



16th Annual
La Jolla Cove 10 Mile Relay
September 24, 2017
A Celebration of Swimming and Community Giving
In conjunction with the La Jolla Cove Swim Club

The total swim distance is approximately **10 miles** (16.7 K). The swim will take place in La Jolla Cove beginning at 7:00am. Up to 5 swimmers per team with each member swimming at least *one* 1 mile lap. Check-in will begin at 6:00 AM either on the lawn above La Jolla Cove Beach or at the south end of La Jolla Shores Beach. **Entry Fee: \$65 per Team Member / \$80 per Solo Swimmer.**

Award Categories:

- | | |
|---|---|
| Top Donation Team | Leopard Shark (Combined age 200 - 249 yrs) |
| All Male Team (no fins or wet suits, Channel swimmer dress) | Garibaldi (Combined age 250 - 299 yrs) |
| All Female Team (no fins or wet suits, Channel swimmer dress) | Poseidon (Combined age 300 -349 yrs) |
| Minnow (Combined age less than 90 yrs) | Bowhead Whale (Combined age 350 and more yrs) |
| Dolphin (Combined age 90 - 149 yrs) | Top Solo Swimmer (Male, Channel dress) |
| Sea Bass (Combined age 150 - 199 yrs) | Top Solo Swimmer (Female, Channel dress) |

Team Name: _____ Category _____

Captain Name: _____

Address: _____

City: _____ State: _____ Zip _____

Phone: (____) _____ E-mail: _____

Entry per relay member is **\$65 (\$80 Solo)**, includes one event T-Shirt, **if registration received by September 15th**

<u>Swimmer</u>	<u>Age (on 9/24/17)</u>	<u>Sex</u>	<u>T-shirt size</u>	<u>LCSC Member</u>	<u>email</u>
1.		M/F	S M L XL XXL	Yes/No	
2.		M/F	S M L XL XXL	Yes/No	
3.		M/F	S M L XL XXL	Yes/No	
4.		M/F	S M L XL XXL	Yes/No	
5.		M/F	S M L XL XXL	Yes/No	

As a fundraising event, additional donations are highly encouraged to support the named charities.

Total amount enclosed \$_____ (Checks to "La Jolla Cove 10 Mile Relay"). Sending cash is not recommended. **Additional donations benefitting American Diabetes Association, SD Jr. Lifeguard Foundation can be sent with your registration or contributed on Event Day.**

Make your check payable to "La Jolla Cove 10 Mile Relay", and mail it to P.O. Box 3247 La Jolla, CA 92038.

Registration on-line can also be done using a credit card via the website: www.lj10milerelay.org. Click on the **Registration** link.

This event is for experienced ocean swimmers who are prepared for a swim of 2 x 1 mile in open ocean, "rough water" conditions. We will provide kayak support, but we cannot guarantee the safety of swimmers, especially those who are unprepared. The release of liability below must be signed, dated and returned with all entries. **Each swimmer must present a signed Release of Liability (page 3) when checking in on September 24 to be eligible to swim.**

RELEASE OF LIABILITY:

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 ocean swimming, including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE SCHEDULED EVENT 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: LA JOLLA COVE SWIM CLUB, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE EVENT OR SUPERVISING SUCH ACTIVITIES. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature: Captain _____

Team _____

Date _____

Additional Registration and Race Information:

- Pre-registration ends September 21, 2017. **Pre-registration is strongly recommended.**
- **Event T shirts will not be guaranteed for registrations received after September 15th.** We will order extra event T-shirts and have them available upon beach registration on a first come, first served basis until we run out. **These shirts are much coveted. Be sure to Pre-register to avoid disappointment!**
- **Registration is limited to 500 swimmers!**
- **Check-in is 6:00 – 6:45AM at La Jolla Cove**
- **Race Starts at 7:00AM** – *have your first swimmer ready and on the beach.*
- This is a 10 mile relay swim race (or for the solo swimmers, simply a 10 mile swim). Teams of up to 5 swimmers will swim a total of 10 miles, presumably 2 miles each. Teams with fewer than 5 swimmers must also complete the full 10 miles.
- The course is a triangular 1 mile lap around marked buoys.
- Swimmers must swim at least 1 mile before being relieved by the next swimmer at the water's edge. Any swimmer may swim 2 or more miles for their team.
- Teams may divide up the laps and the order of swim any way they wish. Two swimmers from the same team cannot swim at the same time and count that as multiple laps.
- **Swimmers must check-in with a timekeeper (at the water's edge) after each mile. Make sure the timekeeper has your swimmer# and team name as you exit or enter the water!**
- The hand-off between team members is via a hand slap. The start time of the next swimmer is the same as the finish time of the previous swimmer. The finishing lap swimmer is responsible for communication of start and finish of lap.
- Timekeepers will record lap times and for each swimmer and team. Information will be posted on the wall behind the lifeguard station.
- Swimmers may wear wetsuits, fins, masks and snorkels, but this will be considered **for only the combined age category team awards** and not eligible for Top Male, Top Female or Solo team category awards.
- If your team has *less than* 5 members, the total combined age category will be the **average age of your members times 5.**
- Awards for the **Top Donation Team** and Teams winning each category presented by the end of the event, approximately 1:00 PM
- Times will be posted as the Relay progresses by lap per team.
- **Minimum age for this swim is 14.**
- **All swimmers must be out of the water at 1:00pm**

If you have any questions, contact us at LJ10MileRelay@gmail.com

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Signature: Swimmer #2	Team	Date
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Signature: of parent for swimmers younger than 18	Date
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Signature: Swimmer #3	Team	Date
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Signature: of parent for swimmers younger than 18	Date
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Signature: Swimmer #4	Team	Date
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Signature: of parent for swimmers younger than 18	Date
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Signature: Swimmer #5	Team	Date
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Signature: of parent for swimmers younger than 18

Date