



East Coast Open Water Championship

September 17-18th, 2016
Mariners Landing at Smith Mountain Lake

www.lakeswim.net

ENTRY FORM

Preregistration Deadline September 9th, 2016

On-Site Registration Accepted

PARTICIPANT'S NAME: _____

Sex: Male___ Female___

Age (As of September 17th, 2016): _____

Shirt Size: YL___ S___ M___ L___ XL___

****Please note that all entrants will receive the shirt size they specify upon registrations – NO EXCEPTIONS. Shirts will be long sleeve 100% pre-shrunk cotton.*

EVENT SELECTION – You will only be entered in the events checked below. Please make sure to list your AGE above so that you may be entered in the appropriate event!!!

5K ___ 1 Mile ___ ½ Mile (9 & Under Only) ___

ENTRY FEE: \$_____ \$39 for one day, \$55 for both days

MAKE ALL CHECKS PAYABLE TO: ISCA

International Swim Coaches Association (ISCA)
2721 Brambleton Ave, SW
Roanoke, VA 24015

*****New and easier to use online registration available at: www.lakeswim.net**

CONTACT INFORMATION:

Address: _____

City: _____ State: _____

Phone: _____

E-mail Address: _____

EMERGENCY CONTACT INFORMATION:

Name: _____

Phone: _____

RELEASE: The following release **MUST BE SIGNED** and **IN THE HANDS OF THE EVENT DIRECTOR** before a swimmer may compete:

“I, the undersigned participant, intending to be legally bound, do 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 Open Water Swimming (training & 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 Swimming event or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages including all claims for loss or damage caused by negligence active or passive of the following: United States Swimming, Inc., United States Masters Swimming, the Local US 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 implemented for this event. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.”

Name of Participant: _____

Signature _____ Date _____
(Parent or Guardian must sign if under 18)

