

FKCC Swim Around Key West: 12.5 Mile Swim

KEY WEST, JUNE 18, 2016



Sponsored By: FL Keys Community College Pool
Date and Time: Saturday, June 18, 2016 Check-in 6:30 am Race starts at 7:30 am

Location/Course: The Atlantic Ocean and Gulf of Mexico around the island of Key West, FL.
Course: 12.5 mile swim clockwise around The island. Start and finish at Higgs Beach Boat Ramp.

Event Categories: Solo Swimmer: Male & Female, Solo Swimmer with fins .
Team: 2 person, 3 person, 4 person, 5 6 person relay
Team with fins and equipment 2 person, 3 person, or 4 6 person relay

Age groups: 12 & U, 13 -17, 18 -24, 25 -29, 30 -34, 35 -39, 40 -44, 45 -49, 50 -54, 55 -59, 60 -64, 65 & O

Awards: Top Overall Male and Female Swimmer, Top 6 solo swimmers in each age group, Top 6 swimmers with fins, and Top 6 places in each relay of either 2, 3, 4, 5 & 6 division.

Entry Fees: \$100 per person: must register by June 17, 2016 (includes t-shirt & cap):
\$10: Discount for USMS and USA Swimming Member (solo swimmers only) — Must attach card
\$160 -2 person relay, \$240 3-person relay, \$320 or 4, \$400 for 5 and \$480-6 person relay
Make checks payable to **Florida Keys Community College**.

REGISTRATION: Mail completed forms and check to:
Florida Keys Community College Attn: Lori Bosco 5901 College Road Key West, FL 33040
On line: Active.com: FKCC Swim Around Key West

All Swimmers must check in at FKCC pool on: Friday June 17, 2016: 11am – 8pm

Safety: Lifeguards and kayaks will be positioned throughout the course.

Information: Lori Bosco at (305) 809 -3562 or lori.bosco@fkcc.edu Web: www.fkccswimaroundkeywest.com

Rules:

- Swimmers may not stand on or push off the bottom of the ocean floor
- Swimmers must swim around all piers, DO NOT attempt to swim under piers.
- **Swimmers are responsible for providing their own support crew.** All marine safety rules must be observed.
- Swimmers must be with their support crew and boat at all times and may not touch vessel with the exception of team swims and then only at designated relay change points where entry and exits are made.
- Swimmers will be required to have a number visibly marked on their upper arm and on their escort boat.
- There are 3 check-in locations during the race:
 - 1. Prior to entering the Harbor
 - 2. Exiting the harbor before Fleming Key Channel and
 - 3. Immediately after Cow Key Bridge.
- If you need assistant with boats or kayaks, please see website or email: lori.bosco@fkcc.edu
- A Swimmer is required to end race upon notification by Race official or US Coast Guard.
- Violation of rules may subject swimmer(s) to disqualification. Meet director has final authority
- Swimmers may not promote third party sponsors, causes, or charities unless pre-approved by Meet Director.
- This is a warm water race. Wetsuits are not permitted.
- **Relays:** 2 person each swimmer in turn will swim one relay leg of approximately 6.25 miles, 3 person each-swimmer in turn will swim one relay leg of approximately 4.2 continuous miles. Change will be at two designated change points along the course. 4-6-person: each swimmer will swim one -30 minute relay leg in rotation, then 10 minute relay legs until the finish line.

Checklist:

1. Water and snacks for both swimmer and support crew. Stay hydrated. Use snacks you train with
2. Swim caps are optional as this is a warm water race
3. Sunscreen - (waterproof) Hat/sunglasses/event bracelet for support crew
4. Cell phone for emergencies in waterproof bag
5. Lifejackets for each participant in support vessel and one extra for the swimmer
6. Marine Radio to monitor race and hear updates on weather/announcements regarding the race.

Official Entry Form: FKCC Swim Around Key West: June 18, 2016

All swimmers must complete this form and sign release. NO REFUNDS.

Check in: 6:30 am – 7:15 am. Race Start: 7:30 am Relays begin at 7:15 am

Name _____
LAST FIRST

Address _____
Street City State Zip

Age: _____ Birthdate _____

Phone () _____ () _____ E-mail _____
DAY EVENING

Emergency Contact _____
NAME PHONE

SUPPORT CREW: Have Kayak/Boat _____ Need Kayak _____
(approx. \$50~ see website for list of locations)
Have Kayaker _____ Need Kayaker _____
(additional \$150)

	CIRCLE EVENT CATEGORY	CIRCLE Division
Circle Event:	Solo Swimmer	Female Male
	Solo Swimmer with fins -	Female Male
	Team 2 person relay	Female Male Mixed
	Team 3 person relay	Female Male Mixed
	Team 4 person relay	Female Male Mixed
	Team 5 - 6 person relay	Female Male Mixed
	Relay with fins	2 person 3 person 4 or more



Circle Age group: 12 & U 13 -17 18-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59
(solo swimmers only) 60-64 65-69 and 70 and Over

T-Shirt Size : S M L XL XXL

2, 3, 4, 5, or 6 person relay: List members (Besides yourself): _____
_____, _____, _____

AUTHORIZATION AND EVENT PROMOTION:

I agree to be filmed and photographed by the official and authorized photographers of this event under the conditions authorized by the Meet Director, and give the event organizers the right to use my name, picture, likeness, and biographical information before, during, and after the period of my participation in this event to promote the event in which I compete or to promote the success of the team in which I competed. I will not promote third party sponsors, causes, or charities unless pre-approved by the Meet Director.

LIABILITY RELEASE:

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 swimming competition including possible, permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THIS OPEN WATER COMPETITION OR ANY ACTIVITIES 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 NEGLIGENCE, ACTIVE OR FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, FLORIDA KEYS COMMUNITY COLLEGE, BONE ISLAND MASTERS CLUB, BONE ISLAND SWIM CLUB, CITY OF KEY WEST, HOST, MEET DIRECTORS, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUAL SUPERVISING SUCH ACTIVITIES.

Finally, I understand that there will be no refunds given for any reason including event cancellation.

Swimmer's Signature _____ Date: _____

Entry fee: solo- \$100, Relay: 2 person - \$160, 3 person- \$240, 4 person \$320
5 person - \$400, or 6 person - \$480 = \$ _____

Extra T Shirts (fill in quantity, each shirt is \$10.00 each)
T - Shirts S _____ M _____ L _____ XL _____ XXL _____ = \$ _____

Total Enclosed = \$ _____

\$10 Discount for USMS and USA Swimming Members - must attach card * (Solo swimmers only)