

HOW FAR CAN YOU GO?



1ST ANNUAL SUPERIOR DISTANCE SWIMMING CHALLENGE

A FUND RAISING EVENT FOR SUPERIOR
HIGH SCHOOL SWIMMING AND DIVING PROGRAMS

“YOU’RE SWIMMING FOR MORE THAN JUST A T-SHIRT”

SUPERIOR HIGH SCHOOL POOL

2600 CATLIN AVENUE

SUPERIOR, WI

MAY 1ST 2010

The 1st wave starts at 8:00 a.m. with assigned waves starting every hour.
Lap Swimmers, Alumni, Triathletes, Fitness Swimmers, and Families are encouraged to participate.
Novice to advanced swimmers are welcome. Swim any stroke...swim, rest, enjoy!

Individual Events

One hour “Big Fish Challenge”

Half hour “Halibut Hustle”

Fifteen minute “Flying Fin”

Team Events

All teams participate for one hour

Structured 2-4 person teams, 15 minutes per individual. 2 person teams, each swim twice. 3 person teams, you pick the individual that will swim twice

Unstructured 2-4 person teams, each individual will be required to swim a minimum of 100 yards to start then tag off as often as you would like.

The Rules: Distances will be recorded by the last completed length at 60, 30 or 15 minutes. by a volunteer lap counter.

** Continuous swimming isn’t required, you are allowed to rest **

** No wetsuits or swimming aids are allowed. Full or part walking lengths won’t be recorded **

** Awards will be base upon registration levels **

Race Coordinator: Randy Back, Email rsbtri@gmail.com or call 715-394-7815 for event information

OVER FOR REGISTRATION FORM ↓

SUPERIOR DISTANCE SWIM CHALLENGE EVENT INFORMATION AND REGISTRATION FORM

REGISTRATION FEE: **\$12.00 per person postmarked by April 12th**,
\$15.00 per person postmarked by April 26th (registration deadline).
 No same day registration or refunds. A limited number of lanes and times are available,
 register early.
 Check us out on **Facebook**; Events, Superior Distance Swimming Challenge

MAIL REGISTRATION TO: Superior Distance Swim Challenge, 6518 John Avenue, Superior, WI 54880

MAKE CHECKS PAYABLE TO: Superior High School Swimming and Diving

You will be contacted by Email or phone with your wave starting time.
 Email _____ Phone: _____ or at the event packet pick-up 7:00 a.m. to 8:00a.m. at the
 Superior High School pool.

REGISTRATION:
 Category: Individual 1 hour _____ Individual 30 minute _____ Individual 15 minute _____

*Optional (individuals swimmers only) I'll share a lane Yes _____ (2 per lane max.) No _____

Team Name _____ Team Structured _____ Team Random _____

T-shirt size(s) S _____ M _____ L _____ XL _____ 2XL _____ Teams indicate quantity of each

Name: _____ Male or Female _____ Age on date of event _____
 Individual entry or team contact person

Address _____ City _____ State _____ Zip _____

Name: _____ Male or Female _____ Age on date of event _____

Name: _____ Male or Female _____ Age on date of event _____

Name: _____ Male or Female _____ Age on date of event _____

Disclaimer-Must be signed in order to participate in the Superior Distance Swim Challenge

Knowingly and at my own risk, I hereby apply to enter the Superior Distance Swim Challenge and do hereby waive and release any claims for damages that I may incur as a result of my participation the event against all sponsors or any employee, volunteer, elected official of these organizations for said injuries. I further hereby certify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate. If however, as a result of my participation in the Superior Distance Swim Challenge, I require medical attention, I hereby give my consent to authorized medical personnel of said swimming event to provide such medical care as deemed necessary by such authorized personnel.

**Individual & Teams
Participant Signature(s)**

**Parent or Guardian Signature(s)
If participant(s) is/are under 18 years old**

EVENT OVERVIEW

Check-in 15 to 30 minutes prior to your assigned wave start time. Waves will be starting every 60 minutes based on the event schedule posted at the pool deck. In the pool start. 15 minute, 30 minute, and team swimmers may be sharing a lane for a brief period of time so be sure to circle swim just prior to your exchanges. An air horn will be sounded every 15 minutes to signify swimmers exchanges or finishing times.