

15th Annual UNIVERSITY OF OKOBOJI
2010 OPEN WATER SWIM
AUGUST 7, 2010

LAKE OKOBOJI POINT TO POINT
OPEN WATER SWIM

Individual Entry Form (Please type or print)

Name _____ USS or US Masters Reg. # _____

Address _____ City _____ State _____ Zip _____

Sex ____ Age ____ (as of 8-1-10) Birthday ____/____/____ Phone _____

Athlete's Release (Must be signed)

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 INDICENT THERTO, I HERBY 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 OFFICAIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules or USMS.

Signature _____ Date _____

Parent _____ (Required if swimmer is under 18)

****SWIMMERS ARE REQUIRED TO ARRANGE FOR THEIR OWN ESCORT BOAT AND PADDLES.****

****ESCORT BOAT RENTALS ARE AVAILABLE IF SWIMMERS ARE UNABLE ARRANGE FOR ONE. CALL BARB (712) 330-2080 FOR MORE INFORMATION.****

Fees: Individual Swimmers (\$20.00 prior to July 12th: \$25.00 thereafter) \$ _____
Extra T-Shirts (\$12.00) \$ _____
Total \$ _____

Please circle size of T-Shirt **S** **M** **L** **XL** **XXL**

Extra T-Shirt sizes **S** **M** **L** **XL** **XX**

Return signed entry form with check payable to The Okoboji Point to Point Open Water Swim

Jennifer Will_

15651 250th Ave._

Spirit Lake, IA 51360

712-336-3540 or 712-320-7552

jenwill@hotmail.com

****No REFUNDS will be given**.**

Official Rules

Unless otherwise stated, current USMS long distance swimming rules will govern this race;

Each swimmer must be escorted by a non-motorized boat (canoe, kayak, row boat) and should arrange their own escort boat. Two paddlers are required for each canoe. **SWIMMERS ARE REQUIRED TO ARRANGE FOR THEIR OWN ESCORT BOAT AND PADDLES.**

The canoes should include two paddles and three life jackets. Row boats and kayaks will include two life jackets.

Each swimmer must be at least 13 years old by the day of the swim.

NOTE:

All swimmers and escort boats must pass between 2 specially marked buoys approximately ½ mile from the starting line as a safety check where officials will verify that every swimmer is with an escort boat.

Only goggles, caps and a swim suit are allowed, no wet suits, non porous attire, fins, pull buoys, leg floats, or webbed gloves are allowed.

Except at the start, escort boats must stay within 50 feet from their swimmer. The swimmer cannot hang on the boat or receive first aid from their escort without being disqualified.

All swimmers must report to the timer at the finish line to report that they finished OR **THAT THEY WITHDREW.**

Helpful Hints

Swimmers should be in good shape. A medical exam prior to the event is advised.

At the start of the race the escort boats should be positioned on the beach with the swimmer. Just prior to the start, the escort boat will be instructed to cast off and position themselves from 30 to 50 yards off shore. At the gun, the swimmer will run into the water, the boat paddlers should watch the swimmer and paddle alongside them as they swim out from the shore.

Boats for faster swimmers should position themselves further from shore. Please use your own good judgment. Paddlers and swimmers should take an opportunity to practice if possible. Many swimmers find it useful to let the escort with his/her paddlers set the course and swim along the side and watch it while taking a breath. Paddlers should paddle in a straight line.

Weather

Every effort will be made to start at 7:00. If this is not possible due to weather the race will be scheduled for the same time the next day. The race will not be started on Saturday after 10:00 AM.

Questions

On race day, questions may be directed to the volunteers wearing event T-shirts.

For more information call Herman Richter at The Three Sons 712-338-2424

