



**2009 BEWARE OF BARRACUDA
Open Water Swim Races
200yrd-500yrd-1650yrd-2 Mile
Eagle Rock Resort
Hazleton, PA**



Saturday August 8th

Benefits the Hazleton YMCA/YWCA Barracudas Swim Team

The Hazleton YMCA/YWCA, and Eagle Rock Resort are proud to announce our 4th annual Open Water Swim Races. The swims will be held at the base of the Eagle Rock Resort, on its crystal clear, spring fed Lake Susquehanna.

WHEN: Saturday August 8th 2009. The 200 yard swim will start at 9:00 a.m., The 500 Yard swim will start no earlier than 9:10 a.m., and the 1650 yard and 2mile swims will start no earlier than 9:30. Swimmer Check – In will run 8-8:30. Award Ceremony 11:30 a.m.

AGE GROUPS: Awards will be divided by age groups; 6 & under, 7-8, 9-10, 11-12, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 and up. Age will be determined as age the day of the meet.

COURSE: The 200 yard course will be out and back. A large floating green rock will be positioned at the 200 yard race turn around point. Swimmers must keep the markers on their left, circling it counter clockwise, and returning to the beach. A floating rope stretches the length of the 200 yard course to help keep swimmers on track.

The 500 yard course will be a triangular course. Swimmers will swim the course in a counter clockwise direction, always keeping the markers to their left, finishing on the beach.

The 1650 yard, and 2 Mile swim will start together. 1650 yard swimmers must swim one lap counter clockwise around a rectangular course, 2 Mile swimmers will do a second lap.

AWARDS: Commemorative T-shirts will be guaranteed to all registered prior to July 25th. Age group ribbons will be awards to 1st to 12th place swimmers in each age group.

ENTRIES/REGISTRATION: Early registration for this event will run through Saturday July 25th. Early registration entry fee will be \$15.00 for one event, and an additional \$5.00 per event for those who wish to 'double dip'. Late registration will be \$20.00 for one event, and an additional \$5.00 per event for multiple entries. Registration will close Thursday Aug 6th. Checks Payable to the Hazleton YMCA/YWCA.

RULES & SAFETY: All races will follow the 2009 USA Swimming open water rules and regulations. Hazleton Y lifeguards and volunteers will provide safety for this event. Volunteer kayakers are welcome to serve as auxiliary support and must contact the race director for more information and instructions.

PARKING: Participants and Spectators will be required to park at the Base Lodge Parking lot for this event. This is approximately 1/4 mile from Lake Susquehanna Beach. From Parking lot to beach, turn right out of lot onto Walden Drive, turn left onto Tuscarora drive, and take right onto Beach Road. Race will start from Beach.

FACILITY: Eagle Rock Resort is a private gated community. As guests of the facility we ask all participants to respectfully obey all Eagle Rock posted roadway signs, and any instructions given by Eagle Rock security personnel. Also, use of the beach facility has been granted to us only till 12:00. At that time we must conclude our race program and award ceremony.

SEED TIME: To ensure that all swimmers are properly conditioned for an open water swim, all swimmers must list a seed time for each of the open water events entered. Seed times may be swum in a pool. Swimmers must be capable of swimming a similar distance in a pool, without stopping or resting, and at the conclusion of the (pool) swim be capable of safely completing a warmdown swim 200 yards.

RACE DIRECTOR: Rob Gould will serve as the race director. All inquiries should be directed to him at: robgould@ymca-ywca-of-hazleton.org, or 570-455-2046 ext 127. Course maps and on-line registration available at WWW.ymca-ywca-of-hazleton.org/triathlon/race.htm.

REGISTRATION FORM (Open Water Swim)

Swimmer _____ D.O.B. _____ Age _____ Sex _____
(Name)

_____ Address _____ city _____ state _____ zip _____ Phone number _____

email address _____

T-shirt Size: Adult S ___ M ___ L ___ XL ___ Childs S ___ M ___ L ___ XL ___

List **SEED TIMES** for races entered:

200 yard swim (9:00am start) _____

500 yard swim (9:10am start) _____

1650 yard swim (9:30am start) _____

2 Mile swim (9:30am start) _____

***SEED TIMES** verify that registered swimmer HAS SAFELY completed an event of similar distance without the need for rest or assistance. **Pool seed times are accepted.

These events are open to all swimmers and will be conducted according to current USA Swimming rules.

Swimmer's age is as of August 8, 2009. Advance entry fee must be enclosed.

Make Checks Payable to the Hazleton YMCA/YWCA. Mail to Robert Gould 75 S. Church St Hazleton Pa 18201.

Waiver and Release

I understand the inherent risk involved in open water swimming and racing. Risks may include, but are not limited to, crashing, falling, and drowning. In consideration for accepting this entry and granting of the right to participate in this event I/we, the undersigned intending to be legally bound hereby for myself/ourselves, my/our heirs, waive and release for any and all claims, damages, costs, or expenses which may arise against personal damages I may have against the Hazleton YMCA/YWCA, Eagle Rock Resort and/or any other person whomsoever for any and all injuries, illness, including death that may result from my participation in said event. I/we represent and affirm that I/we am/are in proper physical condition to participate in this event as verified by a licensed physician and have sufficiently trained for the completion of this event. The undersigned has read and voluntarily signed this Waiver and Release.

Signature

Date

Parent's Signature

Date