

The Fourth Annual
Sebago Challenge Open Water Swim

Sebago Lake State Park, Maine

Saturday, August 2, 2014



Sanctions: USA Maine Swimming Sanction # ME1314-0802
US Masters Swimming Sanction # pending

Host: Westbrook Seals Swim Club

Event Web Site: www.sebago-challenge.org

Meet Referee: John Bliss jmbliss8@msn.com

Meet Directors: Bill Stone wstone@scarborough.k12.me.us , Ann Brown ann.brown3@yahoo.com

Meet Safety Officer: John Smith sealscoach@sealsswimming.org

Location: Sebago Lake State Park, Casco Maine

GPS Address: 11 Park Access Road, Casco, ME 04055
Phone: (207) 693-6613

Eligibility: Athletes must be registered with either USA Swimming or US Master Swimming to be eligible. A one-day registration with USA Swimming may be purchased on the Meet Entry Form for use on the day of the meet (see Entry Form). **Swimmers already registered with USA Swimming or US Masters Swimming must include a copy of their member card with the registration form.** Please indicate any special swimming considerations or needs with your entry form.

Events:

Event #	Participants	Event
1	13 years and older (men)	5K
2	13 years and older (women)	5K
3	13 years and older (men)	2.5K
4	13 years and older (women)	2.5K
5	All ages (men)	1K
6	All ages (women)	1K

Swimmers may enter only ONE event.

The Course: Please refer to the map of the course layout on our website: sebago-challenge.org. The Start and Finish will take place in the water at the same location. The course will be clearly marked by buoys and described in detail during the mandatory briefing session. No swimmer escort craft will be allowed. Official safety boats, kayakers, and lifeguards will monitor the course at all times.

Check In: The Registration table will open at 7:00 am where swimmers will receive a meet packet and numbered swim cap. Swimmers for all events must check-in no later than 7:45 am.

Swimwear: All swimwear must meet the requirements of USA Swimming. Swimsuits for both men and women shall not cover the neck, extend past the shoulder, nor extend below the ankle. Please review the list of FINA approved OW (open water) swimwear posted on our event website: sebago-challenge.org. A maximum of two (2) caps may be used. Wet suits, flotation aids or any similar items, and anything used to maintain body heat, except reasonable application of body grease, are NOT allowed. Meet swim caps provided at check-in MUST be worn by all competitors.

Pre-Race Meeting: A mandatory pre-race safety and informational briefing will be given at 8:00 a.m. and will include course description, details of the safety policy, location of safety personnel, and Start/Finish procedures. Swimmers should be ready to swim before the briefing begins.

Start Time: 5K Men will start at 8:30 a.m.
5K Women will start at 8:35 a.m.
2.5K Men will start at 8:40 a.m.
2.5K Women will start at 8:45 a.m.
1K Men will start at 8:50 a.m.
1K Women will start at 8:55 a.m.

Safety: Safety will be of paramount consideration during this competition. Safety provisions contained in the USA Swimming Guidelines shall be followed and enforced. Event kayakers, lifeguards, and safety craft will be located on the course and prepared to administer aid if necessary. Kayakers and lifeguards' instructions to swimmers MUST be followed. Emergency medical personnel and first-aid will be available on-site.

Timing and Results: Timing will be conducted manually with stop watches. Results will be made available as quickly as possible at the conclusion of the meet.

Awards: Awards will be given to the Top 3 Overall Finishers in each event, in addition to the top Male and top Female finisher in the following Age groups: 12 & under, 13-15, 16-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, and 90 & Over.

Entry Fees (Includes Challenge T-shirt if entry is received by July 13, 2014)

\$40 for 12 & Under

\$50 for 13-18 y/o

\$70 for 19 & over

Entries received after July 13th will be subject to a \$20 late fee.

Entry Limits: Registration will be limited to the first 350 entries.

Entry Submittal: All entries must be submitted on the official Sebago Challenge Entry Form. Please submit a separate entry form for each swimmer. Checks should be made out to “Seals Swimming”.

Mail entry form(s) and check to:

Sebago Challenge Open Water Swim
c/o Westbrook Seals , P.O. Box 909
Westbrook, ME 04098

Entry Deadline: All entries must be postmarked by **July 27, 2014**. No on-site entries will be accepted.

Cancellation Policy: The Sebago Challenge Open Water Swim is subject to cancellation due to severe weather conditions or other factors of nature that create unsafe conditions at the meet site. Since the safety of swimmers is of primary concern, the event may be cancelled or delayed. The Meet Referee will be the final authority on event cancellation.

Important Note: No refunds will be available should cancellation of the event become necessary.

The Sebago Challenge Open Water Swim will be held under the sanction of USA Swimming Inc. and US Masters Swimming Inc. In granting this sanction it is understood and agreed that USA Swimming and US Masters Swimming shall be free and harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Additional Information

Directions to Sebago Lake State Park:

From Southern Maine, New Hampshire and points South: Traveling North on Maine Turnpike (Interstate 95) take Exit 48 (Westbrook) and proceed thru toll booth to signal light. Turn right onto Riverside Street and travel approximately 1.5 miles, then turn left onto Route 302 to North Windham and Raymond, turning left into Sebago Lake State Park.

From Northern Maine: Traveling on Maine Turnpike (Interstate 95) take exit 63 (Gray) and proceed through toll booth to signal light. Turn left onto Route 202/115. In approximately 3.5 miles, Route 202 and 115 will split; remain on Route 115 and travel approximately 3 miles to North Windham. At the junction of Route 115 and 302, turn right and travel approximately 10.5 miles through the towns of North Windham and Raymond, turning left into Sebago Lake State Park.

Entrance Information to Sebago Lake State Park: An entrance fee must be paid upon entry to Sebago Lake State Park. Fees are based upon residency and age, as follows:

Age	Maine Residents	Non Residents
Less than 5	Free	Free
5-11	\$1.00	\$1.00
12-64	\$4.50	\$6.50
65 and older	Free	\$2.00

This fee is NOT included in the Meet Registration Fee. Maine State Park Passes (vehicle or individual) may be used to enter the park at no charge. Ample parking in designated areas is available.

The picnic area is available for all swimmers and guests for the entire day, so plan a picnic for after the race and enjoy the park!