Santa Cruz Surf Life Saving Association
City of Santa Cruz Parks and Recreation
Santa Cruz Aquatic Masters

Sanctioned by PacMasters for USMS Inc.: ***USMS/PacMasters- Sanction#***
USA Swimming #Pending

40th Annual Roughwater Swim

Date: Saturday, August 3, 2013

Location: Lifeguard Tower #1, Santa Cruz City Main Beach.

Time: **11:00 A.M**. Registration and Check-in begins at 9:30 A.M.

Course: Contestants receive a siren start, enter the ocean at Lifeguard Tower #3 on the east side of the Municipal Wharf, swim parallel to the pier, around the end, and then straight in to the finish in front of the Santa Cruz Dream Inn Hotel above the beach on the west side of the pier. The course is one mile. Restrooms are available on the wharf and adjacent to the beach. **Two start waves** will used this year: USA Swimming, 18 years and under and *Masters* 18 to 39 years, *first wave*, *Masters* 40 years and up, *second wave*. Pre Race Instructions at 10:45.

Entry: $35.00 per person if postmarked by Monday**,** July 22, 2013. Late or race day registration is $40.00. All participants receive a commemorative item. *Race cost includes new USMS Insurance Fee.*

Eligibility: **ALL ENTERED SWIMMERS 18 YEARS AND UP must be currently registered with United States Masters Swimming.**** Registered Masters swimmers *must* send a copy of current 2012 registration card with entry. Non Registered swimmers *must* register with USMS (18 years and up) for $46.00. USMS One-Event Registration is available this year. Entries will not be accepted without this registration. USMS registration forms are available through **Pacific Masters Swimming** from Nancy Ridout at registrar@pacificmasters.org or 415.892.0771, and must be included with mailed entry or on race day. **Swimmers 18 years and younger must register with USA swimming.** USA Swimmers must also attach their registration card or register directly with USA Swimming and present the form on Race Day.

Divisions/Awards: USA Swimming Age groups: 10 and under, 11-12, 13-14, 15-16, 17-18. USMS: Awards for PacMasters Category 1 swimmers: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, etc., Mens and Womens. Medals 1st, through 3rd place. For details on Cat1 and Cat2 swimwear, please visit www.pacificmasters.org.

Safety: Safety services provided by the Santa Cruz City Beach Lifeguard Service and Santa Cruz Surf Life Saving Association. All contestants are required to wear a day glow swim cap (provided). A one-hour cutoff time will be enforced. No personal escorts are permitted. Wetsuits, tri-suits and insulated swim caps permitted, no other swim aids allowed. Contestants in wetsuits and other defined swimwear such as rashguards are eligible for USMS/PacMasters points or awards in their respective Category (Cat2). The expected water temperature is 60 degrees.

Entry and Payment: Swimmers are encouraged to enter at www.clubassistant.com. Swimmers may also send checks payable to **SCSLSA** for entry. Also, send your completed and signed USMS/PMS registration form and checks payable to PMS for swim eligibility if not registered with this swim organization. All ages mail entries to: *Santa Cruz Roughwater Swim, 323 Church Street, Santa Cruz, CA 95060.* Proceeds benefit Santa Cruz surf lifesaving efforts.

Information: (831) 420-6014.

40th Annual Roughwater Swim Entry Form

Sponsored by Santa Cruz Surf Life Saving and Santa Cruz Masters

USMS/PacMasters/USAReg #	USMS/USA Team	Team Abbreviation	For Official Use Only:

Last Name	First Name

Street Address	City	State	Zip

Male Female	Phone: ( )	Birth Date: - -	Age Race Day:

Mandatory Waivers of Liability

City of Santa Cruz: I, or my minor child _____, wish to enter and participate in the Roughwater Swim Event. I understand the dangers even for the most conditioned athlete. I understand that I should not enter this event unless I am in excellent health and am fully trained and conditioned for this strenuous task. I represent that I or my minor child is in proper physical condition for this event.

I am also aware the weather conditions that prevail in Monterey Bay at any time of the year, very cold water, dense fog, strong currents, pounding surf, treacherous sharks. I also understand that pleasure and fishing craft share the waters and may be a danger, and in addition, I specifically acknowledge that I am aware of all the risks in open water swimming and agree to assume those risks.

Nevertheless, with knowledge of these facts, and in consideration of acceptance of my entry, I, or my minor child, _____ intend to be legally bound for myself, heirs, executors and administrators, and hereby waive and forever discharge any and all rights and claims for damages which may occur to me against the Santa Cruz Surf Life Saving Association, Santa Cruz Aquatic Masters, USMS, PMS, The City of Santa Cruz, its employees and agents, and assigns, from all rights, claims, or liability for damage for any and all injuries to me or my property, arising out of, or in connection with my participation in this event.

I further agree that I will indemnify and hold harmless the above named parties against all claims, demands, and causes of action including court costs and attorney's fees, directly or indirectly arising from any action or proceeding brought by or prosecuted for my benefit. This release extends to all claim of every kind and nature whatsoever, whether, whether known or unknown, and I expressly waive any benefits I may otherwise have under Section 1542 of the Civil Code of California relating to the release of unknown claims.

Participant Signature: _____ Parents Signature (if swimmer under 18)_____ Date: _____

USMS: I, the undersigned participant, intending to be legally bound, hereby certify that I 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.

USMS Participant Signature:_____ Date: _____

United States Masters Application - (18 years and Older) are available from www.pacificmasters.org

Please attach USMS/PMS/USA Card here: