and other local volunteer boaters and kayakers. ***There are no lifeguards on duty – participants and guests swim at their own risk.***



2012 Swim for Life Swimmer Instructions

HAVE FUN, RELAX, ENJOY EACH OTHER, THE DAY, AND THE RIVER!

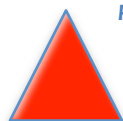


COURSE

There will be 5 large inflatable yellow buoys on the course at ½ mile intervals. See map. Each wave will turn around at the buoy that marks the halfway point of their swim. Five milers will swim by all 5 buoys, turning around at the 5th, at mile 2 1/2. Each buoy is spray-painted with its respective wave number (i.e., the first buoy, located ½ mile from the start, is labeled “1 mile” because that is where the 1 mile swimmers turn around). All swimmers will start the swim in the same direction – up river (North). Upon reaching the appropriate buoy, swimmers will go around that buoy and swim back down river (South).



Swimmers should always keep buoys on their LEFT going NORTH. Swimmers should always keep the buoys on their LEFT going SOUTH, with the exception of the 2nd buoy (at mile 1), which you must keep to your right on your return. Kayakers will be there to be sure you swim to the correct side. This prevents unfair shortcuts due to the curve of the river.



PLEASE NOTE: *There is a fishing weir between the first and second buoys. This is a type of net stretched across the river. You will know you are getting close to it when you see sticks standing up in the water in a row perpendicular to the shore. You can easily swim right over the net. Look for kayakers directing you towards the easiest crossing points.*



START PROCEDURE

All swimmers must wear a timing chip on a velcro strap around the ankle. Swimmers will start in the water, in 5 waves according to distance: 5 milers first, followed by 4 milers, then 3 milers, 2 milers, and 1 milers last. Each group will begin 5 minutes after the preceding group has started.



SAFETY BOATS

For your safety, USCG and NRP patrol boats are located near 3 locations: start/finish, half-way along the 2 ½ mile course (3rd buoy, 1 ½ miles upriver), and by the final buoy (5th buoy, 2 ½ miles upriver). Paddlers in kayaks will be stationed at all turn buoys and along the outside length of the course. Boston Whalers will also patrol swimmers along the course. Kayakers and Whalers will keep swimmers on course, provide swimmers food and drink, act as a buffer between swimmers and boat traffic, and be available for any water assistance. A local rescue boat with medic/dive personnel will also be on hand.

The Course.

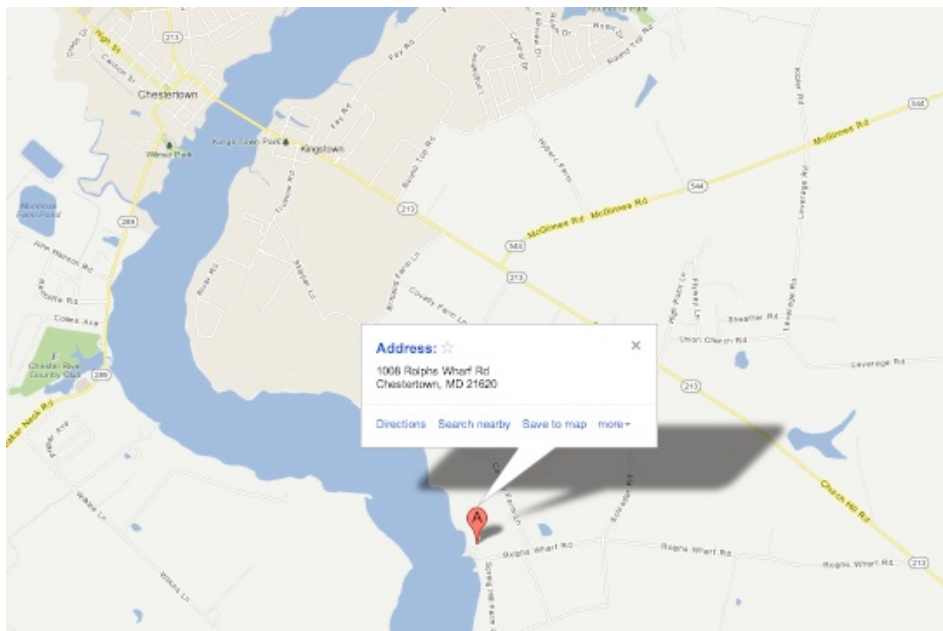
Rolph's Wharf Marina

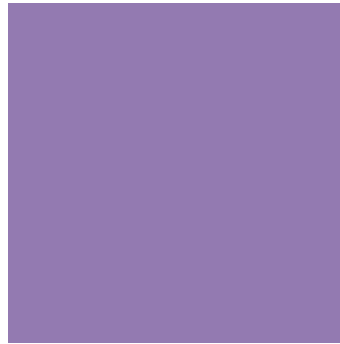
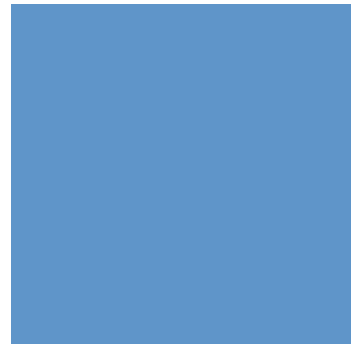
1008 Rolphs Wharf Rd.
Chestertown, MD 21620

Participants will start and finish at Rolph's Wharf, in five waves by distance (5 mile starts first). The swims are out (upriver) and back (downriver) and run parallel to shore. Course map and swimmer instructions attached. The course is marked by inflatable yellow buoys at 0.5, 1, 1.5, 2, and 2.5 miles. Swimmers should always keep the buoys to their left, with the exception of the 2nd buoy at 1 mile on the return (see diagram). Water safety officials have the authority to determine when a swimmer needs to be removed from the water. Any swimmer removed from the water must report immediately to the DNF Official and recording station upon returning to shore. The swim ends promptly at 12:30 pm. Any swimmer still in the water at that time will be picked up by safety personnel and brought to the DNF pier.

A more-detailed interactive map of the course is available online at:

<http://g.co/maps/bxqxa>





Pledges.

Making a difference across our community.

There is no registration fee for *Swim for Life*. However, each swimmer must contribute a minimum of \$100 in pledges; many swimmers raise far more. Special prizes will be awarded to the top 10 fundraisers, based on pledges submitted by the start of the event. When you register online, you can submit your minimum pledge, and/or you can direct your sponsors to the online donation option. Pledge checks can be made payable to "DCAC Swim for Life." With your tax-deductible donation, you will receive breakfast, a picnic lunch, a swim cap and a t-shirt at Rolph's Wharf on race day. The top finishers, male and female, in "Wise" (> 45 yrs old) and "Energetic" (up to and including 45 yrs old) categories for each distance will also receive handcrafted prizes.

CHARITY PARTNERS:

Funds raised are distributed to:

- Heart to Hand, Inc.
- Quality of Life Retreats
- Chester River Valley Ministers Association
- Metro TeenAIDS
- Chester River Association

Find out more about our charity partners on our website:

<http://www.swimdcac.org/swimforlife>

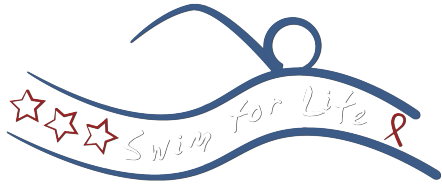


New for 2012!

Welcome

Metro TeenAIDS!





MARYLAND SWIM FOR LIFE

Sanctioned by Maryland LMSC for USMS, Inc., Sanction No. 092-OW002

Race-day
registration
and waiver
form
July 14, 2012

Distance (circle one): 1-mile 2-miles 3-miles 4-miles 5-miles

Bib number: _____

Name: _____

USMS No: _____
(if not a current usms member, write "oevt" and attach executed one-event membership form)

Street Address: _____

City/State/Zip: _____

Phone: (____) ____ - _____

e-mail: _____

Emergency Contact: _____ Phone: (____) ____ - _____

Gender: ____ Age: ____ Donations submitted: \$ _____



PLEASE READ:

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 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 THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, 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. FINALLY, I SPECIFICALLY ACKNOWLEDGE THAT I AM AWARE OF ALL THE RISKS INHERENT IN OPEN WATER SWIMMING, AND AGREE TO ASSUME THOSE RISKS.

I UNDERSTAND THAT AT THIS EVENT OR RELATED ACTIVITIES, I MAY BE PHOTOGRAPHED. I AGREE TO ALLOW MY PHOTO, VIDEO OR FILM LIKENESS TO BE USED FOR ANY LEGITIMATE PURPOSE BY THE EVENT HOLDERS, PRODUCERS, SPONSORS, ORGANIZERS AND OR ASSIGNS.

I certify that I have read this document, and understand its content.

SIGNATURE: _____ DATE: _____



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See you soon!



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Contact Information:

For additional information, please email swimforlife@swimdca.org or call Rob Jeter at 703-403-5228.

Last minute updates and information will be posted on the Swim for Life website:

<http://www.swimdca.org/swimforlife>

3/23/2012