SEATTLE PARKS AND RECREATION PRESENTS:

THE 5th ANNUAL GREEN LAKE OPEN WATER SWIM

Sunday, June 28, 2009 at 9 a.m.
Starting at West Green Lake
Check in begins at 7:30 am in Evans Pool/ Green Lake Community Center lobby.

- Staging and finish line will be on the East side of the lake. Swimmers of ½ mile will be shuttled to the starting area on the West side.
- Sign up for the ½ mile straight or 1 mile round-trip course. The ½ mile event will begin at 9am sharp at West Beach. There is a 30 minute time limit for the ½-mile swim. The 1 mile swim starts at 9:30 am will begin and end on the East side of the lake.
- Each swimmer will receive a swim cap and commemorative T-shirt. Awards will be given to top male and female in the youth, adult, and seniors over 65 age groups.
- Wetsuits will be allowed, but swimmers wearing them will not be eligible for prizes.
- Refreshments and hot drinks will be available for swimmers.
- Certified lifeguards will be in the water to supervise the swim. Swimmers 17 and under must have parental approval to participate. Minimum age is 10 years.
- Visit our web site at **www.seattle.gov/parks**. For additional information call 684-4961. TDD Only 233-7061 (Persons with disabilities will be accommodated upon request.) Send e-mail comments and questions to **jody.bartee@seattle.gov.**
- **PARKING:** The lot fills quickly. Limited street parking available. Car pooling or alternative transportation strongly recommended.
- Swimmers may choose to jog to the starting beach on the west side or will be shuttled by van beginning at 8:30 a.m. Van transport of shoes, towels and small personal belongings from west to east is provided for all competitors. Locker rooms at Green Lake Community Center/Evans Pool will be open to competitors. Lockers available for $.25.

Mail- in Entry Form*Fill out entry form COMPLETELY * Please PRINT clearly * Copies okay * ONE entrant per form

West to East Green Lake Open Water Swim (G.L.O.W.S.)

Last Name MI First Name

Street Address

City State Zip Code

Phone Number E-mail address

Age

Date of Birth

DIVISIONS: MALE ☐ FEMALE ☐
YTH ☐ ADULT ☐ SR ☐ (65 and up)
WETSUIT ☐ SPECIAL POP ☐
DISTANCE ½ MILE☐ 1 MILE☐

I hereby agree to grant Seattle Parks and Recreation permission to use my photo for publication or broadcast. Parental signature req.if under 18. _____
Signature date

NON-REFUNDABLE ENTRY FEE

EARLY BIRD REGISTRATION
By mail, in person, or on-line @
www.seattle.gov/parks
½ mile course # 41238
1 mile course #41239
$20 Youth, Senior, Special Pop/ $25 Adult

REGISTRATION AFTER JUNE 19th
$35 Youth, Senior, Special Pop/ $40 Adult

Send Mail-in Registration to:
7201 E. Green Lake Dr. N.
Seattle, WA 98115
Mail- in must be received by June 19

Select t-shirt size- Adult sizes only

S	M	L	XL	XXL

Release: In consideration of the acceptance by sponsors of my entry in the Green Lake Open Water Swim, I will not hold the City of Seattle or the Department of Parks and Recreation or any employees or volunteers associated with the Green Lake Open Water Swim responsible for any injuries, damage, or personal loss incurred while participation in said program. I am aware of the hazards in open water swimming, including potential for hypothermia. I attest and verify that, to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete in the open water swim, and that no physician or other qualified individual has advised me against competing in any portion of the Seattle Parks and Recreation Green Lake Open Water Swim.
ENTRY FEES ARE NOT REFUNDABLE.

Signature_____ Parent/Guardian Signature _____
(Participant-Swimmer) (date) (If participant is under 18 years of age) (date)