

Sunday October 12, 2014

Organized by: Dolphin Swim Team of Bermuda

ENTRY FORM

Name:

E mail:

Address:

Parent's signature (if swimmer is under 21):

Date of Birth:

Age on Race Day:

Sex:

Phone#:

Swim Club (if any):

Category

Junior

Teen

Open

Masters

Senior

(Please circle one)

12 and under

13-19 years

20-39 years

40 -59 years

60+ years

Distance

0.8k (0.5 mi)

2k (1.25 mi)

4k (2.5 mi)

7.25k (4.5 mi)

10k (6.214 mi)

(Please circle one)

2K (Finn Division)

7.25 (Finn Divison)

Entry Forms can also be found www.racedayworld.com ***You can donate to our charities even if you're not swimming*. All entries must be done on racedayworld.com**

Please read the following Acknowledgement, Waiver and Release from Liability (AWRL) Notice together with the Notes and Rules before you sign below to acknowledge your full understanding and acceptance.

Acknowledgement, Waiver and Release from Liability (AWRL)

I acknowledge that a long distance swim is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. I hereby assume the risks of participating in the 2014 Zobec Round the Sound Long Distance Swimathon. I certify that I am physically fit, have sufficiently trained for participation in this event and have not been advised otherwise by a qualified medical person. I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: a) waive, release, discharge and agree not to sue from any and all liability for my death, disability, personal injury, property damage, property theft or action of any kind which may hereafter accrue to me as a result of my participation in the 2014 Zobec Round the Sound Long Distance Swimathon the following entities: event sponsors, event directors, event workers and volunteers, Bermuda Timing Systems Ltd, event connected charities and event location, b) indemnify and hold harmless the persons or entities mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any of my actions during the 2014 Zobec Round the Sound Long Distance Swimathon.

I have read, understood and accepted the Acknowledgement, Waiver and Release from Liability (AWRL).

ZOBEC ROUND-THE-SOUND LONG DISTANCE SWIMATHON

Signed:	Date
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Parent or Guardian (If swimmer is under 21)

Prizes and Social

There will be a festive prize giving function at Palmetto Bay following the finish, which will include a variety of foods and beverages for purchase. There will be music for non-swimming family members from 12n onwards.

Pledges may be turned in up to October 31st to: Patricia Hill c/o Royall Imports Ltd, 5 Midsea Lane, Pembroke HM07.

Notes Rules & Fees

Notes

1. The race committee reserves the right to cancel the entire race or stop any individual at any stage of the race.
2. A briefing for overseas swimmers will be held on Saturday, October 11th, 2014, time to be advised at Palmetto Gardens (site of old Palmetto Bay Hotel).
3. Average sea temperature for October is 78 degrees F.
4. Competitors' bags, including your event T-shirt, must be collected at the Warwick Academy Primary Parking Lot on Saturday, October 11th, between 11am and 1pm.
5. In the event of extreme adverse weather, changes/modifications can be made to the course. The Committee makes this decision at 9am on the morning of the race.

General Rules – A complete copy of the Rules is available at www.roundthesound.bm

1. **ANY SWIMMER WHO HAS OFFICIALLY STARTED THE RACE AND IS UNABLE TO FINISH OR WHO MUST WITHDRAW FOR ANY REASON IS OBLIGED TO IMMEDIATELY REPORT HIS/HER POSITION TO A RACE OFFICIAL.**
2. In order to be an official entrant, each swimmer must register at the check-in area between 30 and 60 minutes before the start of his/her race.
3. The official swim cap that is provided must be worn.
4. Transit swimmers must not cross or interfere with the starting line for shorter races – see instructions.
5. During the race, directions issued by race officials must be followed.
6. Course marks must be left on the correct side – see instructions.
7. No wetsuits will be allowed.
8. An emergency plan card, provided in the competitor bag, must be completed and handed in at registration.
9. The Race Committee reserves the right to remove a swimmer from the water who fails to reach a checkpoint by the official closing time (see schedule).

Fees

Entrance fee BD\$40.00/US\$40.00 (make cheques payable to the Dolphin Swim Team).

Late fee BD\$45.00/US\$45.00 (after October 6th)

Entry forms (with the entry fee) must be received by 5:00pm Monday, October 6th. All entries must be done on racedayworld.bm. Late entries accepted up to 5:00pm Friday, October 10th.

Overseas entries should be sent to: Randy Nutt www.aquamoonadventures.com.

The prize giving will be held immediately after the finish.

Parking for the Race

As all five events finish at Palmetto Bay but start elsewhere, competitors should have someone drop them off at their particular starting points at least 1 hour prior to the start of their race.

10k	Aquarium East Service Entrance
7.25k	The Radnor Road Estate Dock
4k	Bermuda Properties Dock at Shark Hole
2k	Turtle Island Dock at Devils Hole
0.8k	Harrington Sound School Dock

Parking for the finish will be available on tarmac areas in front of tower via Clarendon Road at Whitney Institute. Signs will be posted. (NOTE: there will be no parking at the Aquarium or Palmetto Bay). Please use this area responsibly and do not leave any litter!

The Starts

Check-in will begin 1 hour prior to each start, see table. At the appropriate start, swimmers will be marked with their numbers. Please wear your official swim cap, which will be given to you at check in and make sure it is dry, as your cap will also be numbered. **Warm-up will be allowed, but all swimmers must have checked-in and be on land 20 minutes before start time.** Swimmers will be checked into the water, in order, by number. Entry into the water shall be FEET FIRST. Diving is not permitted.

All starts will be in-water along the designated start line or rope and will strictly follow the timetable.

Transit Swimmers

All swimmers entered in any distance will be required to check in at all official check points on their course. As a transit swimmer, you will approach the dock on the near side of a pool lane line. At the point where the lane line touches the dock, identify yourself by number and confirm that you are fit to continue. A wristband will be given to you if the official feels that you are OK. The wristband is your proof that you completed the previous leg of the course and is your signal to proceed. Do not leave without one. If you finish the full 10k you should finish with three wristbands. On receipt of the band, duck under the lane line and swim out until clear of starting line of next race and continue on your course. It separates you from other swimmers who may be starting a shorter race.

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Please note that the Harrington Sound School Dock is the start point for the 0.8k swim only. It is **NOT** a checkpoint for transit swimmers.

Finishing

All swimmers finish at Palmetto Bay, with an “In-Water” finish. Please approach the steps in an orderly fashion down the chute (2 pool lane markers) and efficiently leave the water making sure that the officials have taken your number and that you have touched the electronic pad on you left side with your Left Hand. Your time and position of finish will be taken as you touch the pad. If you arrive in a pack stay in finish order.

Safety Boats and Kayaks

These safety boats are officials of the race and will correct a swimmer who is off course or who misses a mark. Please comply with their directions courteously. Failure to comply will result in your number being reported to the race committee along with the offense. Penalty or disqualification may result.

The Course

The course is a clockwise route around Harrington Sound using islands, docks and buoys as course markers. Markers will have a bright colored sign facing down the course for easy recognition. Large orange floats will be strategically placed between the markers on open stretches of water as a guide to swimmers.

Time Limits (See table)

Swimmers who fail to reach a checkpoint by official closing time may be removed from the water by an official safety boat.

Dist Km		Cap Color	Start Location & Checkpoint	Check-in Begins	Start Time	Check Point Closing Times	Finish Location
10	6.214	Pink	Aquarium (East Service Entrance)	9:00 a.m.	10:00 a.m.		Palmetto Bay
7.25	4.5	Green	Radnor Road Estate Dock	9:45 a.m.	10:45 a.m.	11:20 a.m.	Palmetto Bay
4	2.5	Yellow	Bermuda Properties Dock (Shark Hole)	10:45 a.m.	11:45 a.m.	1:15 p.m.	Palmetto Bay
2	1.25	White	Turtle Island Dock	11:15 a.m.	12:15 p.m.	2:25 p.m.	Palmetto Bay
0.8	0.5	Orange	Harrington Sound Dock	11:45 a.m.	12:45 p.m.		Palmetto Bay

Charitable Purpose:



find and follow us on facebook!

Our mission: Wind Reach exists to enrich the quality of life for people with special needs.

Among the special needs community, the opportunity to do ordinary activities can be an extraordinary gift. As a centre for inclusion and personal achievement for people of all abilities, WindReach offers programmes and activities providing educational, therapeutic and recreational opportunities. Each week, we have on average 200 participants who benefit from the following programmes:

- **The Life Skills Programme** offers a range of formal and informal activities and tasks for individuals of all ages. Participants are able to develop essential skill building and experiential learning practices which assist them in fulfilling their potential. The Life Skills Programme has two components; community participation and skills mentoring.
- **The Therapeutic Riding Programme** (formerly Bermuda Riding for the Disabled) offers individualized riding lessons. Participants experience improved physical strength, balance and coordination as well as increased attention, concentration and self esteem.
- **The Adaptive Sports Programme** provides recreational and competitive sports opportunities to persons with disabilities and seniors who may be prone to have a more inactive lifestyle. It offers an opportunity for people with similar abilities to come together and participate in fun and competitive activities. Regular exercise increases quality of life.

- **The Integrated Learning Programme** provides students with special needs the opportunity to participate in multiple programmes during their visit. All activities incorporate components of their Individual Education Plans (I.E.P.s); ensuring that participants benefit not only from the therapeutic value of the programme, but also academically.
- **Music Enrichment** is a therapeutic way of working with individuals who may have difficulties in hearing, seeing, moving, thinking or responding. Benefits include improved motor skills, academic achievement, social interaction skills and communication.
- **The Seniors' Programme** provides weekly recreational and gentle sporting activities for our more mature population. Seniors attend from the community and from residential and nursing homes. The activities encourage and provide socialization and stimulation as well as improve mobility, fitness and health levels.
- **The Explorers' Summer Camp** facilitates the integration of children with and without special needs into a fully accessible summer camp. All educational and recreational activities are designed to be inclusive of campers regardless of their physical and intellectual abilities and needs.

Tel: 238-2469 • E-mail: windreach@windreach.bm • Website: www.windreachbermuda.com

Official Contribution Form - October 12th, 2014

Swimmer's Name: _____ **is swimming** in the Zobec Round the Sound Long Distance Swimathon and is collecting funds in support of Windreach.

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Swimmer's Address

Tel #

Contributor's Name	Tel. #	Address	Contribution	Paid

Total Pledge: \$	Total Collected: \$
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Please make cheques payable to "Round The Sound".

Dear friends,

I am planning to swim in the Zobec Round the Sound Long Distance Swimathon on October 12th, 2014. This year's event will benefit **Windreach**. Would you like to make a contribution to this worthy cause? If so,

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please sign the Contribution Form on the reverse side showing the amount you are giving. **Funds that I am collecting will be turned in by October 31st , 2014.**

The Zobec Round the Sound Long Distance Swimathon has five optional courses each of a differing length enabling the swimmers to select the distance best suited to their abilities:

The Pink course measures	10k – 6.214 miles
The Green course measures	7.25k – 4.5 miles
The Yellow course measures	4k – 2.5 miles
The White course measures	2k – 1.25 miles
The Orange course measures	0.8k – 0.5 mile

I anticipate swimming the _____ course.

The start of each swim is staggered so that the majority of the swimmers finish together at Palmetto Bay. Do come along and watch the finish which should be exciting and a lot of fun.

Thank you for your generous contribution!