

7th ANNUAL Chattanooga Rat Race

4.5 mile or 1.2 mile open water downstream swim

Tennessee River, Chattanooga, TN 37405

Saturday, June 9, 2012

Sanctioned by: US Masters Swimming sanction #pending

Sponsored by: City of Chattanooga, Chattanooga River Rats Masters Swim Team. Proceeds from this event will be used to provide scholarships for the inner city lifeguard programs.

Location: Start: 7:30 a.m. Champions Tennis Club and dock at Rivermont Park, located off of Hixson Pike in Chattanooga, TN, ending at Coolidge park at the Walnut Street bridge. Participants will meet at Coolidge Park at 6:30 a.m. and be transported to start. 1.2 mile swimmers will meet at Coolidge Park at 6:45 a.m. and take a boat to start.

Event: 4.5 mile or 1.2 mile open water swim in the Tennessee River; downstream current with an in water start and a slightly rocky bottom for both the start and finish. The water temperature is expected to be about 74 degrees.

Eligibility: USMS swim registration is required of all participants. A copy of the swimmer's current registration must be submitted with the official entry form. One day registration is available for those not registered with USMS. Under 18 must provide own kayak support.

Fees: \$45 non-refundable registration fee plus \$10 one-day USMS license for participants who are not members of USMS. On-line registration available at www.ChattanoogaRatRace.com

Deadline: On-line registration closes at midnight on May 31, 2012. Walk-in registrations will be accepted on Friday, June 1 from noon - 6:00 pm. Mailed entries must be received by June 1, 2012. Late entries will NOT be accepted at check-in on June 8. NO race day registrations.

Safety: Swimmers must wear the fluorescent swim cap provided. There will be a three hour time limit strictly enforced with a mass start. Any swimmer needing to withdraw from the race must wave his/her cap to signal nearby watercraft.

Rules: USMS swimming rules will apply. Swimmers choosing to wear a wet suit will not be eligible for awards or official placing in the results due to the competitive advantage wet suits provide.

Awards: Awards to the first place winners of each age group and gender. Age groups will be 18-29, 30-39, 40-49, 50+.

Shirts: T-shirts will be given to each entrant.

Information: Stan Corcoran: 423-493-5536, Peggy Grall: 423-697-1385 or grall_p@mail.chattanooga.gov

Website information: Check <http://www.ChattanoogaRatRace.com> for updated event information, maps, directions, local information and online registration.

Registration: Online at www.ChattanoogaRatRace.com or **Mail completed entry forms to:**

Peggy Grall
Fitness Center
1254 east Third Street
Chattanooga, TN 37404

Awards lunch: Immediately following race at Walker Pavilion in Coolidge Park.
additional lunch tickets can be purchased for \$10.00

Additional t-shirts: available for \$12

Check in: Friday, June 8th @ 5:15pm 423-697-1385
Fitness Center
1254 East Third Street
Chattanooga, TN 37404

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4.5 MILE OR 1.2 MILE OPEN WATER DOWNSTREAM SWIM

TENNESSEE RIVER, CHATTANOOGA, TN

SATURDAY, JUNE 9, 2012

AUTHORIZATION AND EVENT PROMOTION:

I 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.

LIABILITY RELEASE:

I, the undersigned participant, intending to be legally bound, hereby certify that I am at least 18 years old, 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 injury, disease, infection, permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THIS SWIMMING EVENT OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES ARISING THEREFROM OR INCIDENT THERETO INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: CHATTANOOGA PARKS AND RECREATION, The City of Chattanooga, SCAC, MEET DIRECTORS, MEET SPONSORS, MEET COMMITTEES, VOLUNTEERS, AS WELL AS THE RESPECTIVE OFFICERS, DIRECTORS, AGENTS AND EMPLOYEES OF ALL OF THE FOREGOING ENTITIES OR ANY INDIVIDUALS OFFICIATING AT THE EVENT OR SUPERVISING SUCH ACTIVITIES. I further agree to abide by and be governed by the rules and regulations of this event. I also hereby confirm that I have not relied on anyone's representations as to the conditions of the course to be swum in this event and that I am relying on my own knowledge and examination of such conditions.

USMS 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 THE MASTERS SWIMMING PROGRAM 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., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

YOUR SIGNATURE BELOW REPRESENTS YOUR AGREEMENT WITH THE AUTHORIZATION AND LIABILITY RELEASES CONTAINED ABOVE

SIGNATURE: _____

Parent/Guardian signature required if under 18

NAME: _____ AGE: _____

CLUB NAME: _____ USMS# _____ USA SWIMMING ID# _____

A copy of your current USMS OR USA SWIMMING CARD must be included with your registration fee.

DATE: _____

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4.5/1.2 MILE OPEN WATER DOWNSTREAM SWIM

Saturday, JUNE 9, 2012

All swimmers must complete this form and sign and return the liability release form with their entry. All swimmers must be USMS/USS registered. One day/one event registrations will be available at check-in. Entry fee includes awards lunch, transportation to start of race, T-Shirt, and swim cap. By entering, you acknowledge you have read the event information.

Please print all required information

NAME: _____ D.O.B: ____/____/____

Address: _____

CITY/STATE/ZIP _____

EMAIL ADDRESS _____

DAY TIME PHONE # _____ EVENING PHONE # _____

Check age division:

____ 18-29 ____ M ____ F ____ **17 and under ____ M ____ F
____ 30-39 ____ M ____ F **MUST HAVE OWN KAYAK SUPPORT
____ 40-49 ____ M ____ F
____ 50+ ____ M ____ F

Entry Deadline: June 10, 2010

T-SHIRT SIZE: ____ S ____ M ____ L ____ XL

ENTRY FEE: \$45

Additional T-Shirts \$12 \$ _____

Additional Tickets Awards Lunch \$10.00 \$ _____

Total due: \$ _____

____ 4.5 race
____ 1.2 race

Make checks payable to: McCallie School

Event Evaluations should be mailed to:

John Woods
Scenic City Aquatic Club
205 Island Ave.
Chattanooga, TN 37405
Email flipper@gps.edu
Phone (423) 634-7606

MEET REFEREE: Elliot Peigen