



**Date:** Saturday, July 17, 2004  
**Time:** 10:00 am check-in, 10:45 am start  
**Distance:** Approximately 1 mile  
**Starting Point:** By the cannons at Compo Beach, Westport, CT  
 (195 Exit 18. Proceed north toward Rte. 1. Left at 2<sup>nd</sup> light on Greens Farms Rd. Left onto S. Compo. Right at Minuteman statue. Proceed to beach.)

If the race has to be cancelled due to inclement weather, call 226-8981 X128 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. Your cooperation is appreciated.

<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 for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male and female in all age groups.  
 Race T-shirts for all participants.

**Results:** Race results will be posted on the Westport/Weston YMCA website  
[www.westportymca.org](http://www.westportymca.org)

- Rules:**
- 1) All participants must wear a yellow bathing cap, supplied by the race committee.
  - 2) Goggles must 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 parent/guardian permission.
  - 6) All participants must report to the results table after the swim.

**Entry Fee:** \$30 pre-entry (received by 7/15/04)  
 \$35 after 7/15/04

**Mail to:** Bob Knoebel, Race Director  
 Westport/Weston YMCA  
 P.O. Box 190  
 Westport, CT 06881

**Phone:** 203-226-8981 ext 128  
[flyrodbob@westportymca.org](mailto:flyrodbob@westportymca.org)

**Checks payable to:**  
Westport/Weston YMCA

**Entry Form** (Complete and detach) (Mail or submit on race day)

Please check if new entrant or new address

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Sex \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Phone \_\_\_\_\_

In consideration of this entry being accepted, I hereby for myself, heirs and executors and administrators, waive and release all rights and claims for damages I may have against the Westport/Weston YMCA, 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 conditions are adequate to complete the race.

Signature \_\_\_\_\_

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