

# 80<sup>th</sup> La Jolla Rough Water Swim

THE GRANDDADDY OF ROUGH WATER SWIMS® SINCE 1916

**DATE & TIME:**  
**Sunday, September 12, 2010**

EVENT	SWIM START	SATURDAY CHECK-IN*	SUNDAY CHECK-IN
Junior Swim .....250YD	<b>9:00</b>	9:00 - 12:00	8:00 - 8:45
Masters Women <sup>A</sup> .....1 MI	<b>11:00</b>	9:00 - 12:00	9:30 - 10:30
Masters Men <sup>A</sup> .....1 MI	<b>12:00</b>	9:00 - 12:00	9:30 - 11:30
Gatorman <sup>A</sup> <sup>B</sup> .....3 MI	<b>1:30</b>	9:00 - 12:00	9:30 - 1:00
Amateur Swim .....1 MI	<b>1:35</b>	9:00 - 12:00	9:30 - 1:00

Wet suits, neoprene suits, flotation and/or propulsion aids are prohibited.  
<sup>A</sup> Competitor Limit: 600 for each of the Masters events. 650 for the Gatorman.  
<sup>B</sup> PICTURE ID (DRIVER'S LICENSE OR PASSPORT) IS REQUIRED AT CHECK-IN.  
<sup>C</sup> Under 90 minute USMS 3 mile ocean swim within past year required to qualify.  
<sup>\*</sup> Saturday (Sept 11) Swimmer Check-in: Chase Bank, 7777 Girard Ave, La Jolla.

Entry fee is determined by date VALID entry form is RECEIVED, not postmarked.  
**WE ARE NOT PERMITTED TO ACCEPT ANY ENTRY UNLESS:**  
<sup>1</sup> ALL information is legible and complete. <sup>2</sup> You have dated and signed the Accident Waiver and all portions are legible. <sup>3</sup> Copy of entrant's USA Swimming card, valid on day of event, is enclosed if under 19 (USAS card info: 619-275-1292). <sup>4</sup> You have submitted the entry fee corresponding to the estimated date of delivery.  
**EVENT INSURANCE REQUIRES US TO RETURN INVALID ENTRIES.**  
 All entrants under 19 years old must be registered with USA Swimming. Age on Sep 12, 2010 determines age class. Once entered, events can not be upgraded or switched. Multiple events may be entered. For *Proof of Entry*, enclose ONE stamped POSTCARD (NO ENVELOPS) FOR EACH SWIMMER addressed to entrant. Entrant's **Birth Date and Phone number are required.** No refunds for any reason.  
**WE CAN NOT ACCEPT ANY MAIL REQUIRING A SIGNATURE ENTRIES MUST BE RECEIVED, IN BOX 46, ON OR BEFORE FRIDAY, AUG 27**

**2010 ONLINE E-FORM** MAIL TO: **LJRWS • BOX 46 • LA JOLLA, CA 92038**

JUNIOR BOYS     AMATEUR BOYS     MASTERS MEN     GATORMAN MEN  
 JUNIOR GIRLS     AMATEUR GIRLS     MASTERS WOMEN     GATORMAN WOMEN

**USAS TEAM**    TEAM COMPETITION AFFILIATION  
     
 (\*UNAT\* DESIGNATION IF BLANK)

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex  M  F  
*Print Legibly*    FIRST NAME    LAST NAME    ON SEPT 12  
 Address \_\_\_\_\_  
*Print Legibly*    MAILING ADDRESS INCLUDING APARTMENT NUMBER  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Birth Date (REQUIRED)    MONTH    DAY    YEAR  
 Phone (REQUIRED)    (    )

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**LA JOLLA SPORTS GROUP**  
**ENTRY FORMS CAN NOT BE ACCEPTED FROM ANYONE UNDER 19 WITHOUT A COPY OF ENTRANT'S USAS CARD VALID ON DAY OF EVENT**  
 USA SWIMMING CARD NUMBER (ALL ENTRANTS UNDER 19)

**JUNIOR**  
 250 Yards (SANCTIONED BY USAS)

8 & Under     11  
 9     12  
 10

I am a registered member of USA Swimming but I can't find my card. I have added \$10.00 to the current entry fee for a Verification Certificate.

**JUNIOR ENTRY FEE**

\$20.00	THROUGH JUL 28
\$40.00	JUL 29 - AUG 10
\$50.00	AUG 11 - AUG 27
\$60.00 (CASH)	SAT CHECK-IN: SEP 11

COPY OF USA SWIMMING CARD REQUIRED

**AMATEUR**  
 One Mile (SANCTIONED BY USAS)

13 - 14     17 - 18  
 15 - 16

I am a registered member of USA Swimming but I can't find my card. I have added \$10.00 to the current entry fee for a Verification Certificate.

**AMATEUR ENTRY FEE**

\$30.00	THROUGH JUL 28
\$50.00	JUL 29 - AUG 10
\$60.00	AUG 11 - AUG 27
\$70.00 (CASH)	SAT CHECK-IN: SEP 11

COPY OF USA SWIMMING CARD REQUIRED

**MASTERS**  
 One Mile (OPEN - USMS GUIDELINES)

19-24     55-59  
 25-29     60-64  
 30-34     65-69  
 35-39     70-74  
 40-44     75-79  
 45-49     80-84  
 50-54     85 +

**MASTERS ENTRY FEE**

\$45.00	THROUGH JUL 28
\$65.00	JUL 29 - AUG 10
\$75.00	AUG 11 - AUG 27
\$90.00 (CASH)	SAT CHECK-IN: SEPT 11

NO PADDLERS PERMITTED ON ONE MILE COURSE

**GATORMAN®**  
 Three Miles (OPEN - USMS GUIDELINES)

13-18    13-18 GROUP MUST BE REGISTERED WITH USAS  
 COPY OF USAS CARD AND LETTER FROM COACH VERIFYING ABILITY REQUIRED FOR 13-18 GROUP

19-24     45-49  
 25-29     50-54  
 30-34     55-59  
 35-39     60-64  
 40-44     65 +

**GATORMAN ENTRY FEE**

\$60.00	THROUGH JUL 28
\$80.00	JUL 29 - AUG 10
\$90.00	AUG 11 - AUG 27
\$100.00 (CASH)	SAT CHECK-IN: SEPT 11

PADDLERS OK - NO KAYAKS OR STAND-UP BOARDS

## 2010 ACCIDENT WAIVER AND RELEASE OF LIABILITY CONTRACT

I, the undersigned participant, or parent on behalf of a swimmer under 18, intending to be legally bound, hereby certify that I have (my child has) sufficiently trained to swim in the 2010 La Jolla Rough Water Swim and that I am (my child is) physically fit and have not been advised otherwise by a qualified medical person. I AM AWARE THAT COMPETITIVE OCEAN SWIMMING IS A POTENTIALLY HAZARDOUS ACTIVITY IN AN UNCONTROLLED OPEN COURSE ENVIRONMENT AND CARRIES WITH IT THE POTENTIAL FOR SERIOUS INJURY OR DEATH. I HEREBY AGREE TO ASSUME ALL RISKS ASSOCIATED WITH THIS EVENT AND ALL ACTIVITIES INCIDENT THERETO INCLUDING, BUT NOT LIMITED TO: EXTREME PHYSICAL EXERTION; FALLS; CONTACT WITH OTHER PARTICIPANTS, ROCKS, EVENT EQUIPMENT, WATERCRAFT, POWERBOATS WITH PROPELLERS, VEHICULAR TRAFFIC, SHARKS AND OTHER POTENTIALLY DANGEROUS SEA ANIMALS; THE EFFECTS OF WEATHER AND COLD WATER; AND TRAVEL TO AND FROM THIS EVENT. I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN THIS EVENT. I REALIZE THAT LIABILITY MAY ARISE FROM NEGLIGENCE OR CARELESSNESS ON THE PART OF THE ENTITIES OR PERSONS NAMED BELOW OR FROM DANGEROUS OR DEFECTIVE EQUIPMENT CONTROLLED BY THEM.

HAVING CAREFULLY READ THE ABOVE WAIVER AND ALL EVENT RISKS BEING KNOWN AND APPRECIATED BY ME AND IN CONSIDERATION OF MY APPLICATION AND PERMITTING ME TO PARTICIPATE IN THIS EVENT AND ALL ACTIVITIES INCIDENT THERETO; I HEREBY TAKE ACTION FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF AS FOLLOWS: (A) WAIVE, RELEASE AND DISCHARGE FROM ANY AND ALL LIABILITY FOR MY DEATH, DISABILITY, PERSONAL INJURY, PROPERTY THEFT OR ACTIONS OF ANY KIND WHICH MAY HEREAFTER ACCRUE TO ME INCLUDING MY TRAVELING TO AND FROM THIS EVENT, THE FOLLOWING ENTITIES OR PERSONS: LA JOLLA ROUGH WATER SWIM, INC. (AKA: LJRWS), LA JOLLA ROUGH WATER SWIM FOUNDATION, LA JOLLA SPORTS GROUP LLC, BILL UNCAPHER, BARBARA BAISCH, CITY OF SAN DIEGO, SD-1 SWIMMING, ALL SPORTS, THEIR OFFICERS, DIRECTORS, EMPLOYEES, VOLUNTEERS, REPRESENTATIVES AND AGENTS, THE EVENT VOLUNTEERS AND SPONSORS; (B) INDEMNIFY AND HOLD HARMLESS THE ENTITIES OR PERSONS MENTIONED IN THIS PARAGRAPH FROM ANY AND ALL LIABILITIES OR CLAIMS MADE AS A RESULT OF PARTICIPATION IN THIS EVENT, WHETHER CAUSED BY NEGLIGENCE OF RELEASEES OR OTHERWISE. I HEREBY CONSENT TO RECEIVE MEDICAL TREATMENT WHICH MAY BE DEEMED ADVISABLE DURING THIS EVENT AND AGREE TO BE SOLELY RESPONSIBLE FOR ALL COSTS RELATING TO MEDICAL TREATMENT, TRANSPORTATION AND/OR EVACUATION. I CERTIFY THAT NO REPRESENTATIONS HAVE BEEN MADE TO ME BY ANYONE ASSOCIATED WITH THIS EVENT CONCERNING THE PHYSICAL CONDITION REQUIRED OF A PARTICIPANT. IF ENTERING THE GATORMAN EVENT, I CERTIFY THAT I HAVE FINISHED A USMS SANCTIONED THREE MILE OCEAN SWIM WITHIN THE PAST YEAR IN LESS THAN 90 MINUTES AND WILL SUBMIT PROOF UPON REQUEST AND ACKNOWLEDGE THAT I AM NOT ELIGIBLE FOR ANY AWARD, INCLUDING THE FISHERY'S T-SHIRT, IF MY FINISH TIME IS OVER ONE HOUR AND FORTY-FIVE MINUTES. I UNDERSTAND THAT FLOTATION AND/OR PROPULSION AIDS OF ANY KIND ARE PROHIBITED. MY DRIVER'S LICENSE OR SAT PICTURE ID IS REQUIRED AT CHECK-IN AND THAT I FORFEIT ANY AWARD IF I AM NOT PRESENT AT THE AWARDS CEREMONIES. I RELEASE ALL RIGHTS TO THE USE OF MY NAME, VOICE AND PHOTOGRAPHIC/ELECTRONIC IMAGE WITHOUT COMPENSATION AND CERTIFY THAT I HAVE READ AND AGREE TO ALL OF THE TERMS AND CONDITIONS STATED ON THIS ENTRY FORM INCLUDING, BUT NOT LIMITED TO, THE NON-REFUNDABLE ENTRY FEE POLICY. FURTHERMORE, IF ANY OR ALL OF THE ABOVE EVENTS ARE CANCELLED FOR ANY REASON OR MY ENTRY IS REJECTED DUE TO MY FALSIFICATION OR OMISSION OF ANY ENTRY FORM INFORMATION OR I AM DISQUALIFIED OR DENIED ENTRY DUE TO MY FAILURE TO: (A) PRESENT THE REQUIRED IDENTIFICATION AT CHECK-IN; (B) PROVIDE PROOF OF A UNDER NINETY MINUTE USMS THREE MILE GATORMAN QUALIFYING SWIM OR; (C) SUBMIT A LEGIBLE COPY OF ENTRANT'S USA SWIMMING CARD, VALID ON DAY OF EVENT, WITH THIS ENTRY FORM (IF UNDER 19); I HEREBY DONATE MY ENTRY FEE TO LJRWS. I UNDERSTAND THAT THIS EVENT USES CHIP TIMING FOR OFFICIAL RESULTS AND AWARDS AND THAT I WILL BE DISQUALIFIED IF I CROSS THE FINISH LINE WITHOUT MY TIMING CHIP ATTACHED TO MY ANKLE FOR ANY REASON. I AGREE TO PAY THIRTY DOLLARS (\$30.00 US) PLUS COLLECTION FEES IF I FAIL TO RETURN MY CHIP TO LJRWS ON THE DAY OF THE EVENT AND ASSUME FULL RESPONSIBILITY FOR CHIP LOSS. I ACKNOWLEDGE THAT THIS ACCIDENT WAIVER AND RELEASE OF LIABILITY CONTRACT WILL BE USED BY LJRWS AND THAT IT WILL GOVERN MY ACTIONS AND RESPONSIBILITIES AT THIS EVENT AND SHALL BE CONSTRUED BROADLY TO PROVIDE A RELEASE AND WAIVER TO THE MAXIMUM EXTENT PERMISSIBLE UNDER APPLICABLE LAW. I HAVE READ THIS ENTIRE CONTRACT AND UNDERSTAND ITS CONTENT WITHOUT EXCEPTION.

Date \_\_\_\_\_ Entrant X \_\_\_\_\_ Parent of Entrant (SWIMMERS UNDER 18) X \_\_\_\_\_

"LA JOLLA ROUGH WATER SWIM", "GATORMAN", "THE GRANDDADDY OF ROUGH WATER SWIMS", "THE BIG WET ONE", "SOME LIKE IT ROUGH" AND "SO MUCH WATER...SO LITTLE TIME" ARE REGISTERED TRADEMARKS AND/OR SERVICE MARKS OF LA JOLLA ROUGH WATER SWIM, INC.

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**MAIL TO: LJRWS • PO BOX 46 • LA JOLLA, CA 92038      MAKE CHECKS PAYABLE TO: LJRWS**