

Spring Lake Swims
Saturday May 19th
2018 @9am 500m
9:30am 1 mile

Sanction #
388-W003

RACE DETAILS: 8:45 AM Meeting for Announcements and
Safety Mandatory at the Registration tent.

9:00 am 500m wave start

9:30AM 1 mile wave start

\$40 PRE-REGISTRATION - \$55 for both Swims

1. online - visit www.lifeguardsforlife.org

2. mail completed entry before May 14th, 2018 to:
Spring Lake Swims
2171 Zinfandel
Santa Rosa, CA, 95403

*A copy of your current USMS registration card must accompany entry

*Make checks payable to: REDWOOD COAST USLA

\$50 RACE DAY REGISTRATION- 7:30 am - 8:30 am on May 19th, 2018

\$65 for both Swims Race Day

VISIT OUR WEBSITE www.lifeguardsforlife.org FOR MORE
INFORMATION, DIRECTIONS, OR TO REGISTER.

EMAIL: rdwoodmasters@yahoo.com

PHONE & FAX-LINE: 707.528.4718

PARKING: There is a \$7.00 day use parking fee

AGE GROUP DIVISIONS:

18-24, 25-29, 30-34,35-39,

40-44, 45-49, 50-54, 55-59...etc

AWARDS: Cat 2 suits will render that swimmer ineligible for
awards. Awards will be given to the overall female and
male winners and to the first three places in all age groups,
for each event.

SAFETY: Swim caps will be supplied. It is mandatory that
these caps be worn. Safety craft and lifeguards on rescue
boards will patrol the course. Individual escorts are not
allowed. A cut-off time of 1 hour will be enforced.

LOCATION: The openwater swim is at Spring Lake Park
in Santa Rosa, CA. Directions: take Hwy 101 to Hwy 12
east, turn right onto Mission Blvd, left on Montgomery
Dr, right on Channel Dr, right on Violetti Rd, and into
Spring Lake Park.

Equipment: Swimmers are not permitted to wear
or use any device or substance to help their
speed, pace, navigation, buoyancy,, or endurance
during a swim. Any kind of tape on the body or
flat armband is not permitted unless approved
by the referee.

USMS # _____

Club Affiliation (3-4 Letter) _____

Last Name: _____ First Name: _____

Address: _____

Street: _____

City: _____ State: _____ Zip: _____

Phone # _____

Email: _____

Birthdate: _____ Age On Race Day: _____

Gender: _____

1Mile Time: _____

500 Meter Time _____

Wetsuit/CAT 2 YES NO

NOTE the swim is held at the Violetti Entrance to the
Park NOT the Newanga entrance. Use the address
393 Violetti dr, Santa Rosa CA 95409 to get to the
correct entrance.