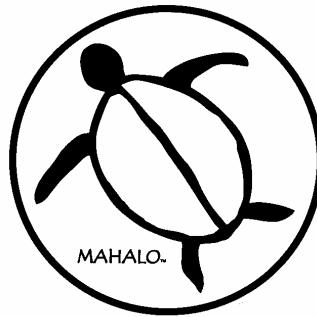


santa barbara semana nautica sports festival

6 mile ocean swim



Sunday, July 11, 2010

Sanctioned by SPMA for USMS # 330-022

COURSE: Goleta Beach to Arroyo Burro Beach **FOR EXPERIENCED SWIMMERS ONLY**
Start on the west side of Goleta pier. Swim to the end of the pier, turn east, and swim down coast
~6 miles to a buoy off of Arroyo Burro beach. Round buoy and swim to shore.

TIME: Race starts at 9:00am. Check in starts at 7:30am.

RULES: USMS Open Water Swimming rules govern.
All swimmers must have 2010 USMS number.
**Participants must bring paddler and board/kayak to accompany them in the ocean swim.
NO EXCEPTIONS.

ENTRY \$40.00 **No beach entries.** All entries must be received by July 2, 2010
FEES: Food and beverages provided at the finish.
Custom long sleeve t-shirt: \$15.00

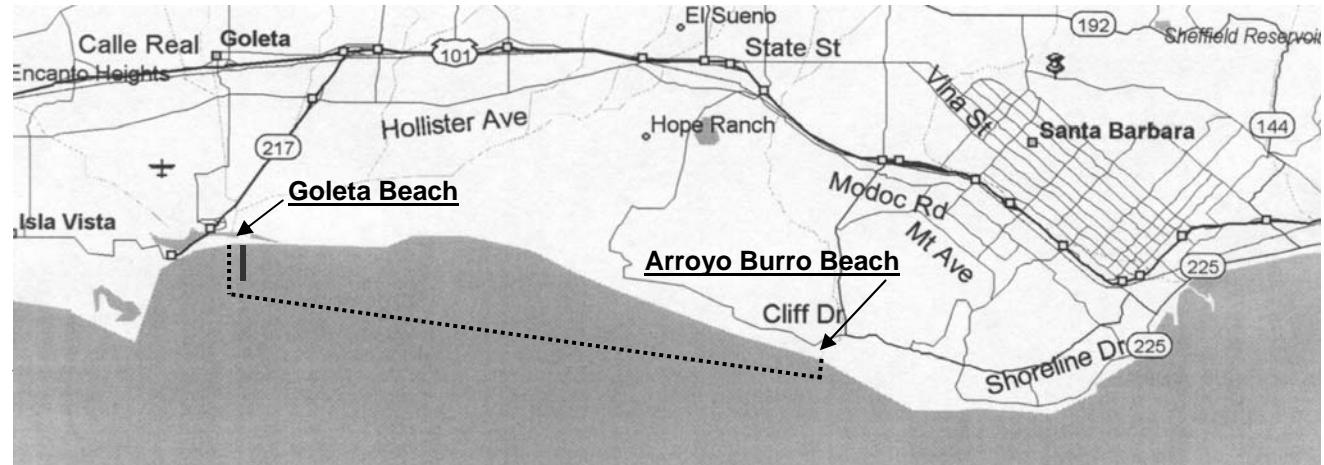
AWARDS: Places 1st- 5th, men & women
Hand crafted, custom awards
Awards ceremony immediately after the last swimmer finishes.

OTHER: Water temperature varies from 58° to 65° in June and July.
There is no charge for parking at either Goleta County Beach Park or Arroyo Burro Beach.
Course and distance to be altered subject to conditions at time of race.

As in the tradition of open water swimming, the use of wet-suits or other non-porous attire, kickboards, gold chains, booties, paddles, swim buoys, body suits, triathlon suits, fins, gloves, or other wimpy contraband will not be allowed. No exceptions! circa 1982, before the new open water rules.

QUESTIONS: Jane Cairns (805) 886-8123
email: janeswims@juno.com

COURSE MAP



Mail completed entry form, entry fees (checks payable to jane), and a copy of your 2010 USMS card to:

Jane Cairns
5094 Cathedral Oaks Rd
Santa Barbara, CA 93111

Name: _____

Address: _____

Phone: _____

Email: _____

Date of Birth: _____ Age: _____ Sex: _____

Name of paddler: _____

Paddler's email: _____

Long sleeve t-shirt \$15.00: _____ Total for shirts: _____

size(s): _____ Entry fee: _____ \$40.00 _____

quantity: _____ Total entry fees: _____

Please list your completed long distance ocean swims of 2009 and 2010 (if any this year):

WAIVER:

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 ACTIVITES 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 of participant: _____

Date: _____