

SEATTLE PARKS AND RECREATION PRESENTS:

THE 25th ANNUAL EMERALD CITY OPEN WATER SWIM

Saturday, August 15, 2009 at 9:00am (check-in opens at 7:30 am)
Andrew's Bay, Lake Washington (Seward Park)



- Sign up for the 1/2 mile straight course or the 1 mile triangle course. The 1/2 mile event will begin at 9am sharp with the 1 mile course immediately following. There is a 30 minute time limit for the 1/2 mile event and a 1 hour limit for the mile event.
- Each swimmer will receive a specially designed, commemorative swim cap and T-shirt. Awards will be given to top overall male and female, top age group male and female, and top overall male and female in wet suit division.
- Wetsuits will be allowed, but swimmers wearing them won't be eligible for age group prizes or grand prize.
- Post race 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.
- DIRECTIONS: Take the Swift/Albro Exit off I-5 and head east up South Graham Street. At the top of the hill take a left onto Beacon Ave. South. Take a right on S. Orcas Street. Follow S. Orcas eastbound until you reach Lake Washington Boulevard. Seward Park is directly in front of you. Parking lot space is limited. Additional parking directly up hill from lower parking lot.
- Visit our web site at <http://www.seattle.gov/parks/Aquatics/OpenWater.htm>. For additional information call 684-4766. TDD Only 233-7061 (Persons with disabilities will be accommodated upon request.) Send e-mail comments and questions to Kristen.Schuler@seattle.gov
- **PARKING:** The lower lot fills quickly. Drive up the hill within the park to access upper lot for additional parking.

Fill out entry form COMPLETELY--- Please PRINT clearly--- Copies okay --- ONE entrant per form

1 MILE 1/2 MILE **EMERALD CITY OPEN WATER SWIM**

Last Name	MI	First Name
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Street Address

City	State	Zip Code
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Phone Number	E-mail address
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Date of Birth	Age on 8/15	Sex	Estimated Swim Time
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DIVISIONS:	MALE <input type="checkbox"/>	FEMALE <input type="checkbox"/>	WETSUIT <input type="checkbox"/>	not eligible for age group prizes			
AGE GROUPS:							
10-12	<input type="checkbox"/>	25-29	<input type="checkbox"/>	45-49	<input type="checkbox"/>	70-79	<input type="checkbox"/>
13-15	<input type="checkbox"/>	30-34	<input type="checkbox"/>	50-54	<input type="checkbox"/>	80 & up	<input type="checkbox"/>
16-19	<input type="checkbox"/>	35-39	<input type="checkbox"/>	55-59	<input type="checkbox"/>	Wetsuit	<input type="checkbox"/>
20-24	<input type="checkbox"/>	40-44	<input type="checkbox"/>	60-69	<input type="checkbox"/>	Special Pop	<input type="checkbox"/>

NON-REFUNDABLE ENTRY FEE

EARLY REGISTRATION
By mail, in person or online @ www.seattle.gov/parks
1/2 Mile Race #43003
1 Mile Race #43002
\$20 Youth, Senior, Sp. Pop/ \$25 Adult

REGISTRATION AFTER 8/7
\$35 Youth, Senior, Sp. Pop/ \$40 Adult

Mail in entries must be received no later than 8/7/09.

Make checks payable to:
City of Seattle

Mail to: Medgar Evers Pool
Attn: OWS
500 23rd Ave.
Seattle, WA 98122

T- Shirt Size (Adult sizes only)

S	M	L	XL
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Release: In consideration of the acceptance by sponsors of my entry in the Emerald City Open Water Swim, I will not hold the City of Seattle or Parks and Recreation or any employees or volunteers associated with the Emerald City Open Water Swim responsible for any injuries, damage, or personal loss incurred while participating 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 Seattle Parks and Recreation, Emerald City Open Water Swim.

ENTRY FEES ARE NOT REFUNDABLE

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