Spring Lake Swims Saturday May 16, 2020 @9am 500m 9:30am 1 mile

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

Club Affiliation (3-4 letter)\_\_\_\_\_\_

Last Name: \_\_\_\_\_\_\_\_\_\_

First Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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

City:\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_Zip:\_\_\_\_\_\_\_\_\_

Phone #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birthdate:

Age on Race Day

Gender:

1 Mile Time:

500 Meter Time

Wetsuit/CAT 2 YES \_\_\_\_\_\_ NO \_\_\_\_\_\_\_\_

NOTE the swim is held at the Violetti Entrance to the Park NOT the Newanga entrance. Use the address 393 Violetti Dr, Santa Rosa CA 95409 to get to the correct entrance.

**RACE DETAILS:**

8:45 AM Meeting for Announcements and Safety Mandatory at the Registration tent

9:00 AM 500m wave start

9:30 1 mile wave start

**LOCATION**: The openwater swim is at Spring Lake Park in Santa Rosa, CA. Directions: take Hwy 101 to Hwy 12 east, turn right onto Mission Blvd, left on Montgomery Dr, right on Channel Dr, right on Violetti Rd, and into Spring Lake Park.

$40 Pre registration- $55 for both swims

1. ONLINE- visit [www.lifeguardsforlife.org](http://www.lifeguardsforlife.org)

2. mail completed entrey before May 12, 2020 to:

Spring Lake Swims

PO Box 12126

Santa Rosa, CA, CA 95406

\*A copy of your current USMS registration card must accompany entry

\*Make checks payable to: Redwood Coast USLA

$50 RACE DAY REGISTRATION- 7:30-8:30AM on May 16, 2020

$65 for both swims on race day

**VISIT OUR WEBSITE** www.lifeguardsforlife.org FOR MORE INFORMATION, DIRECTIONS, OR TO REGISTER. EMAIL: rdwoodmasters@yahoo.com PHONE & FAX-LINE: 707.565.3080

**PARKING**: There is a $7.00 day use parking fee AGE GROUP DIVISIONS: 18-24, 25-29, 30-34,35-39, 40-44, 45-49, 50-54, 55-59...etc AWARDS: Cat 2 suits will render that swimmer ineligible for awards. Awards will be given to the overall female and male winners and to the first three places in all age groups, for each event.

**SAFETY**: Swim caps will be supplied. It is mandatory that these caps be worn. Safety craft and lifeguards on rescue boards will patrol the course. Individual escorts are not allowed. A cut-off time of 1 hour will be enforced.

**EQUIPMENT**: Swimmers are not permitted to wear or use any device or substance to help their speed, pace, navigation, buoyancy,, or endurance during a swim. Any kind of tape on the body or ­at armband is not permitted unless approved by the referee.