



# Eleventh annual Polar Bear fin swim



<b>DATE &amp; TIME:</b> 🕒	<b>Sunday, January 31<sup>st</sup> 2010</b> Check-in: 7:45–8:30am Race Instruction: 8:45am Race Start: <b>9:00am</b>	<b>LOCATION:</b> South Malu'aka Beach; fronting the Makena Resort; Makena, Maui, Hawaii
<b>COURSE &amp; DISTANCE</b>	<b>Approx 2k or 1¼ mile.</b> The course goes straight out from Malu'aka Beach and turns left around the point to Pu'u Olai and back. See Map Below. The "point" to Pu'u Ōla'i section will be a triangle course, and then returns to Malu'aka Beach.	

<b>AWARDS:</b> 😊	Men & Women 10 & Under, 11-12, 13-14, 15-18; Masters awards: 19-24, etc. to 60+. Overall top male & female special prizes.	<b>ELIGIBILITY:</b>	All participants must be members in good standing with United States Masters Swimming, Inc. or USA Swimming, Inc. Swimmers 19 & over who are not registered can sign-up with USMS on race day. One year USMS membership (valid thru 12/31/10) is \$40. One day membership is \$15.
<b>ENTRIES:</b>	\$25 postmarked by Jan 24 <sup>th</sup> , 2010; \$30 after to: Maui Master Swim Club c/Toni Sinnott 321 Pukalani St. Makawao HI 96768	<b>PARKING:</b>	Event parking available at S. Malu'aka Beach Park parking lot (proceed from Wailea along Makena Alanui Road. Turn right approx. ¼ mile past the Makena Resort entrance (look for event sign).
<b>SANCTION:</b>	<b>Hawaii Masters Swim Association for USMS P390-OW001 USA Swimming (Pending)</b>	<b>ESCORTS &amp; EQUIPMENT:</b>	Course marshals in kayaks and a certified lifeguard on a jet ski will patrol the course. Only participants under 19 may have an escort, but drafting is not allowed. Fins are optional, but there are no special divisions for swimmers without fins. Neither hand paddles nor flotation gear permitted. Caps, Goggles, facemasks and/or snorkels are permitted. Course will be closed 90 minutes following the start. <b>Swim caps are highly recommended.</b>
<b>INCLUDED:</b>	Awards for all ages. Post race refreshments. Long Sleeve T-shirt	<b>CONTACTS:</b>	Toni Sinnott (808)298-3269 <a href="mailto:tonisinnott@aol.com">tonisinnott@aol.com</a> (race dir), or Malcolm Cooper (808)280-4257 <a href="mailto:malcolmy@hawaii.rr.com">malcolmy@hawaii.rr.com</a> .

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<b>Name</b>				<b>USA/USMS#</b>			
<b>Address</b>	Street			<b>Birthdate</b>			
	City	State	Zip	<b>Race Age</b>		<b>Sex</b>	
<b>Phone</b>	Home		Cell	<b>Last Open Water Swim</b>			
	(in case we need to contact race day)			<b>email</b>			
<b>Payment</b>	<b>Amount</b> _____	<b>T- shirt (S/M/L/XL)</b>					
	<b>Cash</b>	<b>Check</b>	<b>#</b>				

**WAIVER:** All swimmers must sign the liability waiver below in order to participate. Parent or legal guardian must also sign for swimmers under 18.

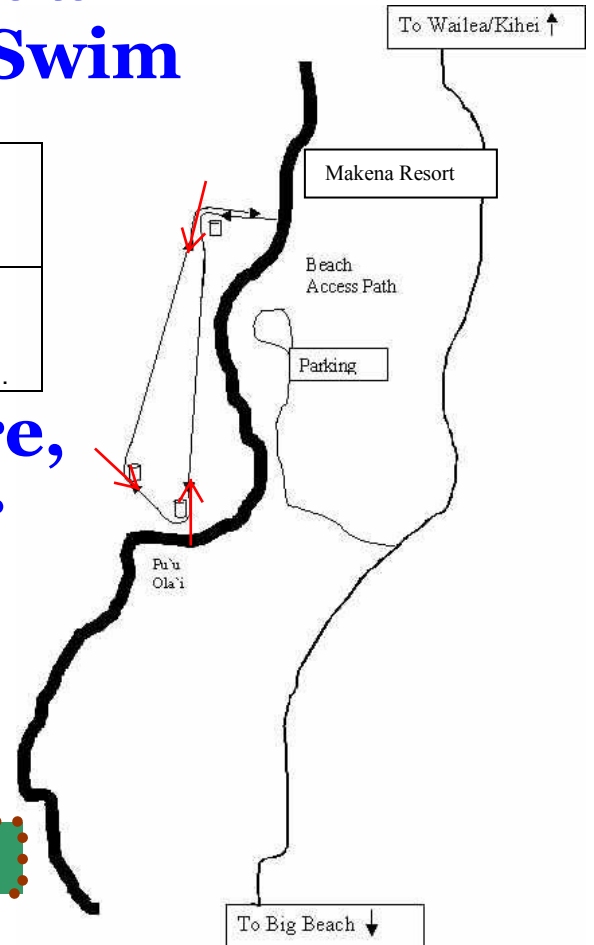
I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or 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: \_\_\_\_\_ Signature of Parent or Guardian \_\_\_\_\_

In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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<b>COURSE &amp; DISTANCE</b>	<b>Approx 2K or 1.2 mile.</b> The course goes straight out from Malu'aka Beach and turns left around the point to Pu'u Ōla'i and back. See Map Below. The "point" to Pu'u Olai section will be a triangle course, and then returns to Malu'aka Beach.	



## See You There, Polar Bear

