



4th Annual Donner Dip Sunday, August 11, 2019 Open Water Swim

Venue: Open water course in Donner Lake. Marked by Navigation buoys.

Location: Donner Memorial Beach, Donner Lake, Truckee, CA

Course: 250 yard, 0.5 mile and 1 mile course loops

Host: Northern Nevada Aquatics (NNA)

Info: Meet Director: Lindsay Robertson lindsayrobertson89@gmail.com 775-240-7127

Head Coach: Erik Scalise NorthernNevadaAquatics@yahoo.com 775-331-0123

Safety Plan: Meet specific Swim Caps will be handed out and are mandatory while athletes are in the water. Mandatory safety briefings will be held at 8:50 a.m. at the starting line prior to the event. The *Event Safety Plan* will be posted at the registration desk on race day and is available prior to race day by request from lindsayrobertson89@gmail.com

Entries: Register online at www.swimconnection.com. Race day registration will be available.

Eligibility: This event is open to all swimmers that are fit enough for extended physical exertion at 5,935 feet above sea level.

Events and Pricing:

Category: 12 and under

0.5 miles - \$50

1 mile - \$50

Category: 13 and over

0.5 miles - \$50

1 mile - \$50

Swimmers may participate in both events as they like for one entry fee of \$55.

Divisions: Divided by gender and ages 12 and under, 13 and over. Any suit or wetsuit will be permitted.

Awards: Unique awards will be given to winners in each scoring division for both swims and both genders. 4 winners and 8 awards total.

Entry deadline: Online registration closes Saturday, August 10, 2019 at 11:59 PM (Pacific time); paper entries will be accepted on race day at check in.

Event description

Rules: This event will be governed by 2019 USA Swimming Rules for Open Water Swimming

Start: Beach starts. Swimmers must not be in the water deeper than knee level (see below)

Finish: Onshore. Beach Finish

Conditions: Expected water temperature is 66-70 degrees F, air temperature average is 75-80 degrees F.

Check-ins: Opens at 7:45 am and closes at 8:45 am for all of the events.

Anticipated Timeline:

Check-in and Race Day registration open at 7:45 am

Check-in and registration closes at 8:45 for all events

8:50am Mandatory meeting about all races.

1 Mile Swim starts at 9:00

½ Mile Swim starts at 9:45

NNA is a 501 (c)(3) organization that supports local swimming related organizations and swimmers with donations and scholarships.

Race Entry (check all that apply)

Event 1	Ladies 12 and under – 1 mile	
2	Gentlemen 12 and under – 1 mile	
3	Ladies 13 and over – 1 mile	
4	Gentlemen 13 and over – 1 mile	
5	Ladies 12 and under – 0.5 mile	
6	Gentlemen 12 and under – 0.5 mile	
7	Ladies 13 and over – 0.5 mile	
8	Gentlemen 13 and over – 0.5 mile	
9	Fun Swim Sprint – Out to buoy and back	FREE
10	Beach BBQ	BYOF

Official Liability and Waive Form

Waiver:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Open Water Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE OPEN WATER COMPETITION OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: NORTHERN NEVADA AQUATICS, THE HOSTS OF THE EENT, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING OR PARTICPATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USA SWIMMING. Finally, I specifically acknowledge that I am aware of all risks inherent in open water swimming and agree to assume those risks.

Signature

Date

Parent or Legal Guardian

Date

Parent or guardian must sign if the athlete is underage. No one will be allowed on the course without a waiver form signed.

Emergency Contact:

Name

Phone Number