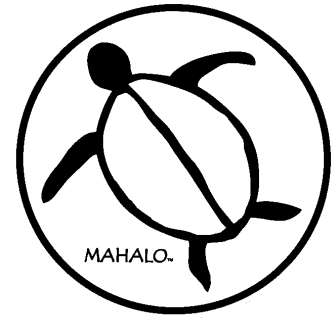


**Santa Barbara
Semana Nautica Sports Festival**

6 mile ocean swim

Sunday, July 13, 2014



Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction #334-W006

COURSE: Goleta Beach to Arroyo Burro Beach **FOR EXPERIENCED SWIMMERS ONLY**
Start on the west side of Goleta pier. Swim to the end of the pier, turn east, and swim down coast ~6 miles to a buoy off of Arroyo Burro beach. Round buoy and swim to shore.

TIME: Race starts at 9:00am. Check in starts at 7:30am. Mandatory safety meeting at 8:40am.

RULES: USMS Open Water Swimming Rules govern.
All swimmers must have 2014 USMS number.
Participants must provide a paddler and board/kayak to accompany them in the ocean swim
NO EXCEPTIONS

ENTRY FEE: \$75.00 **NO BEACH ENTRIES.** All entries must be postmarked by Wednesday, July 3, 2014
Food and beverages provided at the finish.
Custom shirts and towels available for purchase.

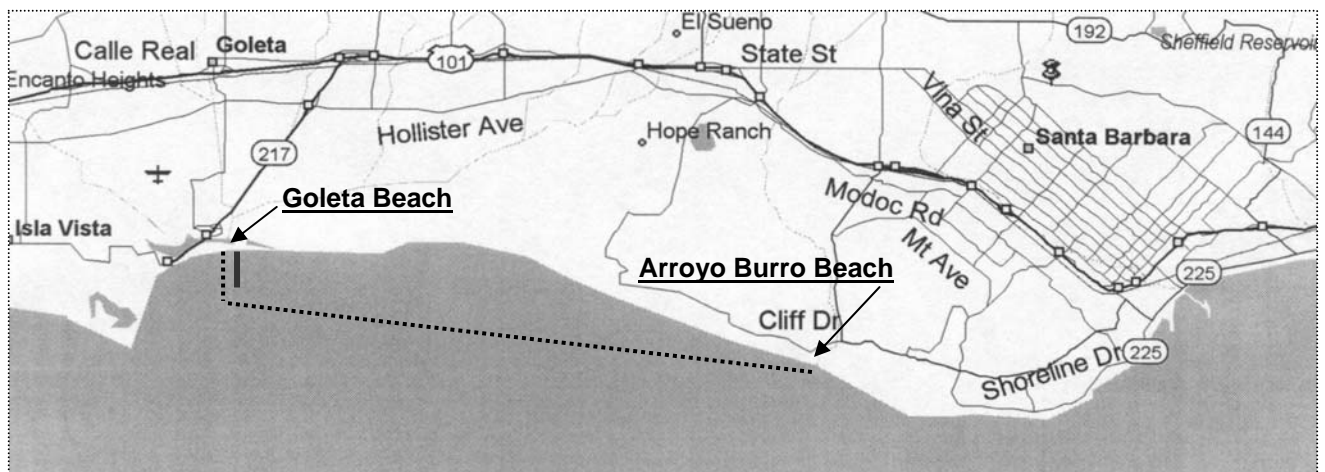
AWARDS: Places 1st- 5th, men & women
Hand crafted, custom awards
Awards ceremony immediately after the last swimmer finishes.

OTHER: Water temperature varies from 58° to 65° in June and July.
There is no charge for parking at either Goleta County Beach Park or Arroyo Burro Beach.
Course and distance to be altered subject to conditions at time of race.

******"As in the tradition of open water swimming, the use of wet-suits or other non-porous attire, kickboards, gold chains, booties, paddles, swim buoys, body suits, triathlon suits, fins, gloves, or other wimpy contraband will not be allowed. No exceptions!!"****** --quoted from an old school swimmer in the 80's

QUESTIONS: Race Director: Jane Cairns (805) 886-8123
email: janeswims@gmail.com

COURSE MAP



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. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature of participant: _____

Date: _____

6 miler shirts

All shirts must be pre-ordered. I will have some shirts available to buy on race day, but the sizes and quantities will be limited.

Unisex Long Sleeve Shirt \$25

____medium ____large ____XL ____2XL

Shirt order total: _____

6 miler towels

Custom design, large towels (72x36). They will also be available to purchase on race day.

Custom towel \$35

Towel order total: _____

Shirt order total: _____

Towel order total: _____

Entry Fee: _____\$75_____

Total: _____

Check list for registration:

- Completed entry form
- Signed waiver
- Correct entry fees (including shirts/towels)
- Check payable to 'Jane Cairns'
- Copy of your 2014 USMS card (I will not accept entry without this!)**

****Entry form must be postmarked by Wednesday July 3 2014****

Please send to:

Jane Cairns
5094 Cathedral Oaks Rd
Santa Barbara, Ca 93111