

7:30AM Sunday 27 June 2010 Grimaldo's Mile VI Open Water Swim Event presented by CIBBOWS

Select *DIVISION* designation below (check one):

___ **DIVISION 2** ***Open to all swimmers 14 years or older (NO Wetsuit). Must sign waiver on race day at check-in. Must submit proof of previous open water swim experience or ability (see page two detail).*

___ **DIVISION 3** ***Open to all swimmers 14 years or older with WETSUIT. Must sign waiver on race day at check-in. Must submit proof of previous open water experience or ability (see page two detail).*

___ **DIVISION 4** ***Open to all persons age 14 years or older who wish to swim with an aid such as fins, water wings, pull buoy, paddles, etc.*

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RACE/COURSE DESCRIPTION: One mile straight line open water course, running parallel to shore. Race start at Coney Island and end at Brighton Beach. The Course will be marked by buoys. There will be approximately 15 kayaks to assist. Water temperature is expected to be 62-67° F with possible challenging currents. Expect random flotsam and jetsam with possibility of jellyfish. Swells can occur from surf and wind.

OTHER IMPORTANT INFORMATION: We have a limit of 300 swimmers, to be distributed in 4 divisions. As divisions fill-up they will be closed for further registration. There is no guarantee your division will be available for race day registration. **All swimmers must provide proof of previous open water swim(s) experience of one mile or longer by detailing on reverse side of this form**, or attach letter of ability to complete one mile open water swim from your coach. Additional event information & online registration available through www.cibbows.org or www.active.com.

MANDATORY BRIEFING: Please plan to arrive by 6:00AM to facilitate event check-in. Be early for 7:00AM mandatory pre-race briefing at Coney Island (end of Stillwell Avenue at the Boardwalk), which will be held prior to the first wave start at 7:30AM. Waves will follow five (5) minutes apart.

REGISTRATION FEES:

Early Bird Special _____ \$50.00 before or on February 28, 2010
_____ \$75.00 from March 01, 2010 to April 30, 2010
_____ \$100.00 from May 01, 2010 to June 23, 2010

All Divisions _____ \$125.00 on race day

Total enclosed \$ _____ Make check or money order payable to CIBBOWS

MAIL event registration to: CIBBOWS c/o Patricia Sener, 4715 Surf Avenue, Brooklyn NY 11224.

For additional information about this event, contact the race director:

Cristian Vergara at (718) 938-4988 or email at vergaracristian@hotmail.com.