



# Forest Park Aquathon

## 8:00 AM, Sunday July 28, 2013



Forest Park Aquatic Center, Noblesville, IN 46060

Hosted by: Noblesville Adult Swim Team (NASTi) & the Friends of Central Pool (FOCP)

### YOU MUST BE 14 YEARS OLD TO PARTICIPATE

**EVENTS:** SWIM – RUN- SWIM or SWIM - RUN: 500 METERS IN THE POOL, CHANGING LANES AFTER EACH 50 meters; RUN 5K IN THE PARK. OPTION: SWIM ANOTHER 500 meters IN THE POOL.

**LOCATION/FACILITY:** Forest Park Aquatic Center, SR 19, (Cicero Road), Noblesville, IN 46062. Pool temperature between 76 and 84 degrees F.

**TIME LIMIT:** ~90 minutes. Those not finished within the time limit will be asked to exit the course.

**CHECK-IN:** Race Day CHECK-IN: 6:30-7:30 AM; Race Day Meeting 7:45 AM. Start: 8 AM. Swimmers will be seeded by their estimated 100 meter swim time.

**ELIGIBILITY:** All participants must be 14 years or older and must sign the waivers.

**RULES:** No unsportsmanlike conduct. USMS rules will apply.

**ENTRY FEES:** Registration is \$30 and must be received by July 27, 2012. Race-day entries are \$40. Event registration will closed when 100 entries have been received. Fee includes: T-shirts (pre-registration only), and snacks. Proceeds benefit the not-for-profit, Friends of Central Pool, Inc. (FOCP). There will be no refunds.

**TIMING:** Manual or chip timing may be used.

**SAFETY: Our Primary Concern:** Safety monitors and life guards will monitor the swim and run courses. A water stop will be available on the course at the run 'halfway' mark. Swimmers must wear race cap and numbers on arms and back for identification. Athletes will enter the water only after being identified and recorded by race number by a race official. In case of severe weather or other safety issue, the race may be postponed, cancelled or abandoned.

**SEEDING:** Swimmers will depart at 5 second intervals and will be seeded by their estimated 100 meter swim time. Please estimate accurately to avoid crowding in the lanes and overtaking or being overtaken by other swimmers. **All participants must provide a real or estimated seed time.** The Event Director reserves the right to change seeding. Participants should swim on the left and pass on the right.

**AWARDS:** Top three swimmers in each gender will receive awards of merchandise.

**LODGING:** Several Noblesville hotels are within 6 mi. of the

venue: **Fairfield Inn**, 17960 Foundation Dr., Noblesville (317) 776-9900; **Super 8**, 17070 Dragonfly Lane, Noblesville, (317) 776-7088; **Quality Inn and Suites**, 16025 Prosperity Drive, Noblesville (317) 770-6772. Many other choices are available in the surrounding area.

### SCHEDULE OF EVENTS

Swimming warm up at FPAC pool is 7:15 to 7:45AM.

### **SUNDAY (7/28/2012): RACE DAY**

6:30 – 7:30 AM: All Swimmers Check-In and numbered.

7: 15-7:45 Warm-up.

7:45 AM: Mandatory pre-race instructions

7:50 Staging; SWIM/RUN/SWIM. Line up by number.

8:00AM: Start SWIM/RUN/SWIM; Followed by SWIM/RUN.

9:30 AM: Course closes. Awards ASAP

**RACE DIRECTOR:** **Dick Sidner**, 1510 Persimmon Pl, Noblesville, IN 46062. [dsidner@gmail.com](mailto:dsidner@gmail.com) Ph (317) 695-9885.

**ABOUT NOBLESVILLE...** a history buff's haven delights with an historic courthouse and quaint brick-lined streets. The Courthouse and business district are on the National Register of Historic Places. In Forest Park visit the Train Museum, the 1871 Covered Bridge, a carousel and the Forest Park Aquatic Center operated by the not-for-profit, *Friends of Central Pool, Inc.* For tourist information, call the Hamilton County Convention & Visitors Bureau (317) 848-3181 or visit <http://8greattowns.com/>



# Entry Form; 2013 Forest Park Aquathon

## 8 AM, July 28, 2013

100 meter Seed Time:  
mm:ss \_\_\_\_\_:\_\_\_\_\_

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

DOB \_\_\_\_\_ Age \_\_\_\_\_ Gender M F (circle)

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_: Emergency Phone: \_\_\_\_\_

### CHECKS PAYABLE TO: FOCP

EVENT (Please Check) ( ) SWIM – RUN - SWIM or ( ) SWIM - RUN

Early Entry Fee received by July 27, 2013: \$30 \$ \_\_\_\_\_

Race Day Registration (T-shirt not guaranteed) \$40 \$ \_\_\_\_\_

T-Shirt Size (1 T-shirt included in entry fee - Adult sizes only: S  M  L  XL  XXL

Extra T-Shirts: Indicate size & quantity S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ x \$18 ea. = \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

### Please read and sign: LIABILITY RELEASE

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 THIS EVENT 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: THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, INCLUDING NOBLESVILLE ADULT SWIM TEAM, HOST FACILITIES, AND FRIENDS OF CENTRAL POOL, INC., MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. Finally, I specifically acknowledge that I am aware of all the risks inherent in swimming and running agree to assume those risks.

Swimmer's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Please read and sign: AUTHORIZATION AND EVENT PROMOTION RELEASE (Media Release)

I, the enrolled participant agree to be filmed, photographed, taped, quoted or otherwise mentioned (without compensation) by the Event Director (also known as Meet Director), or by anyone authorized by the Event Director. This includes but is not limited to the official and authorized photographers, writers, hosts, or sponsors of this event under the conditions authorized by the Event Director. I give the Event Director, and anyone authorized by the Event Director, the right to use (without compensation) my name, picture, likeness, quotes, and biographical information, whether audio or visual, before, during and after the period of my individual or team participation in this event. I will not promote third party sponsors, causes, or charities unless pre approved by the Event Director. I understand that there will be no refunds given for any reason including event cancellation.

Swimmer's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Attach check Payable to: FOCP

Mail to: FPAC AQUATHON, c/o Dick Sidner, 1510 Persimmon Pl, Noblesville, IN 46062.