



Deerpoint Lake One Mile Open Water Swim

July 9, 2016

8:00 A.M. (central time)

Registration begins at 6:30

Where: Panama City, FL at 4405 Hwy 2321 at the Ira A. Hutchinson Park next to the Deerpoint Lake Dam.

Course: The course will be a large triangle, marked with large buoys.

Entry fee: \$20.00 early/\$25.00 late. No T-shirt Option Day of Race \$15.00.

Awards: Overall Male & Female, Masters and Grandmasters.

Three deep in 5 year age groups.

Post-race picnic: The Panhandle Runners & Triathletes Club will provide a picnic lunch to all participants and their families and all swim volunteers following the completion of the swim. Participants are welcomed to bring a favorite dish to share. Soft drinks will be provided.

Volunteers: Volunteers are welcomed to help at the finish line, or in a canoe or kayak. Bring your own or use one of ours.

For more information call: Joe Edgecombe 850-774-0018 or e-mail: joeruns@yahoo.com

Name _____ Sex: _____ Age: _____

Address _____ Phone _____

_____ E-mail address** _____

** Please type or write legibly.

T-SHIRT SIZE (circle one) SMALL MEDIUM LARGE X-LARGE

Amount Paid \$ _____ **(No Refunds)**

Waiver: I know that an open water swim is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the swim. I certify that I have completed the distance that I have registered to enter. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for this event, I, for myself and anyone entitled to act on my behalf, waive and release the Panhandle Runners & Triathletes Club, the County of Bay, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signed _____

Date _____

Make checks payable to: **Panhandle Runners & Triathletes (PR & T)**
PO Box 381, Panama City, FL 32402

Registration available on line @ active.com