**5K Open Water Swim**

**DATE:** Saturday, August 25, 2012

**START:**  Lake Rebecca, Rockford MN

**FINISH:** Lake Rebecca, Rockford MN

**TIME:**  Check in 6:30am-7:15am

Safety meeting 7:15am

Event 7:30am

**SAFETY**: Positive check in will be required for all swimmers prior to the start of the race. Failure to abide by this will result in disqualification. Swim caps will be provided and must be worn.

**ENTRY FEE:** $35 per person ($70 per relay). Non refundable. $15 extra per person on race day.

• **Online registration deadline is Friday, August 10**

• **Event is limited to first 100 swimmers to register**

• **Race day registrations ($50 & USMS Swimming Card at beach)**

**COURSE AND DISTANCE:** The race will start at Lake Rebecca Beach, Rockford MN) and head south toward first buoy; round buoy (counter clockwise), swim northeast toward second buoy; round and swim northwest toward third buoy; loop again. The course will be patrolled with safety boats. Escorts for swimmers are not permitted***. No hand paddles, buoys, fins or other such swimming aids. Use of wetsuits or swimsuits that are made of fabric that provides floatation or floatation devices will be permitted, but not be eligible for awards. Please contact the race director if you have questions about swimwear.***

The course will be closed at approximately 9:45am. Course will be marked with orange buoys.

**SWIMMER ELIGIBILITY:**  Must be USMS registered ([www.usms.org/reg](http://www.usms.org/reg)) or USA Swimming.

**AWARDS:** TBD

**PARKING:** Public parking – abide by posted parking restrictions.

**WATER TEMPERATURE:** Approximately 76F.

**(TCOWHF logo) Half-Marathon participants must compete in the 5K to be eligible for TCOWHM awards.**

EVENT REGISTRATION FORM (complete & email to [minnetonkachallenge@gmail.com](mailto:minnetonkachallenge@gmail.com))

**Check one:** Individual or Relay **Check one:** Men Women Mixed

**Relay Name:**

1st Swimmer (2 mi) USMS #

2nd Swimmer (2 mi) USMS #

**Individual:**

Name USMS #

Address City Zip

Email Phone

Age Group as of July 30, 2011 (relay age group is dependant on the youngest relay member)

18+ 25+ 30+ 35+ 40+ 45+ 50+ 55+ 60+ 65+ 70+ 75+

T-shirt Size (guaranteed to all participants registered by July 8):

Adult XS Adult S Adult M Adult L Adult XL Adult XXL

T-Shirts available to order for paddlers, etc. ($15 each):

Size Adult XS Adult S Adult M Adult L Adult XL Adult XXL

Qty x $15 = Total $

I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by 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 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.*

Signature Date

I confirm receipt of and adherence to escort boat rules.

Event ($35 each) + Extra t-shirts ($15 each) $ = Total $

Visa MC Amex Disc # - - - Exp Date