

Harbor Springs, Michigan

Harbor Springs Coastal Crawl 1, 2 or 3 Mile

SUNDAY - AUGUST 1, 2010

EVENT: 1 mile, 2 mile, or 3 mile open water swim in Little Traverse Bay, Lake Michigan.

NEW KIDS EVENT 12 & UNDER: Fun ½ mile open water swim in Little Traverse Bay. 9AM start time. Participant ribbons only. Written coaches note required. Cost \$12, includes lunch.

Website: www.coastalcrawl.org

TIME: Check-in begins at 7:00am and ENDS at 8:00am, **ALL** swimmers must be checked-in by 8:00am.

Mandatory pre-race meeting - 8:10 am. You MUST be checked-in AND ATTEND this meeting to be eligible to swim.

Start Times: 3 mile @ 8:30am; 2 mile @ 8:40am; 1 mile @ 8:50am; Kids ½ mile @ 9:00am

ANY SWIMMER STILL ON THE COURSE AT 10:30 AM WILL BE PULLED FROM THE WATER.

WHERE: Zorn Park (City Beach) * Bay Street * Harbor Springs, Michigan (Click Link for "Map to Harbor Springs")

Average water temperature for early August has been a refreshing 67 degrees

ELIGIBILITY: Open to all swimmers. For those under the age of 13 - competency must be verified, in writing, and signed by a non-parent coach, include with the application. Going the distance is not the problem, it is the cold, the deep and the fish.

ENTRY & FEE: The fee is \$30 (+ \$15 if ordering shirt). Mail check and application to: Hammerhead Swim Club

c/o John Cowing – 6212 Emmet Heights Rd - Harbor Springs, MI 49740 - (231) 330-8904 – [coastalcrawl AT gmail DOT com](mailto:coastalcrawl@gmail.com), Enclose a stamped/self-addressed envelope OR your email address if you want entry confirmation.

All entry forms must be received by the **July 31, 2010 by 2PM. A \$10 late registration fee will be required for entries received after 2PM – July 31. Race day registration is allowed but must be completed by 8am.

**Your entry fee includes a barbecue picnic lunch, prepared by the Hammerhead Swim Club parents and volunteers. Spectators may purchase a lunch, drink, and dessert for only \$6.00.

***Local artists will again design a Limited Edition custom T-Shirt for the 2010 race. These quality shirts sell very quickly; we will have a *limited* number for sale at the race. Order yours when you register. To guarantee a Shirt the registration must be in our hands by July 24th. T-Shirt (S/M/L/X-L/XX-L).

AWARDS: Commemorative ribbons to all finishers. The first three male and female finishers in each age group will receive medals.

Age groups: 12 & under, 13-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, etc. (Age as of day of race.)

WETSUIT DIVISION. All ages competing together. Awards only for overall male/female winner in 1, 2 and 3 mile. For medical reasons WETSUIT DIVISION WILL BE CANCELLED IF THE WATER TEMPERATURE IS ABOVE 78 DEGREES FAHRENHEIT. Swimmers will be allowed to compete without wetsuits in that event.

COSTUME: Flotation aids or any devices used to maintain body heat are **NOT** allowed (Except wetsuits in the wetsuit division). Neoprene swim caps are permitted; however, they shall not extend to protect the neck or shoulders.

RACE DAY CHANGES ALLOWED ONLY DURING CHECK-IN. You may change distance or whether to use a wetsuit or not on race morning during check-in.

MEET DIRECTORS: John Cowing/Marilyn Early 6212 Emmet Heights Rd - Harbor Springs, MI 49740 231-330-8904 or [coastalcrawl AT gmail DOT com](mailto:coastalcrawl@gmail.com)

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Name: _____
(first) (last)

Address: _____

City, State: _____ Zip: _____

Phone: (_____) _____

E-mail: _____

Birthdate: _____ Age (as of Aug 1nd): _____ Gender: (circle) M F

Emergency Contact:

Name: _____ Phone: _____

I plan to swim: (circle) 1Mile 2 Mile 3Mile Kids ½ Mile

Wetsuit: (circle) Yes No

Entry Fee: \$30.00 (+ \$15 for shirt) (\$40.00 (\$15 for shirt) if application not received by 7/31/09 at 2PM)

Short Sleeve T-Shirt: (circle) Small Medium Large X-Large XX-Large
To guarantee a Shirt the registration must be in our hands by July 24th.

Entry fee \$30.00 = \$ 30.00

Kids ½ Mile \$12 = \$12.00 No Late fee for Kids ½ Mile.

T-Shirt fee \$15 each = \$ _____

TOTAL ENCLOSED: \$ _____ Make check payable to **HAMMERHEAD SWIM CLUB**

Sorry, there will be NO refunds granted after the entry deadline. Shirts will be distributed ONLY on race day, at check-in.

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 of the risks inherent in OPEN WATER SWIMMING, including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE HARBOR SPRINGS COASTAL CRAWL 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., UNITED STATES SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE HAMMERHEAD SWIM CLUB, HOST FACILITIES, EVENT SPONSORS, EVENT COMMITTEES, OR ANY INDIVIDUALS OFFICIATING OR SUPERVISING AT THE EVENT. In addition, I agree to abide by and be governed by the rules of USMS AND USS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Swimmer's Signature: _____ Date: _____

Parent/Guardian's Signature (if swimmer is under 18yrs of age): _____
Date: _____

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