

4th ANNUAL
QUASSAPAUG SAILING CENTER
**OPEN WATER
SWIMMING FESTIVAL**

Sponsored by and to Benefit the
Quassapaug Sailing Center

3 Mile Open Water Swim Race
1 $\frac{1}{2}$ Mile Open Water Swim Race
 $\frac{1}{2}$ Mile Open Water Swim Race

Swim in beautiful Lake Quassapaug in Middlebury, CT
60 Foot Deep, Spring Fed, Fresh Water Lake
Point to Point, Straight Line Swims for 3 and 1 $\frac{1}{2}$ Mile Swim Races

3 Mile Race Starts at 8:00 a.m. (Check-In 7:00 - 7:45 a.m.)
1 $\frac{1}{2}$ Mile Race Starts at 11:00 a.m. (Check-In 10:00 - 10:45 a.m.)
 $\frac{1}{2}$ Mile Race Starts at 1:00 p.m. (Check-In 12:00 - 12:45 a.m.)

**Quassapaug Sailing Center
Middlebury, CT
Saturday, September 4, 2010**

(Rain date is Sunday September 5, 2010)

Athlete Entry Fee includes Post Race Food and Awards Ceremony

Directions

I-84 West, Exit 17 to Route 64 past Quassy Amusement Park.
After Amusement Park take First Right onto Old Woodbury Rd. and follow signs to QSC
I-84 East, Exit 16 at end of Ramp turn Right onto Route 188 then Left Turn onto Christian Road and
then Second Left onto Route 64 to Right Turn onto Old Woodbury Rd and follow signs to QSC

Entry Fees

___ 3 Mile Race

\$30.00 Postmarked by 8/1/10
\$35.00 After 08/1/10
\$40.00 Day of Race

___ 1 1/2 Mile Race

\$25.00 Postmarked by 8/1/10
\$30.00 After 8/1/10
\$35.00 Day of Race

___ 1/2 Mile Race

\$20.00 Postmarked by 8/1/10
\$25.00 After 8/1/10
\$30.00 Day of Race

Five Miles of Open Water Swimming

___ Entry Fee for All 3 Races
\$60.00 Postmarked by 8/1/10
\$75.00 After 8/1/10
\$90.00 Day of Race

___ Tickets for Post Race Food for Family, Relatives & Friends
\$5.00 Purchased By Mail or at QSC on Day of Race

Award Categories

Male and Female Awards

by 10 Year Age Groups
1st, 2nd and 3rd places

High School Swimmers Awards

1st, 2nd, 3rd Male and Female

5 Mile Swimmers Awards

1st, 2nd, 3rd Male and Female

Wetsuit Competitors

35 & Under and 36 & Over
1st, 2nd, 3rd Male and Female

Swimmers will be Removed from the Water Based upon the Following

Time Limits:

3 Mile Swim - 2 1/2 Hours
1 1/2 Mile Swim - 1 1/2 Hours
1/2 Mile Swim - 1 Hour

ENTRY INFORMATION:

Name: _____ Sex: _____
Date of Birth: _____ Age on Race Day _____
Address: _____ City: _____ State: ____ Zip: _____
Phone: _____ E-mail address: _____
Emergency Contact: _____ Emergency Phone: _____
Parent/Legal Guardian Signature if Under 18: _____
Name of Parent/Legal Guardian: _____
High School Attended: _____ Class for 09-10 School Year _____

By completing and mailing this entry form, I indicate my agreement to sign a Liability Waiver Form at pre-race registration.

Mail entry form, check* to:
QSC Open Water Swim
c/o David Heller
29 Coventry Lane
Naugatuck, CT 06770

For Info:
Call: (203) 723-9008
E-mail: sphdmh@aol.com
Website:
qsailingcenter.org

**Please make checks payable to: Quassapaug Sailing Center
All donations to QSC are tax deductible*