



FORT BARRANCAS OPEN WATER RACES

Friday, June 5, 2009

COURSE LOCATION

Course begins at Barrancas Beach, NAS Pensacola. The races will be conducted on a flat water course lateral to the beach and within the exclusionary zone. The course will be marked by 6ft turning buoys with smaller interim buoys to aid in navigation.

EVENTS

YOUTH: (USA Sanction #09SEBWB6-6-OW) The Pensacola Navy Youth Swim Team and MWR of NAS Pensacola will offer a 1K for age 7 & Older and a 5K open water event for ages 13 & Older on a course at Barrancas Beach on NAS Pensacola in the morning of June 5, 2009. Direction will be clockwise putting the centerline of the course on the swimmers' right. The start will be in the water. The finish will be on the beach.

ADULTS: (USMS Sanction #159-004) NAVY Masters and MWR of NAS Pensacola will offer a 1K, a 5K and a 5K with fins swim for ages 17 + Older on a course at Barrancas Beach on NAS Pensacola in the afternoon of June 5, 2009. Direction will be clockwise putting the centerline of the course on the swimmers' right. The start will be in the water. The finish will be on the beach.

SCHEDULE

Youth Event: Registration/Check-in 7:00 am - 8:30 am

Entering the marshalling area 8:30-8:45

Pre-race Instructions 8:45 am

First Heat Start 9:00 am

Adult Event: Registration/Check-in 1:00 pm - 2:30 pm

Entering the marshalling area 2:30-2:45 pm

Pre-race Instructions 2:45 pm

First Heat Start 3:00 pm

Awards Ceremony following the completion of both races

ELIGIBILITY

Youth Events (Ages 7 & Up) will require a USA Swimming registration. A photocopy of the swimmer's current registration must be submitted with the official entry form unless submitted by team as a Hy-Tek entry.

Adult Events (Ages 18 & Older) will require a US Masters Swimming registration. A photocopy of the swimmer's current registration must be submitted with the official entry form. A One Event USMS Registration is available for an additional fee of \$10.00 and must be signed at check-in – entry fee and the One Event fee must be paid by the entry deadline.

ENTRY FEES

Youth Events: For entries received by May 15, 2009, the entry fee is \$20.00 per individual entrant. For those entries received after May 15th but by the June 3rd deadline, the entry fee is \$25.00 per individual entrant. T-Shirts are not included in the entry fee. USA Membership is NOT included in the entry fee.

Adult Events: For entries received by May 15, 2009, the entry fee is \$25.00 per individual entrant. For those entries received after May 15th but by the June 3rd deadline, the entry fee is \$30.00 per individual entrant. All adult entries will receive a t-shirt. (Entries received after June 1 will get their t-shirt post-event). Entry fees are nonrefundable. ***THERE WILL BE NO RACE DAY ENTRIES!*** US Masters Swimming membership fee is NOT included in the entry fee. Adult swimmers without USMS registration* must include their \$10 fee for a One-Day event membership with their entry and must sign the form on site the day of the race.

SAFETY

All swimmers must wear the cap provided at check-in and have their race number put on their arms. Lifeguards, kayaks and safety boats will monitor the racecourse. Anticipated water temperature will be between 82-84 degrees. A 45-minute time limit will be in effect for the 1Ks and a 150-minute time limit will be in effect for the 5K races.

DEADLINE AND ADDRESS

Entries must be received by the MWR NAS Pensacola by Tuesday, June 3, 2009. Youth entries may be submitted via HyTek. All others, please mail or hand-deliver entry forms and payment to MWR Marketing, NAS Pensacola, 190 Radford Blvd. Bldg 4143 Pensacola, FL 32506

THERE WILL BE NO RACE DAY ENTRIES.

*One day USMS event application included at end of this document

GENERAL RULES

Current 2009 USMS rules will govern the Masters event. Current 2009 USAS rules will govern the youth event.

SPECIFIC RULES:

- Each competitor will be required to wear a brightly colored cap. The cap will be provided by the Host.
- No devices on the hands allowed. Swimmers choosing to wear a wet suit in the race will not be eligible for awards or official placing in the results.
- Competitors are advised that a raised hand indicated trouble or withdrawal from competition and when given aid, or picked up by a safety boat, results in disqualification.
- The race may be postponed or cancelled for stormy conditions, excessive currents, or dangerous marine life by the race director. If rescheduled or cancelled, the course will be closed. Reschedule date, Thursday, June 11. No refunds.
- No outside assistance may be given to competitors until they cross the finish line.
- The start will be a mass water start with all competitors at a starting rope inside the water.
- A finish line will be placed near or at the water's edge.
- Swimmers that swim off-course and miss a buoy will be disqualified
- A time limit of 150 minutes will be given to the 5K swimmers. After that, all remaining swimmers will be asked to leave the water or be picked up by safety boats.

SHIRTS

T-shirts will be given to each adult entrant as a benefit of entry. Shirts will be available in S, M, L, XL, and XXL.

AWARDS

Awards will be given to the first 10 finishers, male and female, in the 12 & Under 1K, the 13-17 1K, the 13-17 5K, the Masters 1K and 5K. The top finisher will be awarded in the 5K with fins. The top three Active Duty Finishers will receive an additional award. All finishers will be able to download a certificate with their final time.

NO REFUNDS will be given due to cancellation because of stormy conditions, excessive currents, or dangerous marine life or medical withdrawals. Cancellation will be made by the race director. If rescheduled or cancelled, the course will be closed. Reschedule date, Thursday, June 11.

PARKING

Parking will be at Barrancas Beach with overflow parking at Lighthouse Point Restaurant. No parking will be allowed along the street.

ALTERNATIVE DATE: Thursday, June 11, 2009.

FOR MORE INFORMATION

Contact Race Coordinator Vicki Balog at 850-452-9429 or 850-452-8293 or via e-mail at: naspaquatics@yahoo.com.

INAUGURAL FORT BARRANCAS OPEN WATER RACES



ENTRY FORM

NAME _____

USAS# _____ USMS# _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

CLUB NAME: _____ CLUB ABBR: _____

DATE OF BIRTH _____ AGE _____ GENDER: CIRCLE MALE FEMALE

PHONE (home): _____ e-mail _____

So we can acknowledge receipt of your registration form

Emergency Contact: _____ Phone : _____

ENTRY FEES

(MAKE CHECKS PAYABLE to MWR FUND)

Youth Events _____ \$20.00 (if received by May 15) _____ \$25.00 (May 16-June 3)
T-shirt not included in Youth Fees

Masters Events _____ \$25.00 (if received by May 15) _____ \$30.00 (May 16-June 3)
_____ S _____ M _____ L _____ XL or _____ XXL (T-Shirt size – shirt included in Masters Reg. Fee)

_____ \$10.00 one day USMS registration _____ \$ TOTAL ENCLOSED WITH ENTRY

Check Which Race You Will Swim:

- _____ 1K Youth race (Ages 12 & Under)
- _____ 1K Youth Race (Ages 13-17)
- _____ 5K Youth race (Ages 13-17)
- _____ 1K Adult Race (Ages 17+)
- _____ 5K Adult Race (Ages 17+)
- _____ 5K w/ Fins Adult Race (Ages 17+)

MAIL ENTRIES TO:

**MWR Marketing
190 Radford Blvd.
Bldg 4143
NAS Pensacola, FL
32506**

YOUTH Events - Waiver of Claim Form

In consideration of the acceptance of this entry and on behalf of each of the listed competitors we _____ hereby waive and release any and all claims against the United States Government, NAS Pensacola, the Aquatic Development Group, Inc., the Pensacola Navy Youth Swim Team, United States Swimming, Inc. and Southeastern Swimming, Inc. and their officers, agents and representatives for any and all injuries which may be sustained at this meet or while in transit to and from this meet. We _____ expressly agree to waive claim as condition of being allowed to enter this meet. Further, we _____ affirm that all athletes entered in this meet and all coaches are current members of United States Swimming and that all coaches are in compliance. I hereby affirm that all of the swimmers we are entering in this meet are members in good standing of United States Swimming. I further affirm that all coaches for this team are listed on this document and are Coach members of United States Swimming.

Signature of coach or club official: _____ CLUB _____

Date: _____ Title: _____

MASTERS Events – Waiver of Claim Form

USMS 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 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** _____

YOUR ENTRY MUST INCLUDE YOUR USMS CARD OR PROOF OF MEMBERSHIP IN ANOTHER RECOGNIZED MASTERS SWIMMING ORGANIZATION. •ADDITIONAL ENTRY INFORMATION AND FORMS MAY BE DOWNLOADED FROM:
WWW.PNYSWIMTEAM.ORG

•NO RACE DAY ENTRIES ACCEPTED

2009 ONE EVENT REGISTRATION FORM



Register with same name you will use for competition. Print clearly.

Last Name		First Name		Init	For Office Use
Street				Apt	
City		State	Zip	Phone No.	
Date of Birth		Age	Sex	Today's Date	
Mo.	Day	Yr		Mo	Day Yr

2009 ONE EVENT MEMBERSHIP APPLICATION

OEVT - One Event Membership Event Date:

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 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.

Signature _____

USMS Fee: \$10.00

LMSC Fee: _____

TOTAL FEE _____

Make check payable to:

Mail Check to:

2009 ONE EVENT REGISTRATION FORM



Register with same name you will use for competition. Print clearly.

Last Name		First Name		Init	For Office Use
Street				Apt	
City		State	Zip	Phone No.	
Date of Birth		Age	Sex	Today's Date	
Mo.	Day	Yr		Mo	Day Yr

2009 ONE EVENT MEMBERSHIP APPLICATION

OEVT - One Event Membership Event Date:

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 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.

Signature _____

USMS Fee: \$10.00

LMSC Fee: _____

TOTAL FEE _____

Make check payable to:

Mail Check to: