

SANTA CRUZ 2 MILE OCEAN CRUISE

Sunday, August 1, 2010

8:30 a.m.

Sanctioned by PMS for USMS Inc., Sanction #: OW10-12



The CRUZ CRUISE

ENTRIES: Use consolidated entry form from PMS newsletter, or visit <http://cruzswim.org> to fill in entry form, print and mail. Pre-race registration is \$30 per person if received by July 27. Late and race day registration is \$35. Entry fee is non-refundable. All swimmers must be PMS/USMS registered. A copy of your 2010 USMS card must accompany your entry form or be shown at check-in for race-day entrants. Proof of USMS registration is mandatory. This swim is sanctioned by Pacific Masters Swimming and conducted under USMS Long Distance and PMS Open Water guidelines.

DIRECTIONS: From Highway 1 North come into town on Highway 1/Mission St. Continue along Mission for 0.6 miles. Turn right onto Bay Ave. for 0.9 miles. Find parking as you would for the previous day's one mile swim in the vicinity of the Dream Inn hotel.

From Highway 17 continue south, toward the ocean, on Ocean St. (highway 17 ends at the top, or north end of Ocean St.), for 0.7 miles to Soquel Ave. Turn right on Soquel Ave., go 0.3 miles over the bridge to Front St. Turn left onto Front St., go south 0.6 miles along Front St. until it curves to the right (past Kinko's Copies and Yellow Cab) and meets the intersections of Washington St. and Center St. Find parking and walk south to the Santa Cruz Pier. The race starts on the beach to the left side of the pier/wharf (by the Ideal Fish Restaurant deck).

PARKING: Various kinds of parking are available in the vicinity of the Santa Cruz Pier. Long term parking and metered parking is available closer to the Pier and the start. A short walk from the Pier is more metered parking and free on-street parking.

DIVISIONS: The usual USMS divisions: 18-24, 25-29, 30-34, etc., male and female.
Entrants must be at least 18 years old.

CHECK-IN AND RACE DAY REGISTRATION: Opens at 7:00 a.m. All swimmers must check-in by 8:00 a.m.
Pre-race instructions and mandatory safety meeting at 8:00 a.m. Swim begins at 8:30 a.m.

START: One wave start from the beach. Please organize yourself according to how fast you swim. If you are a slower swimmer, start behind those who are faster. Please start on the beach between the two marker flags and behind the starting line.

COURSE AND WATER TEMPERATURE: The Cruz Cruise 2 Mile Swim starts (and finishes) just to the left (South/East) side of the Santa Cruz Wharf. Swimmers will start in one wave, entering the water on the left side of the wharf (as you face the ocean). Swim to the first turn buoy directly off the end of the wharf, and turn right to swim towards shore on the opposite side of the wharf until they reach the second turn buoy (adjacent to the wharf lifeguard headquarters). Turning left, for a leg parallel to shore, they will swim until they reach the third turn buoy. Swimmers will then turn left again, and head directly back to the original first buoy at the end of the wharf. One final left turn here will have swimmers returning on the final leg parallel to the left side of the wharf, finishing on the beach at the original start/finish line. Water temperature is approximately 57 to 62 degrees.

WATER SAFETY: Brightly colored swim caps are required of all swimmers. Paddle craft will patrol race course. A cut-off time of 1 hour 45 minutes will be strictly enforced.

EQUIPMENT: Wet suits may be worn but will render the swimmer ineligible for awards. Use of fins, pull buoys, or other swimming devices are prohibited. Soft hand paddles may be used as prosthesis only if they do not present a safety hazard to other swimmers. Race director shall have final decision.

AWARDS: Ribbons to top three finishers in each age group and gender division.

AFTER THE RACE: Drinks and munchies provided by Santa Cruz Masters.

MAIL ENTRY FORMS: Use consolidated entry form from PMS newsletter, or fill in, print and mail entry form from CRUZ web site, <http://cruzswim.org>. For paper entries sign the waiver, include a copy of your PMS card, check made to SANTA CRUZ MASTERS. Entries must be received by July 27th for pre-race price of \$30.

ENTRY FORM

USMS # _____ (please attach copy of USMS reg. card)

Last Name _____ First Name _____

Address _____ City _____ State/Zip _____

Phone # _____ Age on Race Day _____ Gender M ___ F ___ Birthdate _____

Club Affiliation _____ Club Initials _____ email address _____

Address _____ City _____ State/Zip _____

LIABILITY RELEASE: "I, the undersigned participant, intending to be legally bound, 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 Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS 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 of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature _____ Date _____

Send completed entry form to and direct your questions to:

PAUL WRANGELL
120 DUFOUR ST.
SANTA CRUZ, CA. 95060
pwrangel@pacbell.net
831.429.1217

or Race Director: **SCOTT PATTERSON**
108 ANTHONY ST.
SANTA CRUZ, CA 95060
scott_patterson@comcast.net
831.706.7950

