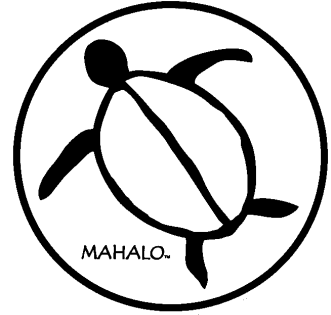


SANTA BARBARA  
SEMANA NAUTICA SPORTS FESTIVAL  
PRESENTS

# 6 MILE OCEAN SWIM



## SUNDAY, JULY 9<sup>TH</sup> 2023

### FOR EXPERIENCED SWIMMERS ONLY

**COURSE:** Goleta Beach to Arroyo Burro Beach (local name Hendry's Beach)  
Start on the west side of Goleta pier. Swim to the buoy at the end of the pier, turn east, and swim down the coast ~6 miles to a buoy off of Hendry's 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:** \*\*Participants must provide a paddler and board/kayak to accompany them in the ocean swim\*\*  
**NO EXCEPTIONS**  
(SUP's will NOT be allowed as escort crafts)

**ENTRY:** \$110.00 **NO BEACH ENTRIES**  
All entries must be emailed or in hand to race director by Friday June 30 2023  
If you want guaranteed apparel items, entries must be in hand by Friday June 16 2023

**FEE:** Late entries may not be accepted and subject to additional fees  
Custom shirts available for purchase: \$35

**AWARDS:** Places 1<sup>st</sup>- 5<sup>th</sup>, men & women and finisher awards  
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 and/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 or Hendry's Beach.

**QUESTIONS:** Race Director: Jane Cairns  
cell: 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 Goleta beach ~20 meters from the water's edge. The finish will be on Hendry's beach marked with flags. You must exit the water and run up the beach thru the finish flags.

## **2023 SB 6 miler entry form**

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

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

\_\_\_\_\_

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

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

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

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

**\*\*emergency contact cannot be the paddler\*\***

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

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

Paddler's cell phone# \_\_\_\_\_

Paddling vessel: ☐ kayak ☐ prone paddleboard

You must provide the email address and phone number 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 your completed long distance ocean swims of 2022 and 2023. If you haven't participated in any ocean swim races in the last two years, please describe your training and ocean swimming goals for 2023. Include past swimming history if relevant. Please be detailed; I will be vetting you for the swim on the information you provide:

## WAIVER:

Must be signed or application will be rejected. I hereby release Santa Barbara 6 mile Ocean Swim, Santa Barbara Semana Nautica Association, sponsor's, supporters, County of Santa Barbara, all governmental agencies whose property and/or personnel are used and other sponsor's or co-sponsoring company(ies), agency(ies) or individual(s) from responsibility for any injuries or damages I may suffer as a result of my participation in the Santa Barbara 6 mile Ocean Swim. I, the under-signed 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 ocean swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a participating athlete, I certify that all information provided in this form is true and complete. I have read the entry information provided for the event and certify my compliance by signature below.

Signature of participant: \_\_\_\_\_

(if under 16 must be signed by parent or guardian)

Date: \_\_\_\_\_

## **6 miler shirts**

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

### Unisex **Long Sleeve Shirt \$35**

\_\_\_\_\_small    \_\_\_\_\_medium    \_\_\_\_\_large    \_\_\_\_\_XL    \_\_\_\_\_2XL

### Unisex **Long Sleeve Shirt with hood \$35**

\_\_\_\_\_small    \_\_\_\_\_medium    \_\_\_\_\_large    \_\_\_\_\_XL    \_\_\_\_\_2XL

How many: # \_\_\_\_\_ X \$35

Shirt order total: \$ \_\_\_\_\_

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Shirt order total: \$ \_\_\_\_\_

Plus entry fee:        \$110

Total Fee: \$ \_\_\_\_\_

## **Checklist for registration:**

- ☐ Completed entry form. (Can be mailed or emailed: [janeswims@gmail.com](mailto:janeswims@gmail.com))
- ☐ Signed waiver
- ☐ Correct entry fees (including shirts)
- ☐ Check payable to 'Jane Cairns' or Venmo @Jane-Cairns-3

**\*\*Entry form must be emailed or in hand to race director by Friday June 30 2023 \*\***

**Late entries may not be accepted and subject to additional fees.**

Please send to:

Jane Cairns  
5094 Cathedral Oaks Rd  
Santa Barbara, CA 93111