

East Area Family YMCA
2009



YMCA ONEIDA SHORES OPEN WATER SWIM

The East Area Family YMCA is proud to present its first Annual YMCA Oneida Shores Open Water Swim (YOSOWS). This swim will provide an opportunity for swimmers of all ages to challenge their physical and mental abilities while at the same time raise money for the East Area Family YMCA Partner with Youth Campaign. Contributions will be used to support the YMCA's Inclusion program, Y Kids Inc. Y Kids Inc. serves 150 kids a year where 36 are served at the East Area Family YMCA. We currently have over 20 children with developmental disabilities waiting for services.

The YMCA Oneida Shores Open Water Swim will be held on beautiful Oneida Lake Saturday, June 13, 2008. Check in will begin at 7:00 am with a start time of 8:30 am. If we encounter poor or hazardous weather the YMCA may impose up to a 1 hour delay for the start of the event. In the event we need to cancel, we will use the alternate date on Sunday, June 14 starting at 8:30 am. This year's event will host three distances, a 1500 meter (Olympic Triathlon swim distance), 800 meter (Sprint Triathlon swim distance) and a Youth 200 Meter swim. Youth swimmers must be a USA registered swimmer. Order of start will be 1500 m, 800 m and then the Youth 200 m. Number of heats will be determined based on number of entries. There will be a separate heat for Master swimmers. Parents entering young swimmers please be advised that there will be lifeguards provided to provide proper safety standards for all swimmers.

Attached you will find a Registration Form. All registrations must be completed in full, signed, and submitted with your check.

Fees:

Early bird registration	\$30.00	Received by May 18 th
Registration	\$35.00	Received by June 11 th

Your registration fee includes a short-sleeve T-shirt and color coded race cap!

Please note **T-shirts will be available for pick up after July 1st if we receive your registration form after May 18th. There will be **no registrations accepted after June 11!**

We will be posting additional information on our website starting April 6th 2009, this includes all race information, updates, and cancellations, including inclement weather decisions. If you have anyone one who would like to volunteer either on the beach or in the water with their boat, please call Mathew Engineeri at 315-637-2025 x 217.

Once again, thank you for your interest in the YMCA Oneida Shores Open Water Swim and your support of the YMCA's mission of building strong kids, strong families, strong communities.



2009
East Area Family YMCA
YMCA Oneida Shores Open Water Swim

Event Date: June 13, 2009
Check in 7:30 AM start 8:30 am

Alternate Date: June 14, 2009

REGISTRATION FORM

Please print clearly:

Age on date of event

Swimmer: _____ **Male / Female** **Date of Birth:** ___/___/___ **Age:** ___

Address: _____

City: _____ **State:** _____ **Zip:** _____

Home Phone: _____ **Work Phone:** _____

E-mail: _____

Event (Circle event entering): 1500 Meter 800 Meter 200 Meter (youth 8 – 12 only)

Wetsuits are allowed for event. Special recognition will be awarded to non-wetsuit best finishes.

Please read the following paragraph and sign below:

In acceptance of my entry, I hereby, for myself, my heirs, and my executors, waive and release any and all claims against the YMCA of Greater Syracuse and the East Area Family YMCA for the damages I may have or acquire suffered by me in the YOSOWS event.

Swimmer's Signature _____ **Date** _____

Guardian's Signature _____ **Date** _____

(If swimmer is under the age of 18, guardian's signature is required.)

COSTS:

Non-refundable entry fee: Submitted by: **5/24** **6/12**
 Swimmer: Adult / Youth (Must be a USA registered Swimmer) \$30 \$35 \$ _____

Adult swimmers welcome, no USA swimming or Triathlon affiliation required.

USA Swimming Number: _____ (Masters/Age group)

USA Triathlon Number: _____ Check here if not USAT _____

Swimmer's T-shirt (**FREE to swimmers**): Circle One **S M L XL** - 0 -

Family T-shirts:

size M _____ # size L _____ # size XL _____ x \$10.00 per shirt \$ _____

Other T-shirts available:

of YOUTH size S _____ # of YOUTH size M _____ x \$10.00 per shirt \$ _____

of size XXL _____ x \$12.00 per shirt \$ _____

Total Amount Enclosed (payment in full required) \$ _____

Please make checks payable to East Area Family YMCA

Mailing address: East Area Family YMCA
 Attn. Pat Robinson
 200 Towne Drive
 Fayetteville, NY 13066