

JUST KEEP SWIMMING
TEEN CANCER AMERICA OPEN WATER
QUINN'S POND, BOISE, ID
June 29, 2019

SPONSOR: JUST KEEP SWIMMING Sanction: NON-SANCTIONED

OBJECTIVE: We are a group of volunteer based non-profit, 501 (C)(3) organization dedicated to foster happiness and healthiness in a community by organizing open swimming event for swimmers and outdoor swimming enthusiasts. We selected specific charity to support each year. This year we are supporting Teen Cancer America. Our goal is to raise \$ 2,000.00 this year.

TYPE: OPEN WATER COMPETITION

LOCATION: Quinn's Pond, Boise, ID (map enclosed)

DIRECTION: 3150 W. Pleasanton Ave., Boise, ID 83702

DESCRIPTION: The swim is a fun and competitive event. Since the event is open water swim around the lake, participants must be able to swim safely and at long distance in order to participate.

Lifeguards will be present during the event but participants should at least be able to swim the shortest distance which is the 1000 yards.

TIMING: Manual timing will be used

DIRECTOR: **Timothy Wong**
2178 E. Solitude Ct., Boise, ID 83712
(208) 870-7789

Email: timothy.ws.wong@gmail.com

ELIGIBILITY: Open Water event open outdoor swimming enthusiasts. Minimum age of participants will be 10 and above.

ENTRY LIMIT: A short 1000 yards swim for beginners, 2000 yards swim for intermediate and 3000 yards swim for advanced competitive swimmers.

ENTRY FEE: **NON-REFUNDABLE ENTRY FEE as followed:**

By mail, in person, or online:

Early Bird special before June 14, 2019 (Friday) : \$ 25 (10-18 yrs of age) – 1000 yards
\$ 30 (19 & up of age) – 1000 yards
\$ 30 (10-18 yrs of age) – 2k yds or 3k yards event
\$ 35 (19 & up of age) – 2k yds or 3k yards event

LATE ENTRIES after June 14, 2019 or on site entry: \$ 35 (10-18 yrs of age) – 1000 yards
\$ 40 (19 & up of age) – 1000 yards
\$ 40 (10-18 yrs of age) – 2k yds or 3k yards event
\$ 45 (19 & up of age) – 2k yds or 3k yards event

Complete Registration form, waiver form and checks must be submitted no later than **June 25, 2019** to avoid LATE ENTRIES fees. Or register on site by 7:30 a.m. on June 29, 2019 at Quinn's Pond with additional \$ 5.00 late fee.

All Checks payable to: **Just Keep Swimming**

Attn: Timothy Wong

2178 E. Solitude Ct., Boise, ID 83712

Email contact: timothy.ws.wong@gmail.com or contact: 208-870-7789

Registration includes a swim cap & morning refreshments. Awards will be given to top male and female in each age group.

FUNDRAISING: Just Keep Swimming is a volunteer based 501(C)(3) non-profit organization. EIN# 47-4588776. You are not required to fundraise for this event, but every dollar donation can help Teen Cancer America that works toward bridging the gap between youth and adult oncology centers. Your donation is fully tax-deductible according to IRS regulations.

SCHEDULE: Saturday, June 29th, 2019 **Check in:** 7:30 a.m.
Start: 8:30 a.m. (3000 yards race begin)
9:00 a.m. (2000 yards race begins)
9:30 a.m. (1000 yards race begins)
AWARDS: 10:30 a.m. for each age group

PARKING: A temporary parking lot has opened at CWI parking lot (the former Bob Rice Ford location) on Main Street

FACILITIES: Restroom, Changing areas, cool grass and shady trees will be on site.

AGE GROUP : 10-12, 13-14, 15-18, 19-24, 25-29, 30-40, 40-50, 50-60, 60-70, 70-80
AWARD

SAFETY: Swim caps will be supplied. It is mandatory that these caps be worn. Safety craft and lifeguards on rescue boards will patrol the course. Individual escorts are not allowed. A cut-off time of 1 hour will be enforced. Wet suits are allowed due to the unpredictability of the lake’s temperature. Swimmer safety is paramount. **No snorkels/fins allowed. Race is weather dependant and may close at discretion of organizers.**

Mail in Entry Form * Fill out entry form COMPLETELY* Please PRINT clearly* ONE entrant per form

_____ 1000 Yards (beginner) _____ 2K Yards (Intermediates) _____ 3K Yards (Advanced Competitive)

Last Name		Mi		First Name	
Street Address					
City		State		Zip Code	
Phone Number		Email address			
Date of Birth (Required)		Age on 7/8/2017		Gender	
Estimated Swim Time					
Divisions:	Male ()	Female ()	Wetsuit ()		
Age Group:	10-12 ()	13-14 ()	15-18 ()	19-24 ()	
	25-29 ()	30-40 ()	40-50 ()	50-60 ()	
	60-70 ()	70-80 ()			

Registration Fees: _____

Additional Donation: _____

Total Check enclosed: _____

GENERAL WAIVER

Participants will need to sign this waiver by mail in or on site or initial on registration site.

I hereby declare, assert and affirm that participation in Just Keep Swimming is done having voluntarily and knowing assumed ALL RISKS involved in this Special Event. I am aware of the hazards in open water swimming, including potential immediate physical risks and hazards associated with normal, vigorous physical activity include (but are not limited to) physical discomfort, fatigue, muscular soreness, falls, pulled or strained muscles, overuse injuries, heat stress, and the rare instance of abnormal responses of the cardiorespiratory system including heart arrhythmia, heart attack, stroke, and sudden death. In consideration of acceptance of this contract allowing my participation in the above stated Special Event and intending to be legally bound thereby. I hereby for myself, my heirs, executors, administrators and assigns. WAIVE AND RELEASE any and all rights and claims for negligence, injuries, damages or losses that I may incur against all participating agencies involved in the about stated Special Event, their respective employees, agents, representatives, successors and assigns, for any and all activities connected with the above Special Events.

ENTRY FEES ARE NOT REFUNDABLE.

Please note: Your registration for the above Special Event includes your permission to take photographs of myself and/or my child while he/she is engaging in the Open Water Swim. I also grant the right to edit, use and re-use said products for any and all educational, public service, marketing, and outreach purposes selected by JUST KEEP SWIMMING.

Signature: _____ Date: _____

QUINN'S POND MAP

1 lap = 1000 yards

2 laps = 2000 yards

3 laps = 3000 yards

