

7:00AM Saturday 07 August 2010 CONEY ISLAND 5K & 1M
Open Water Swim Events presented by CIBBOWS
Hosted by the NY AQUARIUM

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).*

= = = = =

RACE/COURSE DESCRIPTION: 2.5K straight line open water course, running parallel to shore, with turn arounds at the Coney Island Pier and at the end of Brighton Beach. Race start in front of NY Aquarium (West 8 Street). The Course will be marked by buoys. There will be approximately 15 kayaks to assist. Water temperature is expected to be 60-66° F and the swim will be with and against water 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. 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 somewhere on this form**, or by attaching letter of ability to complete a 5K or 1M 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 6:30AM mandatory pre-race briefing at the New York Aquarium, which will be held prior to the first wave start at 7:00AM. Waves will be determined according to the number of registered swimmers.

REGISTRATION FEES:

- Early Bird Special _____ \$50.00 before or on February 28, 2010
- _____ \$75.00 from March 01, 2010 to May 31, 2010
- _____ \$100.00 from June 1, 2010 to August 04, 2010
- _____ \$125.00 on race day
- _____ Voluntary donation to the NY Aquarium (501c3)

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

\$10 of your registration fee will be donated to the NY AQUARIUM

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

For additional information about this event, contact race director:

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

or contact Patricia Sener at bklynmermaid@gmail.com