

# Seal Beach 50th Annual Rough Water Swim

Saturday, June 22, 2019

Info and Results at sealbeachswimclub.org

USMS

Including the SCS Age Group Open Water Events & 5 K and 1 mile  
USA-S/USMS Long Distance Events Sanctioned by USA-#000-000 and USMS #339-W003  
**USS OR USMS REGISTRATION REQUIRED - NO EXCEPTIONS**

## LONG DISTANCE EVENTS

USMS SWIMMERS \$36

1. Men's 5K

3. Men's 1 Mile

2. Women's 5K

4. Women's 1 Mile

Due to Lifeguard requirements an experienced Paddler is mandatory for events 1 & 2. **No exceptions.**

**USMS \$6 surcharge included.**

## SCS AGE GROUP OPEN WATER EVENTS \$25

200 yard Swim	400 yard Swim	800 yard Swim	1200 yard Swim
5. Boys 7 & 8	7. Boys 9 & 10	9. Boys 11 & 12	11. Boys 13 & 14
6. Girls 7 & 8	8. Girls 9 & 10	10. Girls 11 & 12	12. Girls 13 & 14

Age group races start as soon as the 3 mile race goes off.

EVENT #	CHECK IN TIMES	START TIMES	START LOCATION
1 & 2	6:30am	8:00am	Seal Beach Pier N/W side
5 - 12	7:00am	after 3 mile race STARTS	Seal Beach Pier N/W side
3 & 4	8:00am	after age group events (after 9:30am)	Seal Beach Pier N/W side

**AWARDS:** Events 1 through 12 1<sup>st</sup> – 3<sup>rd</sup> place medal.

**ELIGIBILITY:** USA Swimming/USMS registration is

All Age Group swimmers will receive a finish medal.

**MANDATORY: Send in Copy of your MEMBERSHIP CARD.**

**WETSUITS ALLOWED BUT NOT AWARDED.**

One day membership available for \$25 USMS.

**RULES:** USA-S/USMS rules govern. Swimmers must check-in with Clerk of Course.

**ENTRY FEES:** Events 1 – 4 \$36

**DIRECTIONS:** 405 Fwy to Seal Beach Blvd. south, right on

Add \$5.00 if postmarked after June 10th and on race day.

PCH, left on Main St. to Seal Beach Pier.

**MEDIA NOTICE** – Entry into the event is acknowledgement and consent that media including photos, video, and other forms of obtaining images of athletes may be used.

**For more information** call at (562) 430-1092 or email mariafattal@sealbeachswimclub.org

**Make checks payable to:** Seal Beach Swim Club

TEAM CODE

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**Mail to:** Seal Beach R.W.S.

USA-S# \_\_\_\_\_

P.O. Box 605

**USMS Event Fee \$31**

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

EVENT # \_\_\_\_\_

Seal Beach, CA 90740

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Email \_\_\_\_\_

(last)

(first)

Address: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # (\_\_\_\_) \_\_\_\_\_ Paddlers Name(3 mile Swim) \_\_\_\_\_

**USMS Events:1-4 \$ 36**

**Late fee of \$5.00 if Postmarked after June 10, 2019 or event day.**

**50<sup>th</sup> Annual T-SHIRT included.** Circle size. YOUTH SIZE L ADULT SIZE S M L XL XXL

**Additional T-shirts \$15 pre-ordered/\$20 beach.** Sizes: YOUTH SIZE L ADULT SIZE S M L XL XXL

Late entries and day of event entries T-shirts are first come first serve on sizes.

**Total Enclosed \$ \_\_\_\_\_**

**NO REFUNDS.**

## PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M      F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

*Revised 07/01/2014*