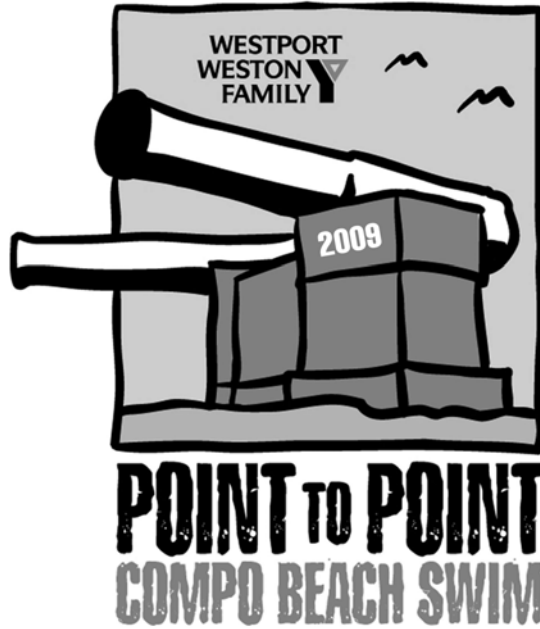


# 31st ANNUAL



**Date:** Saturday July 18, 2009

**Time:** 8:00 am Check-in, 8:45 am Start

**Distance:** Approximately 1 Mile

**Starting Point:** By the cannons at Compo Beach, Westport, CT

**Rain Date:** July 19, 2009

<b>Age Groups:</b>	10-12 yrs	18-24 yrs	35-39 yrs	50-54 yrs	65-69 yrs
	13-14 yrs	25-29 yrs	40-44 yrs	55-59 yrs	70-74 yrs
	15-17 yrs	30-34 yrs	45-49 yrs	60-64 yrs	75 yrs and older

**Awards:** Imprinted mugs/bottles for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> male and female finisher in all age groups.  
Race T-shirt awarded to all participants.

**Race Results:** [www.westporty.org](http://www.westporty.org)

- Rules:**
- 1.) All participants must wear swim cap supplied by the race committee.
  - 2.) Goggles may be used; however the use of snorkels, fins, wet suits, or other equipment will not be permitted.
  - 3.) The use of any lifesaving support devices will be cause for disqualification.
  - 4.) Swimmers must complete the entire course to be considered for an award.
  - 5.) All entrants under 18 must have parents'/guardians' permission.
  - 6.) All swimmers must report to the results table after their swim.

**Entry Fee:** \$35 pre-entry (received before July 15<sup>th</sup>, 2009)  
\$40 after July 15<sup>th</sup>, 2009

**Mail To:**  
Erin Flynn, Race Director  
Westport Weston Family Y  
P.O. Box 190  
Westport, CT 06881  
[ppoint@westporty.org](mailto:ppoint@westporty.org)

**Checks payable to:** Westport Weston Family Y

Register on-line at [www.westporty.org](http://www.westporty.org)

## Entry Form (Complete and Detach)

NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ SEX: M / F

CITY/STATE/ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

In consideration of this entry being accepted, I hereby for myself, heirs and executors and administrator, waive and release all rights and claims for damages I may have against the Westport Weston Family Y, the Westport Parks and Recreation Department, and the race sponsors, for any and all injuries suffered by me in said event. I understand that the race is conducted in open water and my ability and physical condition are adequate to complete the race.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/ Guardian (participants under 18) \_\_\_\_\_

If the race has to be cancelled because of inclement weather call 226-8981 for recorded message. At the request of the Recreation Department, all vehicles without Westport Beach stickers must be removed from the beach at the conclusion of the race.