

2010 OPEN WATER SWIM OFFICIAL ENTRY FORM

Registering for: 0.5 Mile 1 Mile 1.5 Mile 2 Mile

Please Print:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (____) _____ Gender: F__ M__

Email: _____

DOB: _____ Approx. Mile Time: _____

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. AS A CONDITION OF MY PARTICIPATION IN THE YMCA OPEN WATER SWIM OR ANY ACTIVITIES INCIDENTS THERETO, I HERBY WAIVE ANY AND ALL RIGHTS TO CLAIM FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE ACTIVE OR PASSIVE OF THE FOLLOWING: YMCA OF CENTRAL KENTUCKY, THEIR OFFICERS, DIRECTORS, AND EMPLOYEES, AND ALL OTHER SPONSORS AND INDIVIDUALS SUPERVISING SUCH ACTIVITIES. No YMCA accident insurance provided for this event. Finally, I specifically acknowledge that I am aware of the risks inherent in open water swimming and agree to assume those risks.

Participant's Signature (If under 18 years of age, parent's signature required)

Make checks payable to:
YMCA – Open Water Swim
Beaumont Centre Family YMCA
3251 Beaumont Centre Circle
Lexington, KY 40513

For additional info, call Dru Belli at 859.219.9622

Third Annual

2010 Open Water Swim



CAVE RUN LAKE 

Saturday, August 14, 2010

Sponsored by:

PSS PANNELL SWIM SHOP

TEAM ONE PROMOTIONS

 elite
printing,
inc.

www.ymcaofcentralky.org

Third Annual

2010 Open Water Swim

CAVE RUN LAKE 

Events:

Four events will be held: 0.5 mile, 1 mile, 1.5 and 2 mile swims. The 2 mile swim will start at 10:00 a.m.. The other swims will follow in two-minute intervals, beginning with the 1.5 mile swim. A warm-up area will be open 30 minutes before the event.

Course:

Swimmers will make the appropriate number of laps around a 1/4 mile lake course marked by a buoy. Wetsuits are permitted.

Entry Fee:

Registration fee is \$30.00 on or before August 7th. After August 7th, 2010 the fee will be \$35.00 Registration can be done the day of the race, but all registrations must be made by 9:30 a.m. Participants under 15 years of age must be granted permission to swim by the event coordinator.

OUR MISSION:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Directions:

The swim will be held at Stoney Cove on Cave Run Lake in Morehead KY. From Lexington take I-75 North, merge onto I-64 East via Exit 111 toward Winchester Ashland to Exit 133- Sharkey/Farmers headed south; turn right on KY 826, cross the dam and make your first left.

Sponsors:

The YMCA of Central Kentucky sponsors the event with generous support from Elite Printing, Pannell Swim Shop, and Team One Promotions. Special thanks to Stoney Cove for the use of their facility.

Please direct questions to Dru Belli, Aquatics Director, Beaumont Centre Family YMCA at 859.219.9622.

