

**Seal Beach Swim Club**

**28<sup>th</sup> Annual Seal Beach  
“Open Water” Swim**

**USMS 10 Mile National Championship**

**Saturday, July 20, 1996**

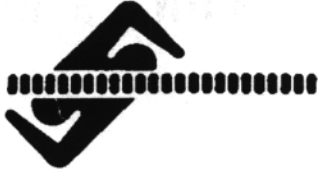
**Seal Beach, California**

**RESULTS**

July 20, 1996

*Seal Beach*

EVENT	DIVISION PLACE	NAME	OVERALL PLACE	TIME	TEAM
Men's 10M: Masters(1)					
Division: 30-34	1	Scott Haskins	6	3:47:25.5	
	2	Quinn Reilly	7	3:47:47.4	
	3	David Lange	15	4:34:27.1	
35-39	1	Jim Barber	1	3:09:04.3	
	2	Bill Ireland	8	4:49:27.5	
40-44	1	Mark Rowley	13	4:29:22.7	
45-49	1	Bruce Johnson	10	4:15:01.8	
	2	Stephen Wiider	12	4:18:41.8	
	3	David Yudovin	14	4:29:49.7	
	4	Ed Hoch	17	4:41:23.2	
	5	Don VanCleve	19	5:26:36.8	
50-54	1	Noel Wells	18	4:48:15.4	
70-U	1	T.R. Johnson	20	5:29:25.2	
Men's 10 M: USS	1	Jim McConiga	2	3:19:59.2	
	2	Rod Hansen	4	3:34:26.2	
Women's 10M: Masters(2)					
Division: 24-U	1	Laurel Hooper	3	3:31:29.6	
	2	Morgan Filler	5	3:35:49.6	
30-34	1	Trisha Commons	16	4:40:59.9	
40-44	1	Sherry Kittrel	9	4:09:31.0	
Women's 10M: USS	1	Alesa Anne Kerr	11	4:15:02.1	



*U.S. Championships*



# The 28th Annual Seal Beach "Open Water" Swim SCS Championships Saturday, July 20, 1996

Seal Beach Open water Swim and USS/USMS Long Distance Events Sactioned by United States Swimming (#2936) and United States Master Swimming (#335-053)

**"USS OR USMS REGISTRATION IS REQUIRED - NO EXCEPTIONS"**

## EVENTS

1	<b>MENS 10 MILE</b>	<b>(15k)</b>
2	<b>MENS 3 MILE</b>	<b>(5k)</b>

2	<b>WOMENS 10 MILE</b>	<b>(15k)</b>
4	<b>WOMENS 3 MILE</b>	<b>(5k)</b>

*To swim events 1-4, each swimmer must provide their own paddler with board  
Pre-entries must be post marked no later than July 5, 1996*

### SCS Age Group Long Distance Championship

5	<b>BOYS 7 &amp; 8 200 YARD SWIM</b>
7	<b>BOYS 9 &amp; 10 200 YARD SWIM</b>
9	<b>BOYS 11 &amp; 12 200 YARD SWIM</b>
11	<b>BOYS 13 &amp; 14 200 YARD SWIM</b>

6	<b>GIRLS 7 &amp; 8 200 YARD SWIM</b>
8	<b>GIRLS 9 &amp; 10 200 YARD SWIM</b>
10	<b>GIRLS 11 &amp; 12 200 YARD SWIM</b>
12	<b>GIRLS 13 &amp; 14 200 YARD SWIM</b>

### - Seal Beach Mile -

13	<b>MENS 1 MILE SWIM</b>
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14	<b>WOMENS 1 MILE SWIM</b>
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**EVENTS 1 & 2: 10 Mile Swim Check-in time 5:30 a.m.**  
Start: 6 a.m. West side of the Huntington Beach Pier.

**EVENTS 3 & 4: 3 Mile Swim Check-in time: 7:30 a.m.**  
Start: 8 a.m. West side of Seal Beach Pier.

**SUBSEQUENT EVENTS:**  
Will be run in order after the 3 Mile Start.

**EVENTS 5-12: Check-in begining at 8:15 a.m.**  
Starts: West side of Seal Beach Pier.

**One Mile Check-in 9:00 a.m. to 10:00 a.m.**  
Starts: West side of Seal Beach Pier.

**AWARDS:** Events 1 & 2 USMS Championship Medals to top three USMS finishers (in each category). Events 3 & 4 and 13 & 14 USMS receive 1-3 place Seal Beach Medals (in each category). USS swimmers will receive 1-8 place SCS Championships Medals in Events 1-14. Participation pins will be awarded to all competitions

**FOR MORE INFORMATION CALL  
(310) 431-2379**

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**TEAM TROPHIES:** Will be awarded to 1-3 place USS and USMS team entered (minimum 6 entries). Points are scored 7, 5, 4, 3, 2, 1 per event.

**ELIGIBILITY:** This is a USS/USMS swim meet. USS or USMS registration is required! You must include a copy of your valid USS/USMS card. Membership registration will be avaiable day of race for events 5-14 only.

**TEAM ELIGIBILITY:** USS/USMS Team with a minimum of six entries.

**RULES:** USS Rules will govern: Swimmers must check-in with Clerk of Course for each event they wish to swim. All entries for the 3 & 10 mile swims **MUST** be accompanied by a paddler. Must finish 10 mile swim in six hours to qualify.

**ENTRIES FEES:** Events 1-4 \$17.00/Events 5-14 \$12.00 pre-registration add \$3.00 for day of registration.  
Make checks payable to: SEAL BEACH SWIM CLUB.  
Mail entry form to:

**SEAL BEACH OPEN WATER SWIM  
P.O. Box 853  
Seal Beach, Ca 90740  
ENTRIES MUST BE POST MARKED BY JULY, 5, 1996**

### COMPLETE AND SIGN ENTRY FORM

Make checks payable to: SEAL BEACH SWIM CLUB  
MAIL TO: S.B.O.W.S., P.O. BOX 853, SEAL BEACH, CA 90740  
**MUST SIGN WAIVER ON BACK!**

EVENT NO.(S) \_\_\_\_\_ CHECK EITHER  
NAME \_\_\_\_\_ BIRTHDAY \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
REGISTRATION NUMBER USS/USMS \_\_\_\_\_ TEAM \_\_\_\_\_  
ADDRESS \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE (\_\_\_\_) \_\_\_\_\_ PADDLERS NAME \_\_\_\_\_  
SWIMMER INFORMATION \_\_\_\_\_

T-SHIRT ORDER: (CIRCLE SIZE)

ADULT: XXL XL L M S

YOUTH: L M

NUMBER OF SHIRTS \_\_\_\_\_ X \$12 = \$ \_\_\_\_\_

XXL SHIRTS \_\_\_\_\_ X \$15 = \$ \_\_\_\_\_

ENTRY FEE \_\_\_\_\_

**-NO REFUNDS-**

TOTAL ENCLOSED \_\_\_\_\_

10 MILE USS

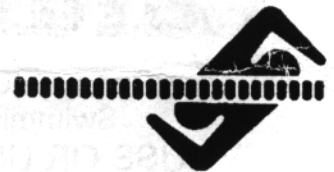
1 MILE, 3 MILE & AGE GROUP SWIMS

SATURDAY, JULY 20, 1996

# SEAL BEACH OPEN WATER SWIM

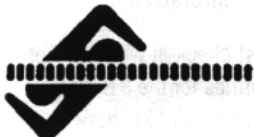
## The 27th Annual

1996



### Seal Beach Open Water Swim

P.O. Box 853  
Seal Beach, Ca 90740



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 Masters 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 MASTERS SWIMMING PROGRAM, UNITED STATES SWIMMING, OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., UNITED STATES SWIMMING, INC., SOUTHERN CALIFORNIA SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CITY OF SEAL BEACH, DEPARTMENT OF RECREATION AND PARKS, THE SEAL BEACH SWIM CLUB AND ITS BOARD OF DIRECTORS AND COACHES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, ALL CITIES, COUNTIES, DISTRICTS AND/OR STATES IN WHICH SAID EVENT MAY BE STAGED OR IN WHICH SEGMENTS MAY BE RUN, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS AND/OR USS as appropriate. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature of Participant (Parent or Guardian if under 18 years of age)

Date