

**1990 USMS ONE-MILE
NATIONAL OPEN WATER
CHAMPIONSHIP**

**Held in Conjunction with the USMS 10-Mile
National Open Water Championship**

**22nd Annual Seal Beach
"Rough Water" Swim**

Saturday, July 21, 1990

Seal Beach, California

**Sponsored by: Seal Beach Swim Club
Sanctioned by: United States Masters Swimming
& United States Swimming**

RESULTS

July 21, 1990

2

1990 10 mi
@ Seal Beach

AA selected

EVENT #3		10 MILE MASTERS MALE		place/time
M20-1	<u>LAWRENCE SZPILA</u>	23	UNATT	1/3.05.26
M25-1	ALAN KAPEN	27	UNATT	2/3.43.28
M25-2	<u>JACK NOSCO</u>	27	DUST	1/3.31.29
M30-1	JOHN LANDRY	30	UNATT	3/4.57.35
M30-3	DARRELL RUCKER	31	SAN DIEGO SWIM	2/3.06.41
M30-2	<u>TREY SMALL</u>	34	SADDLEBACK VALLEY	1/2.58.53
M35-1	MARK ROWLEY	38	TEMPE SWIM DEVILS	5/3.22.54
M35-2	<u>MICHAEL NELSON</u>	36	SAN DIEGO MASTERS	1/2.42.48#
M35-3	KIRK MITCHELL	35	LONG BEACH MASTERS	DNS
M35-4	BRIAN MCGRATH	35	ARIZONA MASTERS	9/4.19.04
M35-5	JAMSHID KHAJAVI	37	LA JOLLA COVE	8/3.58.43
M35-6	PETER HUISVELD	38	AIR FORCE AQUATIC	3/2.52.05
M35-7	ANDREW FIELD	35	SOUTH END ROWING	7/3.49.06
M35-8	TODD BRYAN	39	ROCKY MTN MASTERS	2/2.48.21
M35-9	MARCELO D. GUISCARDO	38	DUST	4/3.07.42
M35-10	DAVID VUDOVIN	39		6/3.34.27
M40-2 *	<u>KEITH BELL</u>	41	SPORTS PSYCH SWIM	1/2.52.38
M40-1	VICTOR PANUS, JR	42	MISSOURI VALLEY	2/3.56.13
M45-1	JOHN BOYLE	46	UNATT	DNS
M50-1	ROBERT WEST	54	LA JOLLA SWIM	3/4.04.20
M50-2	<u>BILL LIMBRECHT</u>	50	UNATT	1/3.48.31
M50-3	DUFFIE FRYLING	52	UNATT	2/4.03.57
M55-1	<u>JOSEPH KLEIN</u>	57	UNATT	1/3.47.28

EVENT #4		10 MILE U.S.S.		FEMALE
U-1	CATHERINE MOORE-RAMIREZ	29	UNATT	1/3.36.22

EVENT #4		10 MILE MASTERS		FEMALE
M25-1	<u>DONNA FRIEDMAN</u>	28	UC IRVINE MASTERS	1/3.05.06
M25-2 +	ANNETTE LEE BARNETT	29		2/3.49.35
M30-1	PEGGY DURSTHOSS	30	UNATT	DNS
M40-1	JANIS BLOOMQUIST	41	SAN DIEGO MSTRS	1/4.56.35

AA

place/score

EVENT #15		1 MILE	U.S.S.	MALE	
U-1	BRET BASTAIN		14	GOLDEN WEST SWIM	4/25.40.0
U-2	REYN CABINTE		15	GEMINI	2/24.34.1
U-3	RYAN CABINTE		15	GEMINI	DNS
U-4 *	BRIAN FISCHER		19	SADDLEBACK VALLEY	1/23.19.3
U-5	JARRETT GUREWITZ		13	SEAL BEACH SWIM	15/44.53.1
U-6	COLEMAN HUNDEBY		17	UNATT	DSQ
U-7	CONSTANTINE LOUIE		17	INDUSTRY HILLS	3/24.54.0
U-10 +	PETER ODORICO		15	SEAL BEACH SWIM	6/26.21
U-8	ROBERT SEEMAN		15	CCST	10/28.31.6
U-9 +	MARC WADE		15	SEAL BEACH SWIM	13/31.57.2
U-11 +	FRANK WATTLES		19	MISSION VIEJO AQUATICS	DSQ
U-12	RANDY WRIGHT		15	SEAL BEACH SWIM	11/28.44.5
U-13	DANIEL LUPASH		15	GOLDEN WEST	7/26.37.7
U-14	SCOTT HUMPHREY		20	UNATT	12/30.39.4
U-15	GIAR-SUN KUNG		16	SURFSIDE	9/27.59.7
U-16	DARRYL RICHIE		18	SAN MARINO	14/37.43.5
U-17	RUSSELL CAMPBELL		16	SEAL BEACH SWIM	5/26.05.9
U-18	BABAK BAKHSHANDEHPOUR		17	SADDLEBACK	8/27.03.6

EVENT #15		1 MILE	MASTERS	MALE	
M20-1	MICHAEL COLLINS		24	DAVIS AQUATIC	1/24.16.3
M20-2	RICHARD DIEWELOW		21	SCAQ	DNS
M20-3	JAMES REILLY JR		22		9/40.55.7
M20-4	JERRY SHANDREW		24	SCAQ	DNS
M20-6	STEVEN JANZ		19	SURFSIDE	4/29.23.4
M20-7	MIKE BUC		23	SOUTH BAY WAVES	5/31.59.2
M20-8	LARRY DENYER		23	UNATT	6/32.25.0
M20-9	TODD TAMURA		22	WESTSIDE MASTERS	7/33.48.0
M20-10	JAMES SANDERS		22	BELMONT SHORE	8/34.17.4
M20-11	MIKE WILSON		22	UNATT	3/28.51.5
M20-12	MITCH BERRO		24	UNATT	2/28.35.9

127

M25-1	BRETT FRIEDMAN	28	UCI MASTERS	15/31.33.0
M25-2	DON GOLDSTEIN	27	SCAQ	16/37.04.3
M25-3	GORDON HARTMIRE	26	CULVER PALMS	12/28.39.7
M25-8 +	BRIAN JOHNSON	29	SOUTH BAY WAVES	2/24.54.9
M25-7	RENE LOOF	29	INDUSTRY HILLS	9/28.22.6
M25-5	DENNIS LOYA	27	ROSE BOWL MASTERS	19/43.00.6
M25-6	AL MOSER	25	CALTECH	13/29.39.8
M25-4 *	<u>GERRY RODRIGUES</u>	27	SCAQ	1/24.41.6
M25-9	THOMAS KEATING	29	SCAQ	4/26.10.6
M25-10	WILLIAM DOEP	29	CALTECH	7/26.34.1
M25-11	MARK FUNK	28	UNATT	6/26.21.2
M25-12	ALAN FAUST	28	UNATT	3/25.31.0
M25-13	MIKE COOPER	27	BELFLOWER	11/28.38.0
M25-14	MARK FARMER	27	SOUTH BAY WAVES	10/28.27.6
M25-15	CHRIS BOENSEL	26	SOUTH BAY WAVES	DNF
M25-16	CHUCK WILSON	26	UNATT	8/27.46.6
M25-17	RANDY SCHERER	29	BELMONT SHORE	DNF
M25-18	SCOTT DURZO	25	UNATT	17/38.52.0
M25-19	JEFF HOPKINS	25	GOLDEN WEST	5/26.20.7
M25-20	WILSON PULLANO	26	UNATT	18/39.29.2
M25-21	ALAN ACREE	26	USC	14/30.37.0
M30-1	DOUGLAS BODENSTAB	31	JCC MASTERS	14/30.54.6
M30-2	JIM BRIGGS	31	SOUTH BAY WAVES	27/39.04.5
M30-9	ROONEY DASCHBACH	33		19/32.15.3
M30-3 +	DANIEL DUCEY	30	UNATT	24/35.24.1
M30-4	HARRY GOTTRON	33	SOUTH BAY WAVES	9/29.33.0
M30-5	THOMAS JOZEFIAK	30	CALTECH	11/29.44.9
M30-6	<u>STEVE LOWE</u>	32	CALTECH	1/25.38.8
M30-10 +	TED MENDENHALL	31	CALTECH	12/29.48.5
M30-7	RANDY MILLER	32	SO.CAL AQUATIC	2/25.52.4
M30-8	DANIEL WALDBURGER	32	UNATT	7/28.24.7
M30-11	CHRIS MILLS	34	UNATT	18/31.56.3
M30-12	JAMES DAVISON	31	UNATT	8/28.34.5
M30-13	KEVIN JONES	30	SOUTH BAY WAVES	25/35.55.6
M30-14	JOSEPH GULLEY	34	BELMONT SHORE	5/26.46.3
M30-15	SCOTT DAVIS	30	UNATT	22/34.24.7
M30-16	DAVID ARRITT	32	ROSE BOWL	28/42.24.2
M30-17	FRED CRUM	33	UNATT	23/34.44.2
M30-18	RICK RUDOLPH	32	PIEDMONT	26/37.07.5
M30-19	DANIEL STEIN	34	CALTECH	21/34.17.4
M30-20	JIM WILLIAMS	32	BELMONT SHORE	3/26.02.5
M30-21	JEFF BERRY	31	BELMONT SHORE	6/28.24.0
M30-22	GREG BONANO	32	UNATT	17/31.32.7
M30-23	FONDA WU	30	SOUTH BAY WAVES	13/30.44.7
M30-24	ANDY BATCHELLER	32	NEWPORT YMCA	10/29.42.1
M30-25	DAN ANGRESS	33	UCI	4/26.18.4
M30-26	KJELL EILERTSER	33	UNATT	16/31.15.7
M30-27	MARK CONGER	30	BELMONT SHORE	20/33.50.0
M30-28	JOE GANZNER	33	UCI	15/31.08.0

M35-6 +	CHRISTOPHER LANSBERG	36	EL SEGUNDO	4/26.54.7
M35-1	JEFF MARQUARDT	35	BELMONT SHORE SWIM	8/33.55.9
M35-2	BRUCE PETERSON	38		DNS
M35-3	<u>RICK PHILLIPS</u>	36	SCAG	1/24.58.0
M35-5	GARY RAFFERTY	38	SEAL	14/55.21.2
M35-4	BERNARD TOWNSEND	36	CERRITOS MASTERS	DNF
M35-7	CHUCK BEYMER	36	CULVER PALMS	10/36.15.9
M35-8	STUART MORK	38	UNATT	12/41.44.2
M35-9	RICHARD WAGNER	39	SOUTH BAY WAVES	11/37.04.9
M35-10	ROBERT BRIGGS	38	CALTECH	6/29.22.7
M35-11	DON JOHNSON	35	UNATT	7/32.58.0
M35-12	FAT LEO	38	UNATT	13/51.41.8
M35-13	MIKE WHALEN	36	BELMONT SHORE	3/26.53.5
M35-14	ROBERT PIERCY	38	BELMONT SHORE	9/35.36.7
M35-15	STEVE BATCHELLER	35	NEWPORT BEACH	5/29.13.8
M35-16	TODD BRYAN	39	ROCKY MTN	2/25.10.7
M40-1	TED ANDERSON	43		6/30.18.0
M40-2 *	KEITH BELL	41	SPORTS PSYCH SWIM	3/26.51.8
M40-12	GREG CARTER	44		10/36.53.9
M40-3	BOB KIVLEY	43		20/48.45.3
M40-4	RICHARD LOCKETT	42	CULVER PALMS	16/41.29.9
M40-13	SKIP MC CLANE	43		7/33.26.9
M40-5	KEVIN MC NANNA	41	SOUTH BAY WAVES	8/34.14.5
M40-6	<u>ANDREW MC PHERSON</u>	43	DAVIS AQUATIC	1/24.51.6
M40-7	ANTHONY MISCHER	42	CULVER PALMS	17/41.42.7
M40-8	JOHN NARZ	41	AMERICAN BROKERS	5/27.57.8
M40-9	TOM RYAN	44	SOUTH BAY WAVES	14/40.39.2
M40-10	GARY SPRINGER	43	UNATT	2/25.43.0
M40-11	BILL VOGLER	40	ARIZ MASTERS	4/27.07.4
M40-14	TOM OKEEFE	43	UNATT	13/40.04.6
M40-15	MARK FELL	43	UNATT	19/42.15.3
M40-16	DAVID DAVIS	44	UNATT	12/40.02.9
M40-17	DENNIS ALTERS	41	SDSH	11/39.09.1
M40-18	ROGER GILLIAM	42	UNATT	9/35.46.3
M40-19	JAY BURBANK	44	SOUTH BAY WAVES	19/46.33.8
M40-20	RICHARD JACKSON	44	UNATT	18/41.51.3
M40-21	BILL HALSEY	42	NO.COAST AQUATICS	15/40.50.8
M45-5	GUS BIRD	47		5/35.07.1
M45-1 *	KELLY CRAIN	46	SAN DIEGO SWIM	2/28.48.5
M45-2 *	<u>TEGZE HARASZTI (TEX)</u>	49	HUNT BCH SWIM	1/25.31.6
M45-7 +	<u>DAVID HERZLIHGER</u>	45	IRVINE SPORTS	7/36.04.8
M45-8 +	JOHN HOEHN	45	UNATT	6/36.02.9
M45-6 +	ROGER PRASSER	45	TUG'S TAVERN	DNS
M45-3	RICHARD SMITH	49	UNATT	11/42.25.4
M45-4	DENNIS VAUGHN	48	UNATT	3/34.27.5
M45-9	TOM TRAPP	45	BELMONT SHORE	4/35.01.8
M45-10	SALVATORE LATTERI	45	BELMONT SHORE	10/41.26.0
M45-11	MICHAEL SANDS	46	ROCKWELL	8/38.02.9
M45-12	SHIN MASUKAWA	48	UNATT	9/40.49.0

M50-1	BERNARD DRACHLIS	50	CALTECH	5/37.59.3
M50-2	STEPHEN JENNINGS	52	UNATT	DNS
M50-3 *	KENT PRICE	52	LOS ALTOS MSTRS	1/28.27.2
M50-4	FRED TISUE	52	TORRANCE YMCA	3/29.16.2
M50-5 *	BEN WISCKOL	50	RINCONADA	2/29.10.1
M50-6	ANDY BORDON	51	SAN DIEGO	4/32.10.4
M55-2 +	PARRY O'BRIEN	58		4/36.56.5
M55-1	FRANK REYNOLDS	58	HUNT BCH SWIM	3/30.15.9
M55-3	BRAD STURTEVANT	56	CALTECH	1/27.40.9
M55-4	MARTIN CARRANZA	55	SOUTH BAY WAVES	6/59.10.4
M55-5	MERLYN MIDSTOKKE	59	UNATT	5/49.05.0
M55-6	BRIAN BROWNE	55	THE OLMPIC CLUB	2/29.34.9
M60-1	BOB BECK	61		DNS
M65-1	T.R. JOHNSON	68		DNS
M65-2	<u>ROBERT SCOLES</u>	69	SOUTH BAY WAVES	1/35.09.7
M80-1	<u>JOHN BURNSIDE</u>	80	LONG BEACH MASTERS	1/46.45.8
M80-2	AL GUTH	82	LONG BEACH MASTERS	2/1.07.50.

EVENT #16 1 MILE U.S.S. FEMALE

U-1	AMY FISHER	13	SEAL BEACH SWIM	14/33.51.1
U-10 **	MICHELLE HAMMOND	13	ASA	DNS
U-4	KARYN JONES	17	HILLSIDE SWIM	9/29.42.9
U-2	SINIVA KANEEN	16	SURFSIDE	6/28.03.4
U-3	KIMBERLY LOCKETT	16	PALM	15/34.44.5
U-5	ROXANNE RANGEL	15	PLACENTIA SWIM	4/25.28.1
U-6	KIMBERLY RUBINO	17	GOLDEN WEST SWIM	5/26.26.4
U-7	LEASIA SCHUTTER	18	LAKWOOD	12/32.12.6
U-8	KAREN TEITSWORTH	17	BELLFLOWER	10/31.07.8
U-9	SHARON TEITSWORTH	17	BELLFLOWER	13/33.36.2
U-11	NATALIE NORBERG	16	INDUSTRY HILLS	1/24.00.41
U-12	CARIE HOBCLICK	17	INDUSTRY HILLS	8/29.19.5
U-13	KARI LYDERSEN	14	ENCINITES	2/24.09.3
U-14	CHRISTY CARDIN	18	SADDLEBACK	7/28.21.9
U-15	AMY WARD	17	SADDLEBACK	3/24.21.7
U-16	ANNABELLE SHARBATTI	18	SADDLEBACK	11/31.27.2
U-17	LISA MACKLIN	18	UNATT	15/36.28.6

89

 EVENT #16 1 MILE MASTERS FEMALE

M20-1	DANIKA JENSEN	23	UNATT	6/38.18.7
M20-2	MARIKO GSHIHARA	23	UNATT	4/36.22.6
M20-3	KAREN WOODS	24	SAN MARINO	2/32.29.0
M20-4	TAMMY ANDERSON	22	USC	3/36.12.4
M20-5	TERESA CHIERUZZI	23	UNATT	1/31.05.6
M20-6	HOLLY DELANTY	23	UNATT	7/41.23.2
M20-7	ADIEL GUINZBURG	24	CALTECH	5/37.04.0
M25-4 +	SUZANNE DODD	29	CALTECH	3/28.23.1
M25-1	REGINA DUGAN	27	CALTECH	11/40.05.0
M25-3 +	<u>SHERY GAERTNER</u>	26	BELMONT SHORE SWIM	1/26.37.1
M25-2	LORI HAMPTON	29	BELMONT SHORE SWIM	7/31.58.7
M25-5	PEGGY KAELIN	27	SOUTH BAY WAVES	8/34.36.1
M25-6	HILLARY BARTELS	29	SOUTH BAY WAVES	2/28.02.5
M25-7	DIANNA TATE	29	SCAQ	6/30.56.4
M25-8	KATHY MANZ	26	SOUTH BAY WAVES	15/41.08.8
M25-9	CHRISTINE BRIGGS	26	CALTECH	13/40.40.5
M25-10	LAURA MCDONALD	27	BELMONT SHORE	5/30.14.9
M25-11	ANN MC FADDEN	25	UNATT	12/40.16.6
M25-12	SUSAN STOHRER	27	SOUTH BAY WAVES	4/28.37.7
M25-13	ROBYNN ROMO	28	UNATT	10/37.30.9
M25-14	ROBIN WIGHT	28	CALTECH	14/41.06.8
M25-15	BETH PEPPER	27	UNATT	9/36.23.9
M30-1	KRISTI ANDERSON	33	WALNUT CREEK	13/36.21.0
M30-2	SUE ANN BUCK	33	BELMONT SHORE SWIM	9/33.41.0
M30-6 +	LINDA CAPUTO	34	CALTECH	16/40.54.4
M30-3	YVONNE GALLEGOS	34	BELMONT SHORE SWIM	15/37.27.9
M30-7 +	KATHY MENDENHALL	31	CALTECH	10/33.52.9
M30-4 *	<u>CATHY NEVILLE</u>	33	SAN DIEGO SWIM	1/26.54.6
M30-5	ANITA ROSEN	31	WALNUT CREEK	DNF
M30-8	NADINE THOMPSON	30	SOUTH BAY WAVES	12/35.05.9
M30-9	KAREN SALIBA	32	CALTECH	4/30.30.8
M30-10	MARIE MARSTON	32	UNATT	7/31.33.8
M30-11	JOY MELTON	31	CALTECH	8/33.31.5
M30-12	ELIZABETH PALMER	32	CALTECH	5/30.57.4
M30-13	SHAUN HUGHES	30	FULLERTON	6/31.09.2
M30-14	CLAIRE EILERTSEN	34	NEM	14/36.43.1
M30-15	CATHY MOYLAN	32	SOUTH BAY WAVES	11/34.57.5
M30-16	SANDY NEILSON-BELL	34	SPORTS PSYCH	2/29.55.2
M30-17	LORI SCOTT	34	UCI	3/30.12.5

M35-5 +	TERRY CLARKE	35	BELMONT SHORE SWIM	DNS
M35-6 +	FRANCES COLELLA	37	CALTECH	7/38.22.6
M35-1	SANDRA FIELD	35		8/40.06.3
M35-7 +	SHERRY KITTRELL	38	INDUSTRY HILLS	2/30.33.9
M35-4	PATRICIA LIEGEY	37		DNS
M35-2	ROBIN ROBERTSON	35	CALTECH	DNS
M35-3	CAROLE SHIGAKI-IWAMOTO	35	SOUTH BAY WAVES	9/41.21.8
M35-8	DEANNA HEMPHILL	37	CALTECH	4/33.25.6
M35-9	CONNIE SHIMOTSU	39	CULVER PALMS	10/42.28.7
M35-10	VALERIE CLEMENTE	35	UNATT	13/49.03.0
M35-11	ALISON MITCHELL	36	ALISO HILLS	5/36.15.6
M35-12	JULIE JOYCE	38	UNATT	11/46.10.9
M35-13	MONICA STATHATOS	37	CALTECH	3/32.40.3
M35-14	KRISTI LOBITZ	36	CALTECH	12/46.50.4
M35-15	NORMA FIGUEROA	36	UNATT	6/37.26.6
M35-16	<u>DAWN FRADY</u>	35	UCI	1/28.26.4
M40-4	PATRICIA BURBANK	43	SOUTH BAY WAVES	6/45.58.3
M40-2	LOIS GOODMAN	43	UNATT	3/38.02.8
M40-3	CAROL LOCKETT	42	CULVER PALMS	5/43.29.1
M40-1 *	KAREN RUBIN	40	INDUSTRY HILLS	2/32.51.8
M40-5	LUCY JOHNSON TRAPP	43	BELMONT SHORE	1/30.59.3
M40-6	SANDRA TREPASSO	43	BELMONT SHORE	4/41.07.4
M45-1 *	<u>JANET ROYER</u>	49	INDUSTRY HILLS	1/32.49.5
M50-3 **	HELEN GEOFFRION	51	SCAQ	DNS
M50-1	SYLVIA GLENN	52	SCAQ	2/38.05.5
M50-2	SUSAN RITTENHOUSE	52	SAN DIEGO SWIM	1/32.57.3
M50-4	JANICE SEVERTSON	52	UNATT	3/46.05.2
M55-1 *	<u>ADRIENNE PIPES</u>	56	SAN DIEGO SWIM	1/36.49.6
M60-1	<u>ANN ADAMS</u>	62	SCAQ	1/37.00.9
M60-2	MAXINE BLECHMAN	61	CULVER PALMS Y	4/50.50.7
M60-3	ROBERTA TURCOTTE	63	SAN DIEGO SWIM	2/40.12.3
M60-4	MICKEY SHOCKLEY	61	EL SEGUNDO	3/43.58.2
M65-1	<u>MARTHA POWERS</u>	68	UNATT	1/59.47.5

RESULTS CERTIFIED 7/24/90 (RPK)

* NOTE - DENOTES THAT SWIMMER IS ENTERED IN MULTIPLE EVENTS



The 22nd Annual Seal Beach "Rough Water" Swim



Saturday, July 21, 1990

Seal Beach Rough Water Swim and USS/USMS Long Distance Championships
Sanctioned by United States Swimming and United States Masters Swimming
USS OR USMS REGISTRATION IS REQUIRED - NO EXCEPTIONS

EVENTS

* Denotes National Championship

1	MENS 16 MILE*	(25K)	To Swim Events 1-6, each swimmer must provide their own paddler with board. Entries for these events must be returned no later than July 8, 1990. Late or beach entries will not be accepted.
2	WOMENS 16 MILE*	(25K)	
3	MENS 10 MILE	(15K)	
4	WOMENS 10 MILE	(15K)	
5	MENS 3 MILE*	(5K)	
6	WOMENS 3 MILE*	(5K)	

* USMS National Championship
* USMS National Championship

Age Group Swims - USS Only

7	BOYS 7 & 8 200 YARD SWIM	11	BOYS 11 & 12 800 YARD SWIM
8	GIRLS 7 & 8 200 YARD SWIM	12	GIRLS 11 & 12 800 YARD SWIM
9	BOYS 9 & 10 400 YARD SWIM	13	BOYS 13 & 14 1200 YARD SWIM
10	GIRLS 9 & 10 400 YARD SWIM	14	GIRLS 13 & 14 1200 YARD SWIM

— Seal Beach Mile —

15	MENS 1 MILE SWIM*	16	WOMENS 1 MILE SWIM*
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* USMS National Championship

* USMS National Championship

TIME AND PLACE:
Events 1 and 2: 16 Mile Swim
Check-in time: 4:30 a.m.
Start: 5:00 a.m.
First Street - Seal Beach

Events 3 & 4: 10 Mile Swim
Check-in time: 5:30 a.m.
Start: 6:00 a.m.
West Side of the Huntington Beach Pier

Events 5 and 6: 3 Mile Swim
Check-in Time: 7:30 a.m.
Start: 8:00 a.m.
West Side of the Seal Beach Pier

Subsequent Events will be run in order after the 3 mile start:
Check-in time begins at 8:00 a.m.
West Side of the Seal Beach Pier
One Mile check-in: 9:00 a.m. to 10:00 a.m.
West Side of the Seal Beach Pier

AWARDS: Events 1, 2, 5, 6, 15 and 16, USS Championship Medals to Top eight USS Finishers. Winner of the Individual USS Championships will receive a Championship Watch. USMS Championship Medals to top three USMS Finishers (25-29 to 90+). First Male and Female Swimmer will receive trophies. Events 3, 4, & 7-14, 1st through 8th place Seal Beach Medals in each division. Participation pins will be awarded to all entrants. **Team**

Trophies will be awarded to 1st through 3rd place USS and Masters teams entered (minimum 6 entries). **Team Points Scored:** Individual events: 7, 5, 4, 3, 2, 1.

ENTRY FEES: Events 1-6 \$15.00, Events 7-16 \$10.00
22nd Anniversary Package: T-Shirt, Cap & Program - Add \$15.00
Make checks payable to: **SEAL BEACH ROUGH WATER SWIM.**
Mail completed entry form to: **SEAL BEACH ROUGH WATER SWIM,**
P.O. Box 853, Seal Beach, CA 90740.
All swimmers will be mailed their race results.

T-SHIRT ORDER: Order T-Shirts in advance by enclosing \$10.00. See below for order form.

POST ENTRIES: Events 7-16 will be accepted subject to \$5.00 penalty and presentation of current registration card. **NO** Post Entries for Events 1-6 will be accepted. Telephone or wire entries will **NOT** be accepted.

ELIGIBILITY: This is a USS/USMS invitational swim meet. USS or USMS registration is required. **NO** exceptions.

TEAM ELIGIBILITY: USS and USMS Teams with a minimum of six entries.

RULES: USS rules will govern: Swimmers must check-in with the Clerk of Course for each event they wish to swim. **ALL Entries for the 3, 10 and 16 mile swims MUST be accompanied by a paddler.** Must finish ten mile swim in six hours and 16 mile swim in 8 hours to qualify.

COMPLETE AND SIGN ENTRY FORM

Make Checks Payable to: **SEAL BEACH ROUGH WATER SWIM**
Detach and Mail to: **S.B.R.W.S., P.O. Box 853, Seal Beach, CA 90740**
★ **MUST SIGN THE BACK WAIVER!** ★

NAME _____ BIRTHDATE _____ AGE _____ SEX _____

CHECK ONE: USS _____ USMS _____ TEAM REPRESENTED _____

USS Registration Number _____ (NUMBERS WILL BE CHECKED)

USMS Registration Number _____ (NUMBERS WILL BE CHECKED)

ADDRESS _____ STATE _____ ZIP _____

TELEPHONE NUMBER () _____ PADDLERS NAME _____

CIRCLE NUMBER ENTERED 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

MAJOR ACCOMPLISHMENTS _____

T-SHIRT ORDER: T-Shirt Size (Circle) Adult: XXL, XL, L, M, S Child: L, M, S. AMOUNT OF ENTRY FEE ENCLOSED \$ _____

Number of Shirts: _____ X (\$10.00 each) AMOUNT ENCLOSED \$ _____ **NOTE: NO REFUNDS GIVEN.**



The 22nd Annual Seal Beach Rough Water



Seal Beach Rough Water Swim

P.O. Box 853
Seal Beach, California 90740



ACKNOWLEDGEMENT, WAIVER, AND RELEASE FROM LIABILITY (AWRL)

In consideration of the acceptance of this entry, we the undersigned participant and parent or guardian, intending to be legally bound, do hereby take action for myself, my executors, administrators, heirs, next to kin, successors and assigns as follows: A) Waive, Release, Discharge, and Agree not to sue, from any and all liability for my death, disability, personal injury, property damage, property theft or action of any kind which may hereafter accrue to me as a result of my participation in, or my traveling to and from the Seal Beach Rough Water Swim. The following persons or entities: The United States Swimming Association, The Southern Pacific Association of the USS, The City of Seal Beach, The Department of Recreation and Parks, The Seal Beach Swim Club and its Board of Directors and Coaches, the meet Director, Event Producers, Event Volunteers; and all cities, counties, districts and/or states in which said event may be staged or in which segments of said events may be run and its (their) Officers, Directors, Employees, Representatives and Agents and Volunteers: B) Idemnify and hold harmless the persons or entities mentioned in this paragraph from any and all liabilities or claim made by other individuals or entities as a result of any of my actions during the Seal Beach Rough Water Swim Meet.

I acknowledge that this race(s) is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. I hereby assume the risks of participating in the Seal Beach Rough Water Swim Meet. I certify that I am physically fit, have sufficiently trained for participation in this event(s), and have not been advised otherwise by a qualified medical person.

I hereby consent to receive treatment in the event of my injury, accident and/or illness during the Seal Beach Rough Water Swim Meet.

SIGNATURE OF PARENT / GUARDIAN
(If under 18 years of age)

SIGNATURE OF PARTICIPANT

DATE