



# Take Two

## 50<sup>TH</sup> ANNUAL

# JULY 4<sup>th</sup> ROUGH WATER SWIM

**Location:** Central Beach, Coronado, CA  
**Directions:** Take I-5 to the Coronado Bridge. The bridge exits onto 3rd Ave. Continue on 3<sup>rd</sup> Ave. in the left hand lane and turn Left on Alameda Blvd before the Naval Base. When Alameda ends, turn left onto Ocean Blvd. The course is NW of the main lifeguard tower.

**Questions:**  
[coronadoroughwater@yahoo.com](mailto:coronadoroughwater@yahoo.com)

<u>EVENT</u>	<u>Check-In AM</u>	<u>Start</u>
USAS 250 yd 8/U, 9-10, 11-12	7:30 – 8:15	8:30
USAS 400 yd 12 & U	7:30-8:15	8:45
USAS 1 mile 13-14, 15-18, 19+	7:30-8:45	9:00
USMS 1 mile (masters age groups)	7:30-8:45	9:10
Open 1 mile at least 18 yrs old	7:30–8:45	9:20

\*\* Swims will begin as close to listed times as possible

**AWARDS** 1<sup>st</sup> - 3<sup>rd</sup> Male, Female:  
**USAS:** 8/U, 9-10, 11-12, 13-14, 15-18, 19+  
**Masters:** 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, ...  
**Open:** 18-29, 30-39, 40-49, 50-59, ...



REGISTER ONLINE AT  
 ACTIVE.COM

**Entry fees:**  
USAS 250 yard & 400 yard \$25  
 (Includes t-shirt)  
USMS 1-Mile (Includes t-shirt) \$45  
USAS 1-Mile (Minimum age 13) \$45  
 (Includes t-shirt)  
Open 1 mile (Minimum age 18) \$45  
 (Includes t-shirt)  
Day of Event entries (USMS and Open swimmers only) \$45  
 (T-shirts on first come, first serve basis)

No Refunds. "USMS entrants or foreign Masters entrants must bring a copy of your current USMS CARD or foreign masters equivalent." Flotation or propulsion devices are not permitted. Swimmers wearing wetsuits are permitted to swim the USMS and OPEN One-Mile events but are not eligible for awards or place rankings.

Sanctioned by San Diego-Imperial LMSC for USMS, Inc., USMS Sanction number:

**449-MS-04-OW**

*USA Events Sanctioned by SI LSC,  
 Sanction Number SI-09-21*

**A Valid Membership Card Must be Presented at Check-In**

Registrants for the 2008 Rough Water Swim are eligible for \$10 discount in 2009 due to inclement weather cancellation last year.

**Online registration deadline:  
 JUNE 30, 2009**

USA swimmers must preregister!