# Pier to Cove Swim, Saturday, June 25, 2016

## Join the La Jolla Cove Swim Club for our annual Scripps Pier to La Jolla Cove Swim

**The swim distance is 1.5 miles** (2.5 K). The swim will start on the north side of Scripps Pier at **9:00 AM** and end at La Jolla Cove. Proceeds of this event will be used to support ocean swimming, especially for young people.
Swimmer safety is our first priority. San Diego Lifeguards will provide support including a boat, Jet Ski, and paddleboards.
**There's a 90 minute time limit for this swim. After 90 minutes, lifeguards will escort any remaining swimmers from the water.**
Registration and check-in will be in a **NEW LOCATION** at the **NORTH END** of **LA JOLLA SHORES KELLOG PARK** (south of where it was in the past). This area has **RESTROOMS** and a big **PARKING LOT**. Registration will begin at **7:30 AM**.
The Swim Club will provide free shuttle service from the Cove to the registration area at the Shores from 7:30 until about 8:15. Shuttle service is **NOT GUARANTEED**, especially if you arrive late. Other options are: Park at the Shores, Carpool, or get dropped off. Swim bags can be left at the Shores Registration area and they will be shuttled to the Cove so you can pick them up after you finish. Don't bring valuable, fragile, heavy or bulky items. La Jolla Cove Swim Club is not responsible for loss or damage.

**We will use electronic "chip" timing. Chips are provided at registration and will be collected at the finish line.**
Hot food from **DUKE'S RESTAURANT** will be served at the cove. **DUKE'S** is a sponsor for the first time this year.

Trophies will be awarded to the 1st overall M and F **"regulation"** swimmers. Other awards will be given also.
"Regulation" is according to USMS rules. Neoprene swim caps are acceptable. Rash guards are not acceptable.
"Non-Regulation" swimmers may use rash guards, wetsuits, fins, masks and snorkels **...** but no scooters or sails.
Swimmers who pre-register on-line or by paper entry **before June 16**, and complete the swim, will receive an event T shirt. Later entries are not guaranteed a T shirt. **"No-shows" do not get T shirts.** You can still pre-register online after June 16 until June 23.
Parental approval is required for swimmers younger than 18 but special requirements apply. We encourage the participation of competent young swimmers but we want them to be safe. **This event should not be their first open water swim!**
*Applications from swimmers **younger than 18** must include a list of open water swimming experience and applications must be received before June 16 by **paper entry, addressed to "Pier to Cove" at the PO Box** (below)* or it may be emailed to **piertocoveswim@aol.com**. *Approval will be at the sole discretion of the event director. The swimmer **may** be required to have their own kayak support and/or an adult (over 18) escort swimmer. Contact info for the kayaker and support swimmer, must be written on the back of this entry form.* Swimmers younger than 18 may **NOT REGISTER** after June 16 OR on the DAY OF THE SWIM.
*Questions may be sent to: **piertocoveswim@aol.com**.*
**Event T-shirts will not be guaranteed for entries received after June 16. Beach entrants are not guaranteed a T-shirt.**
Register: 1) **ONLINE** at **pier-to-cove-swim.racewire.com (PREFERRED)**
2) **Mail a paper entry and a check payable to "La Jolla Cove Swim Club"** to **P.O. Box 427, La Jolla, CA 92038**.
3) **Event Day "beach" registration**: This will cost an additional $20 (**$75, CASH ONLY**).

**PLEASE PRINT LEGIBLY. FILL IN/CIRCLE ALL FIELDS. PLEASE PRINT LEGIBLY**

**Name:** _____ **E-mail address:** _____

**Address:** _____ **City:** _____ **State:** ____ **Zip** _____

**Phone:** (_____)_____ **Date of Birth** _____/____/____ **Age on June 25, 2016** _____

**CIRCLE ONE: Regulation | Non-regulation** **CIRCLE ONE: Male | Female**

**CIRCLE your T-Shirt size: XS (youth large) S M L XL XXL XXXL**

**CIRCLE only if YES: Are you entering as part of the UNITED STATES POLICE AND FIRE CHAMPIONSHIPS? YES**

**Entry fee: $55** This fee includes **one** event T-shirt **only if registration form is received (not postmarked) by June 16**

**Total amount enclosed** $_____ (Checks made to "La Jolla Cove Swim Club"). Sending cash is not recommended.

**Registration may not be transferred to another person and names cannot be changed.**
**Refunds may be requested until June 10 with an email to** piertocoveswim@aol.com **stating the reason.**
**If granted, a $15 processing fee will be charged. After June 10, no refunds will be given for any reason.**
This event is for experienced ocean swimmers who are capable of swimming 1.5 miles in open-ocean, "rough water" conditions. The San Diego City Lifeguards will provide safety support, but we cannot guarantee the safety of swimmers, especially for those who are unprepared. The release of liability below must be signed, dated and returned with all entries.

**RELEASE OF LIABILITY:**
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 ocean water swimming, including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE LA JOLLA COVE SWIM CLUB'S SCHEDULED EVENT OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING THOSE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: LA JOLLA COVE SWIM CLUB, EVENT SPONSORS, EVENT COMMITTEES, THE CITY OF SAN DIEGO, SAN DIEGO LIFEGUARDS, AND ANY INDIVIDUALS OFFICIATING OR SUPERVISING THE EVENT.
By signing below, I agree to all conditions described above.

Signature of swimmer _____Date_____

Signature of parent of swimmer younger than 18_____Date_____