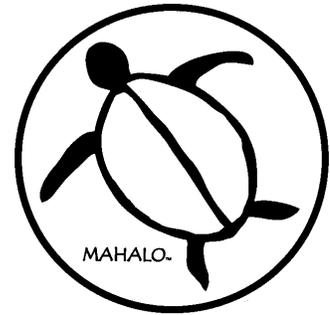


**SANTA BARBARA  
SEMANA NAUTICA SPORTS FESTIVAL  
PRESENTS**

**6 mile  
Ocean Swim**



**Sunday, July 10<sup>th</sup> 2016**

**FOR EXPERIENCED SWIMMERS ONLY**

- COURSE:** Goleta Beach Park to Arroyo Burro Beach  
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:** The swim is no longer being sanctioned through United States Masters Swimming (USMS) and is now open to swimmers under the age of 18.

**\*\*Participants must provide a paddler and board/kayak to accompany them in the ocean swim\*\***

**NO EXCEPTIONS**

(no SUP's will be allowed as escort crafts)

- ENTRY** \$85.00 **NO BEACH ENTRIES** All entries must be postmarked by Wednesday, June 29<sup>th</sup> 2016
- FEE:** Late Fee (after June 29<sup>th</sup>): \$25  
Custom shirts available for purchase: \$25

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

- SAFETY:** Since the safety of the swimmer is of prime concern, the swim event may be delayed or canceled due to bad weather or adverse ocean conditions. The event director will make this decision.

- OTHER:** Water temperature varies from 58° to 65° in June and July.  
Food and beverages provided at the finish.  
There is no charge for parking at either Goleta Beach Park or Arroyo Burro Beach.

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

**"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**

## COURSE MAP



## RULES

1. The swimmer must be 16 years or older on the day of the race.
2. Swimmers are permitted to only wear one swimsuit, one standard cap (no neoprene), goggles, earplugs, a nose clip, and may grease their body.
3. All swimsuits must be porous and made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees. For women, the swimsuit shall not cover the neck, extend past the shoulder, nor below the knees.
4. No wetsuits are allowed.
5. No artificial aids permitted. Swimmers are not permitted to wear or use any device to help their speed, pace, buoyancy, or endurance during a swim.
6. During the swim, the swimmer may not make supporting contact with any person or object.
7. Drafting is prohibited. The swimmer may not intentionally draft off either the escort craft or another competitor.
8. All swimmers must have a paddler to escort them for the entire swim.
9. If your escort craft becomes disabled, you are disqualified from the swim.
10. The event will start on the beach ~50 feet from the water's edge. The finish will be on the beach marked with flags.

**2016 SB 6 miler entry form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: Male Female

Emergency Contact: \_\_\_\_\_ Phone# \_\_\_\_\_

Name of paddler: \_\_\_\_\_

Paddler's email: \_\_\_\_\_

You must provide the email address of your paddler. Paddlers will be emailed information regarding their duties as a paddler to ensure the safety of their swimmer. All paddlers will be required to sign off on the 'Paddler Safety Duties' checklist at check-in the morning of the race.

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Please list below your completed long distance ocean swims of 2015 and 2016. If you have not participated in any ocean swim races in the last two years, please describe your training and ocean swimming goals for 2016. Please be detailed; I will be vetting you for the swim on the information you provide here:

