

THE ANNUAL  
**Douglas Lake**  
 SWIM-a-THON

**OFFICIAL ENTRY FORM**

Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

Age: \_\_\_\_\_ (on 8/14/2010 race day)

Gender:  Male  Female

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

At what speed would you rate your team:

slow  average  fast

Escort boat:

Providing my/our own

Request one if possible

The Annual Douglas Lake Swim-a-thon is a community-sponsored and all-volunteer organized event to have fun doing something radical to impact the lives of our neighbors in a positive way. All skill levels welcome to swim!

Approximate **2-mile open water swim competition** on Douglas Lake from buoys near Day Board 12 and The Point Marina by an individual or relay teams of up to 5 swimmers. **Minimum age for a swimmer is 14 years old.**



**Questions?**

E-mail [swimathon@douglaslake.us](mailto:swimathon@douglaslake.us)

Call 865- 397-9642

Go to [www.douglaslake.us](http://www.douglaslake.us)



**SPREAD THE WORD!**

The success of this annual event depends on you! Ask how you can sponsor or participate!

THE ANNUAL  
**Douglas Lake**  
 SWIM-a-THON

**SAT. AUG 14, 2010**

All funds raised through entry fees, t-shirt sales & sponsorships are donated to two East Tennessee charities – Dandridge Ministerial Association Emergency Food Pantry and Safe Harbor Child Advocacy Center.



Hosted by the  
 Quality of Life Foundation for  
 Jefferson County  
 Building a Better Future

[www.douglaslake.us](http://www.douglaslake.us)

**Rules:**

Swimmers will be required to travel with an attending boat crew from The Point Marina to the starting point (buoys located near Day Board 12 approximately 2 miles upstream from The Point Marina). Wave departure from the boat ramps is 9:30 a.m. with staggered starts of the race from the buoys at 10:00 a.m. Relay swimmers will alternately swim downstream along the lake shoreline to the finish at The Point Marina. Swimmers must stay between all escort boats and the shore. Boating safety officers and EMTs will be on hand. Each boat will be required to carry binoculars, a USCG approved ring buoy and one life vest (PFD) per person for boat crews and swimmers. **Please make arrangements for an escort boat for the day of the race. Mark on the Entry Form if you require assistance in arranging for a boat, however, this cannot be guaranteed.** Each swimmer will be required to wear the numbered swim cap provided at Race Day registration. **Competitors using swimming aids (such as fins or wet suits) are not eligible for awards.**

**Additional Award:**

As this is a charity event, swimmers are encouraged to sign up sponsors to increase the total donations to the charities. Recognition and prizes will be awarded to the top three swimmers who raise the most money.

Those who **raise at least \$100 in pledges** will have their registration fee waived.

Checks should be made to the Jefferson County Chamber of Commerce (tax deductible) with a notation of Swim-a-thon in the memo area (funds will be dispersed equally between the charities).

**Sponsorship pledge forms are available on the official web site, [www.douglaslake.us](http://www.douglaslake.us).**

**Saturday, August 14, 2010 - Race Day schedule:**

<b>8:00</b>	Registration begins (Pavilion at Angelos' at The Point Restaurant)
<b>9:00</b>	Open water safety clinic (Required attendance by USAT sanctioning)
<b>9:30</b>	Swimmers and boat crews depart The Point Marina boat ramps area towards Day Board 12
<b>10:00</b>	Staggered starts begin
<b>1:00</b>	All swimmers exit the water even if not finished; Awards

Water and Gatorade will be available at the Pavilion at **Angelos' at the Point Restaurant** throughout the day. A post-race meal coupon for participants is included in their registration fee. Post-race massages will be provided **Appalachian Training Center for Healing Arts** from 11A-2P.

**Registration:**

**\$40/swimmer (before July 31, 2010);**  
\$50/swimmer (after July 31 through day of race). Fee includes USA Triathlon one day event sanctioning – *form to be completed and signed at Race Day registration.*

Official Douglas Lake Swim-a-thon t-shirts are also available for \$15 or two for \$25.

Each swimmer is asked to bring at least one **non-perishable food item** the day of the race.

Make checks payable to  
**Jefferson County Chamber of Commerce**  
(mark **Swim-a-thon** in memo)  
and mail check and entry form to:

**Jefferson County Chamber of Commerce**  
**P.O. Box 890**  
**Dandridge, TN 37725**

**Entry Fees** (waived for those who **raise at least \$100 in pledges**):

\$40 (if received by July 31, 2010) (Includes one day event sanctioning – **must complete USA Triathlon form at event registration**)

\$50 (late or race day) (Includes one day event sanctioning - **must complete USA Triathlon form at event registration**)

\_\_\_\_\_ \$15 one event t-shirt (two for \$25)

(please check – adult sizes only)

S  M  L  XL  XXL

\$\_\_\_\_\_ **Total enclosed with Entry**

**Minimum age 14 years old**

**Liability Release**

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit, have not been otherwise informed by a physician, and accept the risks of open water race conditions. I acknowledge that I am aware of all the risks inherent in The Annual Douglas Lake Swim-a-thon, including permanent disability or death, and agree to assume all of those risks. As a condition of my participation in this event, 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 any individual, sponsor, other participate, officials, committees, or any other participating person or group involved in the planning, organizing, and conduction of this event.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

*Signature of Parent or Guardian if Participant is under 18 years old.*

