

The Inaugural
BOCA OCEAN OPEN
SWIM RACES

Sunday, October 4, 2009 ♦ Boca Raton, FL

Sponsored by Saint Andrew's Swimming and Boca Raton Ocean Rescue
FGC Sanction # OW-101209-FG USMS Sanction #509-0150W

Saint Andrew's Swimming will host two open water swimming races sanctioned by USA Swimming and United States Masters Swimming. The first event will be a half mile fun swim designed to encourage younger or less experienced open water swimmers as an introduction to ocean racing. The featured race will be a one mile contest that will provide awards in standard USA Swimming and USMS age groups.

Date: Sunday October 4th, 2009. Registration opens at 7:00am. The half-mile fun swim will start at 8:00am and the mile race at 8:30am.

Eligibility: All participants must be current members of USA Swimming or US Masters Swimming and able to provide proof of membership for insurance coverage. One-day memberships will be available upon check-in for an additional \$15.00

Course: All races will begin at the north end of Spanish River Park approximately 200 meters north of Tower 20 and proceed in a southerly direction parallel to shore. There will be separate starts for athletes entered in USA Swimming and United States Masters events. The fun swim will continue south for a half-mile where the athletes will round a buoy and turn to the west for a beach finish. The mile race will continue south a quarter-mile past the finish area and return a quarter-mile in a northerly direction to complete the swim. Depending on prevailing weather conditions, meet management may choose to alter the direction and/or place swimmers in heats. Final race instructions will be explained immediately before the start by the Chief Referee. This is an ocean event and of course the prevailing weather will determine conditions. Generally at this time of year the Atlantic Ocean in Palm Beach County is calm in the morning.

Awards: All pre-entered applicants will be guaranteed a commemorative inaugural T-shirt in recognition of their effort. Athletes who sign up on race day will be awarded a T-shirt on a first-come first-serve basis as long as supplies last. Other awards will be distributed as follows:

Half Mile Swim – All competitors will receive a ribbon of recognition for completing the swim.

Mile Race - Medals for 1st through 3rd for both male and female athletes will be awarded in the following USA Swimming age groups: 12 & under, 13 & 14, & 15 & over and USMS age groups: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 & over.

Rules & Safety Information: Both races will follow 2009 USA Swimming Open Water rules and regulations. The City of Boca Raton Ocean Rescue squad will provide safety for this event.

Entries: Advanced entry fee is \$20.00 for either race and will be accepted through Wednesday, September 30, 2009. Teams who enter ten or more athletes by the deadline will receive a 10% discount. USA Swimming Teams are strongly encouraged to use electronic entries via HY-TEK. All athletes must sign the waiver form before competing. Payment may be made by check or credit/debit card only.

Cash will not be accepted. Race day entries are \$30 and competitors must provide proof of USAS or USMS membership. Those without membership or adequate proof may compete with a one day USA Swimming membership fee of \$15.00 (NOT included in the entry fee). All checks should be made payable to **Saint Andrew's School** and mailed to: Sid Cassidy, 3900 Jog Rd., Boca Raton, FL 33434

IMPORTANT NOTE: Effective October 1, 2009 USA Swimming has adopted the following rule in regards to swimwear in all competitions:
102.9 SWIMWEAR .1 Design

A. Swimwear shall include only a swimsuit, cap and goggles. Armbands or leg bands shall not be regarded as parts of the swimsuit and are not allowed.

B. In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee

For this competition, these rules will be in effect for all athletes 19 and under. USMS has not adopted this rule, so "high tech suits" - BUT NOT WETSUITS – in effect this means that all USA Swimming competitors in this event must adhere to newest rules (Listed above) and masters swimmers entered in USMS event will be allowed to wear the same suits that USMS currently allows.

Parking: The City of Boca Raton has waived the parking fee at the Spanish River Park for the day and patrons may enter either at the main entrance off A1A of the northern staff entrance (also from A1A) 200 yards south of Spanish River Blvd.. Once you are in the park you should proceed to the parking areas near one of the beach tunnels and walk under A1A to the beach. The registration table will be located just south of Spanish River Blvd near Tower 18.

More Information: Sid Cassidy – sid.cassidy@saintandrews.net 561-210-2128

Swimmer _____ Age _____ Sex _____
(Name)

Team _____

(Address) (Phone)

(City/State/Zip) (E-mail)

T-shirt Size: S ___ M ___ L ___ XL ___

USA SWIMMING REGISTRATION # (required) _____

USA SWIMMING Half-mile fun swim _____ (8am start)

USA SWIMMING 1-mile swim _____ (8:30am start)

These events are open to eligible swimmers and will be conducted according to current USA Swimming rules. Swimmer's age is as of October 4, 2009. Advance entry fee must be enclosed - \$20 for one race - Race Day fee is \$30 per race – USA Swimming one day membership is an additional \$15 for either race.

ALL ATHLETES WAIVER AND RELEASE

In consideration for accepting this entry and granting of the right to participate in this event I/we, the undersigned intending to be legally bound hereby for myself/ourselves, my/our heirs, waive and release for any and all claims, damages, costs, or expenses which may arise against personal damages I may have against Saint Andrew's School, Saint Andrew's Swimming, the City of Boca Raton, Florida Gold Coast Swimming, United States Masters Swimming USA Swimming and/or any other person whomsoever for any and all injuries, illness, including death that may result from my participation in said event. I/we represent and affirm that I/we am/are in proper physical condition to participate in this event as verified by a licensed physician and have sufficiently trained for the completion of this event. The undersigned has read and voluntarily signed this Waiver and Release.

Signature Date Parent's Signature (if under 18) Date

USMS REGISTRATION # (required) _____

USMS SWIMMING Half-mile fun swim _____ (8:05am start)

USMS SWIMMING 1-mile swim _____ (8:35am start)

ADDITIONAL UNITED STATES MASTERS SWIMMING LIABILITY RELEASE:

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 of 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.

Signature: _____ Date _____