

41st Lake of the Pines Lake Swim PD\$\$: \$ _____
Sunday July 3, 2022
12:00 pm Open Water Start

Registration Form

Fill out all blanks completely, **copy** and bring/mail to Kelly Nichols 12744 Torrey Pines Dr Auburn, CA 95602. Make check payable to LOP Sports & Activities Club.
The goal is 100% pre-registration. **Incomplete applications will not be accepted. PLEASE FILL IN ALL BLANKS. Thank you.**

Name of SWIMMER: _____ (PLEASE PRINT CLEARLY)

Address of SWIMMER : _____ (PLEASE PRINT CLEARLY)
(STREET, CITY, STATE, ZIP CODE)

Swimmer Home Phone #: _____ **E-Mail:** _____
(We will not use your e-mail address for any other purpose than communicating with you about your participation in this event.)

Birth Date: _____ (MM/DD/YY) **Age on Race Day:** _____ **Sex:** _____

Entry Fee: \$15.00 for 12-under and 71+ and \$20 for 13-70

Non-Residents of LOP - Must have an LOP Resident Sponsor: _____ / _____
Phone # / LOP Resident Name)

EVENT CATEGORY: (1) _____ (Swimmers Only*) (2) _____ (Swimmers w/ aids)

Age Groups (*): 8&Under _____, 9-10 _____, 11-12 _____, 13-14 _____, 15-19 _____,
20-29 _____, 30-39 _____, 40-49 _____, 50-59 _____, 60-69 _____, 70-79 _____, 80+ _____.

Emergency Contact (list 2):

Name: _____ Relation: _____ Phone: _____

Name: _____ Relation: _____ Phone: _____

Guest's Signature: _____ Date: _____

EVENT DAY CHECK-IN & EVENT INSTRUCTIONS ON BACK
PLEASE READ CAREFULLY

Event Check-In & Race Instructions

Please Read Carefully

1. Check-in and event day registration is between 10:00 a.m. and 11:30 a.m. at the point in Southshore Park (#4). Brief event instructions will be given at 9:30 a.m. All swimmers will start in one wave at 10:00 or as soon as the lake can be cleared of personal water craft.
2. Numbers will be printed on a contestant's **right shoulder**. Sunscreen should not be applied on these areas as it causes the numbering to wear off. Numbers are needed for processing at the finish and for award eligibility.
3. Interference/interruption with timekeepers during or after the race is discouraged. Let them do their job.
4. All **pre-registered** swimmers need to be at the start area in Southshore Park (#4) by 11:40 AM.
5. **Swim Course Rule #1:** Swim caps will be provided, and participants **must** wear these caps **only**.
6. **Swim Course Rule #2:** When a swimmer wants to rest, he/she can rest by 1) holding on to one of the yellow buoys marking the center line of the swim course, 2) holding on to one of the escort boats, or 3) by standing in shallow water. As long as no progress is made towards the finish line while resting, the swimmer will be allowed to rest as stated above.
7. **Event Categories:** 1) **Swimmers (M/F):** Only category with age groups. No swim aids besides swim cap and goggles; 2) **Aided Swimmers (M/F):** No age groups here; any swimming aid is allowed: fins, hand paddles, kick boards, flotation apparel, wetsuits, etc..
8. **Awards:** Top three swimmers in each **unaided** age group will be given ribbon awards. **Youngest Swimmer Award:** This award is presented to the youngest (M/F) swimmers completing the swim. **Oldest Swimmer Award:** This award is presented to the oldest swimmer & fastest swimmer (M/F) **No awards for aided swimmers.**
9. **Swim Course (.8 miles):** The swim leg will start at the end of the pier at Southshore Park (#4). The course will be a straight line from Southshore Park (#4) to the finish at the Main Beach. There will be 3 yellow buoys in a line marking the direction to swim. They will be spaced approximately every 325 meters.
10. Refreshments & snacks will be available for the swimmers at the finish line.
11. Pre-registration allows the race committee to know exactly how many are participating. Knowing how many will participate helps us plan and provide sufficient coverage for the event.

Web Site: LOPSAC.COM