



Date, Time and Location

Sunday, August 24, 2008
 Check-in begins at 6:30 am
 Race begins at 8:00 am
 Calf Pasture Beach, Norwalk CT
 I-95 to Exit 16 East Norwalk,
 then follow Signs to Beach Area

Distance and Course

Distance is approximately one mile. Course will be parallel to the shore approximately 500 yards and then around the buoy. Swimmers will be 50 yards offshore but no more than 200 yards from shore.

Awards

Imprinted “YMCA of Norwalk Round the Buoy Open Water Swim” mugs for First, Second and Third place winners in each age group.

Rules

Current USMS and USA Swimming open water swim rules will govern this event. All entrants must be numbered and must wear yellow swim caps (supplied). Goggles will be permitted. Use of wetsuits, fins, snorkels or other equipment is prohibited. Entrants must complete entire course to be considered for an award. All entrants under the age of 18 years must have permission of a parent/legal guardian. All entrants must report to the results table after their swim.

Safety

Event will be monitored by a Lifeguard from the YMCA of Norwalk, a Lifeguard from Calf Pasture Beach, City of Norwalk Recreation and Parks and the Norwalk Harbor Police.

Contact

Carolyn Boyce
 Aquatics Director
 YMCA of Norwalk
 (203) 866-4425 x307
 carolyn@norwalkymca.org

**YMCA of Norwalk
 Round the Buoy Open Water Swim
 Registration Form**

 Entrant Name

 Address

 City State ZIP

 Telephone

 Email

 Emergency Contact Name

 Emergency Contact Telephone, Relationship

 Entrant Date of Birth Age on Race Day

<u>Division (Check One)</u>	<u>Fee</u>	<u>Sex</u>
<input type="checkbox"/> USA *	\$40	<input type="checkbox"/> M <input type="checkbox"/> F
<input type="checkbox"/> USMS (18 or Older) *	\$40	<input type="checkbox"/> M <input type="checkbox"/> F
<input type="checkbox"/> Non-USA/Non-USMS	\$45	<input type="checkbox"/> M <input type="checkbox"/> F
<input type="checkbox"/> Race Day Registration	\$50	<input type="checkbox"/> M <input type="checkbox"/> F

* Must provide proof of USA/USMS membership

Complete Other Side