

Spring Lake Swims  
Saturday May 18th  
2019 @9am 500m  
9:30am 1 mile

Sanction #

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.

## 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](http://www.lifeguardsforlife.org)

2. mail completed entry before May 16th, 2019 to:  
Spring Lake Swims  
PO Box 12126 Santa  
Rosa, CA 95406

\*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 18th,  
2019

\$65 for both Swims Race Day

VISIT OUR WEBSITE [www.lifeguardsforlife.org](http://www.lifeguardsforlife.org) FOR MORE  
INFORMATION, DIRECTIONS, OR TO REGISTER.

EMAIL: [rdwoodmasters@yahoo.com](mailto:rdwoodmasters@yahoo.com)

PHONE & FAX-LINE: 707.565.3080

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.