

BIB #: \_\_\_\_\_

**40th Lake of the Pines Lake Swim    Cost: FREE**  
**Sunday July 4, 2021**  
**12:00 pm Open Water Start**

**Registration Form**

Fill out all blanks completely, **copy** and bring/mail to Jim Nachtigal 23370 La Costa Ct Auburn, CA 95602.

The goal is 100% pre-registration. **Incomplete applications will not be accepted. PLEASE FILL IN ALL BLANKS. Thank you.**

**Name of SWIMMER:** \_\_\_\_\_ (PLEASE PRINT CLEARLY)

**Address of SWIMMER :** \_\_\_\_\_ (PLEASE PRINT CLEARLY)  
(STREET, CITY, STATE, ZIP CODE)

**Swimmer Home Phone #:** \_\_\_\_\_ **E-Mail:** \_\_\_\_\_  
(We will not use your e-mail address for any other purpose than communicating with you about your participation in this event.)

**Birth Date:** \_\_\_\_\_ (MM/DD/YY)    **Age on Event Day:** \_\_\_\_\_    **Sex:** \_\_\_\_\_

**Entry Fee:    Free**

**Non-Residents of LOP - Must have an LOP Resident Sponsor:** \_\_\_\_\_ / \_\_\_\_\_  
Phone #            / LOP Resident Name)

**EVENT CATEGORY: No awards, just a fun swim across the lake with friends and family.**

**Emergency Contact (list 2):**

Name: \_\_\_\_\_ Relation: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Relation: \_\_\_\_\_ Phone: \_\_\_\_\_

Guest's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**EVENT DAY CHECK-IN & RACE INSTRUCTIONS ON BACK**  
**PLEASE READ CAREFULLY**

**Event Check-In & Instructions**  
*Please Read Carefully*

# 40th Annual Lake of the Pines Lake Swim

-----No cost this year-----

1. Check-in and event day registration is between 10:30 a.m. and 11:30 a.m. at the point in Southshore Park (#4). Brief event instructions will be given at 11:30 a.m. All swimmers will start in one wave at 12:00 or as soon as the lake can be cleared of personal water craft.
2. Numbers will be printed on a contestant's **right shoulder & calf**. Sunscreen should not be applied on these areas as it causes the numbering to wear off. Numbers are needed for confirming everyone exits the water..
3. Swim at your own risk. There will be kayaks & paddleboards all through the event.
4. All **pre-registered** swimmers need to be at the start area in Southshore Park (#4) by 11:30 p.m.
5. **Swim Course Rule #1:** Swim caps will be provided, and participants **must** wear these caps **only**.
6. **Swim Course Rule #2:** When a swimmer wants to rest, he/she can rest by 1) holding on to one of the yellow buoys marking the center line of the swim course, 2) holding on to one of the escort boats, or 3) by standing in shallow water. As long as no progress is made towards the finish line while resting, the swimmer will be allowed to rest as stated above.
7. **Event Categories:** Anything goes, except a motor. Floats, flippers, etc...
8. **Awards:** No awards this year. This is a fun family event during quiet time.
9. **Swim Course (.8 miles):** The swim leg will start at the end of the pier at Southshore Park (#4). The course will be a straight line from Southshore Park (#4) to the finish at the Main Beach. No bouys this year, but there will be one giant arch at the end.
10. Water will be available for the swimmers at the finish line.
11. Pre-registration allows the event committee to know exactly how many are participating. Knowing how many will participate helps us plan and provide sufficient coverage for the event.

**Web Site: LOPSAC.COM**