



# 58<sup>th</sup> ANNUAL July 4<sup>th</sup> ROUGH WATER SWIM



**Date:** Monday, July 4, 2016

**Location:** Central Beach, Coronado, CA

**Directions:** Take I-5 to the Coronado Bridge. The bridge exits onto 3<sup>rd</sup> Avenue. Continue on 3<sup>rd</sup> Avenue and turn left on Alameda (just before the Naval Base). When Alameda ends, turn left onto Ocean Blvd. Registration is at the foot of the stairs along the path to main lifeguard tower.

**Questions:** cnsacommunications@gmail.com



**REGISTER ONLINE AT  
ACTIVE.COM  
BY 7/2/16**

Event	Check-in AM	Start Time AM
Youth 250 yards (12/U)	7:30-8:15	8:30
Youth Half Mile (17U)	7:30-8:30	8:40
Youth One Mile (17 U)	7:30-9:00	9:00
Open One Mile (Men)	7:30-9:00	9:15
Open One Mile (Women)	7:30-9:00	9:25

### Entry Fees

Category	Fee
Youth 250 Yards (12 & Under)	\$30 (includes t-shirt)
Youth Half Mile (17 & Under)	\$40 (includes t-shirt)
Youth One Mile (17 & Under)	\$50 (includes t-shirt)
Open One Mile (18 & Over)	\$50 (includes t-shirt)
Active Duty Military Challenge One Mile	\$40 (includes t-shirt)
Day of Event Open One Mile Only (18 & Over ONLY)	\$65 (t-shirts 1 <sup>st</sup> come 1 <sup>st</sup> serve basis)

\*12 year olds and under must submit coach's approval for entry into the Youth Half-Mile or Youth One Mile events by 6/30/16 to cnsacommunications@gmail.com.

*All swimmers under the age of 18 must pre-register on Active.com.*

**Awards are 1<sup>st</sup> - 3<sup>rd</sup>**

**Male and Female Award Categories:**

- 250 Yard Swim (12U)
- Youth half Mile Swim (17U)
- Youth One Mile (17U)
- Open One Mile (18-29, 30-39, 40-49, 50-59, 60-69, and 70+)
- Military Challenge One Mile
- First Overall Mile Finisher (Male & Female)

**\*\*\*No day of event registration for youth participants under the age of 18\*\*\***

No refunds regardless of reason (including weather).

Swimmers wearing wetsuits are permitted to swim the Open One-Mile Event but are not eligible for awards or place ranking.