

Pier to Cove Swim, Sunday, June 23, 2019

Join the La Jolla Cove Swim Club for our annual Scripps Pier to La Jolla Cove Swim

The swim distance is 1.5 miles (2.5 K). The swim will start on the north side of Scripps Pier at 9 AM and end at La Jolla Cove. Proceeds from this event will be used to support ocean swimming, and to combat Skin Cancer, which is common among us. **THERE WILL BE A SKIN CANCER SCREENING CLINIC AT THE COVE. BRING YOUR SKIN AND HAVE IT CHECKED.** Swimmer safety is our first priority. San Diego Lifeguards will provide support including a boat, Jet Ski, and paddleboards.

There's a 90 minute time limit for this swim. After 90 minutes, lifeguards will escort remaining swimmers from the water.

Registration and timing chip distribution will begin at 7:30 AM at the NORTH END of LA JOLLA SHORES KELLOGG PARK.

Registration will close around 8:30, so swimmers can walk to the starting point at the pier.

This area has RESTROOMS and a big PARKING LOT.

The Swim Club will provide free shuttle service from the Cove to the registration area at the Shores from 7:30 until about 8:15.

Shuttle service is NOT GUARANTEED, especially if you arrive late. Other options are: park at the Shores, Carpool, UBER.:LYFT, or get dropped off. Swim bags may be left at the Shores Registration area and they will be shuttled to the Cove so you can pick them up after you finish. Don't bring valuable, fragile, heavy or bulky items. La Jolla Cove Swim Club is not responsible for loss or damage.

DUKE'S RESTAURANT is a sponsor of this event. They will serve coffee and pastries at registration and hot food at the Cove.

Trophies will go to the 1st Male and Female "regulation" swimmers and medals to the 1st "regulation" finisher in each age group.

"Regulation" is according to USMS rules: swim suit, cap and goggles only. Neoprene swim caps are acceptable. Rash guards are not.

"Non-Regulation" swimmers may use rash guards, wetsuits, fins, masks and snorkels ... but no scooters or sails.

Swimmers who pre-register on-line or by paper entry before June 10, and complete the swim, will receive an event T shirt. Later entries

are not guaranteed a T shirt. "No-shows" do not get T shirts. You can still pre-register online from June 10 through June 20.

Parental approval is required for swimmers younger than 18 and special requirements may apply. We encourage the participation of competent young swimmers but we want them to be safe. **This event should not be their first open water swim!**

Prior to registering swimmers younger than 18 please send an email to piertocoveswim@aol.com and include a list of their open water swimming experience. Approval will be at the discretion of the event director. If approved, the swimmer may register on-line.

SWIMMERS YOUNGER THAN 18 MAY NOT REGISTER ONLINE AFTER JUNE 20.

Swimmers under 18 may not register on the day of the swim unless approved by the Registration manager.

Questions may be sent to: piertocoveswim@aol.com.

Event T-shirts will not be guaranteed for entries received after June 10. Beach entrants are not guaranteed a T-shirt.

Register: 1) **ONLINE (PREFERRED)** at Racewire.com <https://racewire.com/register.php?id=10686>

2) Mail a paper entry and a check payable to "La Jolla Cove Swim Club" to P.O. Box 427, La Jolla, CA 92038.

3) Event Day "Beach" registration: This will cost \$75, CASH ONLY

PLEASE PRINT LEGIBLY. FILL IN/CIRCLE ALL FIELDS. PLEASE PRINT LEGIBLY

Name: _____ E-mail address: _____

Address: _____ City: _____ State: _____ Zip _____

Phone: (____) _____ Date of Birth ____/____/____ Age on June 23, 2019 _____

CIRCLE ONE: Regulation | Non-regulation **CIRCLE ONE:** Male | Female

CIRCLE your T-Shirt size: XS (youth large) S M L XL XXL XXXL

CIRCLE ONLY IF YES: Are you entering as part of the UNITED STATES POLICE AND FIRE CHAMPIONSHIPS? YES

Entry fee: \$50 through June 10. This includes a T-shirt. REGISTER EARLY AND SAVE!

Entry fee: \$65 from June 10 through June 20. No T shirt guarantee.

Entry fee: after June 20, you can only register on the day of the event for \$75 (cash only). No T shirt guarantee.

Total amount enclosed \$ _____ (Checks made to "La Jolla Cove Swim Club"). Sending cash is not recommended.

Registration may not be transferred to another person and names cannot be changed.

Refunds may be requested until June 8 with an email to piertocoveswim@aol.com stating the reason the refund is requested.

If granted, a \$15 processing fee will be charged. After June 8, no refunds will be given.

This event is for experienced ocean swimmers who are capable of swimming 1.5 miles in open-ocean, "rough water" conditions.

San Diego City Lifeguards will provide safety support, but we cannot guarantee the safety of swimmers, especially for those who are unprepared. The release of liability below must be signed and dated with all entries.

RELEASE OF LIABILITY:

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 ocean water swimming, including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE LA JOLLA COVE SWIM CLUB'S SCHEDULED EVENT OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING THOSE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: LA JOLLA COVE SWIM CLUB, EVENT SPONSORS, EVENT COMMITTEES, THE CITY OF SAN DIEGO, SAN DIEGO LIFEGUARDS, AND ANY INDIVIDUALS OFFICIATING OR SUPERVISING THE EVENT.

By signing below, I agree to all conditions described above.

Signature of swimmer _____ Date _____

Signature of parent of swimmer younger than 18 _____ Date _____