

Valley Isle Masters Swimmers' presents

25th annual MAUI ROUGHWATER SWIM

Benefit swim for SOUTH MAUI SHARKS SWIM TEAM

1.7 mile Roughwater Swim ~ Keawakapu Beach to Polo Beach

Sunday, September 26, 2010 ~ 8:30 a.m.

Name: _____ Age on Race Day: _____ Sex _____ Birthday _____

Street: _____ City: _____ State: _____ Zip: _____

Email: _____ Last Completed Open Water Swim: _____

Phone: _____ FINA, USA, USMS#: _____ copy of 2010 card must be included

COST: **T-SHIRTS:** Adult size: Small, Medium, Large or Extra Large - indicate size: _____

ENTRY FEE: \$ _____ **\$ 20** pre registered must be postmarked by Sept 20th **OR \$ 25 LATE OR RACE DAY**

INSURANCE: \$ _____ If you are not a member, or cannot provide proof of current membership of USMS, USA or FINA

then you must pay one of the following: USA-Swimming for any age: **\$62** valid thru 12/31/11

Or USMS for those 19 or older: **\$15.00** valid for 1 day, or **\$30** valid thru 12/31/10

TOTAL: \$ _____ PAID WITH: CHECK OR CASH (circle one)

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.

Date: _____ Signature: _____

USA Swimming Waiver (Parent or legal guardian must also sign for swimmers under 18.)

I hereby release USA Swimming, the Local Swimming Committee (LSC) and any other participating organization from any claims and damages received by me as a result of my participation in the race and furthermore, hold them harmless and indemnified from any damages. In addition, I agree to abide by and be governed by the rules of USA Swimming.

Date: _____ Signature: _____ Signature of Parent / Guardian: _____

**Sanctioned by HAWAII MASTERS SWIMMING ASSOCIATION for USMS, Inc. #S390-OW008
Hawaii LSC for USA Swimming Sanction: HI20100926-MOWS**

-----cut here and return above-----cut here and return above-----

DATE: Sunday, September 26, 2010

START & FINISH: Keawekapu Beach (located at Kilohana & S. Kihei Rd.) to Polo Beach (in front of Kealani Hotel)

TIME: Check-in and late registration - 7:00 - 8:00 AM Race Instruction - 8:15 AM **START - 8:30 AM**

COURSE AND DISTANCE: Approximately 1.7 mile. The course follows the coast south to Polo Beach. Course marshals in kayaks will patrol course. Escorts for swimmers are not permitted. Escorts for safety reasons only are permitted for USA swimmers only, however drafting or any assistance will result in immediate disqualification. No hand paddles, fins or flotation gear permitted. Only goggles, face masks and/or snorkels permitted. Course will be closed 90 minutes following the start.

SWIMMER ELIGIBILITY: Member in good standing with United States Masters Swimming (USMS), Inc. or USA Swimming, or FINA. Those not registered can sign-up race day. See above under "Costs - Insurance" for details. All Valley Isle Masters Swimmers ocean swims are sanctioned and require membership with USMS or USA Swimming.

AGE GROUPS: Overall, 10 & under, 11-12, 13-14, 15-18, 19-24, 25-29, 30-34, 35-39, etc. Male and female categories

PARKING: Parking available at start location at the lot on the corner of Kilohana and S. Kihei Road. Parking at the finish area at Polo Beach Park, turn down Kaukahi St. just south of the Kealani Hotel, the parking lot is on the right just past the hotel on Kaukahi St. This is 1.7 miles from the start. Arrive early to coordinate with fellow swimmers parking at lots so you don't have to walk back.

ENTRY DATE & FEE: Fee is \$20, non-refundable. Entries must be postmarked no later than Monday, September 20th, 2010. Late registration fee is \$25. Entry fee includes awards and snack for swimming participants only.

T-SHIRTS: All pre-entries include a commemorative Maui Roughwater T-shirt. Late & race day entries are not guaranteed t-shirts.

MAKE CHECKS PAYABLE TO: VALLEY ISLE MASTERS SWIMMERS.

MAIL ENTRY TO: VALLEY ISLE MASTERS SWIMMERS, PO BOX 424 PUUNENE, HI 96784

FOR MORE INFORMATION: CALL (808) 280 2756 or email janet@swimprojanet.com