

REGISTRATION INSTRUCTIONS FOR CHILDREN UNDER 13

If your son or daughter is under 13, we do have some safety precautions to ensure that all of our swimmers will have no problems during the course of the race. Please answer the following questions regarding your child's swimming experience and fax them to the attention of Bob Placak/Lauren Pohler at 415-507-1456 (Fax) or email them to laurenpl@placak.com. Be sure to include contact information for yourselves so we can get back to you!

- Swimmers Name
- Age
- Contact Phone Number and Email
- Team Name
- Years competed and best events
- Coach's name and contact information - Should we like to speak with him/her.
- We strongly advise including a note from the swimmer's coach ensuring they are strong swimmers.
- Open Water Experience
 - a. Please list any open water experience, races participated in, time spent in waters ranging 55-65 degrees.
- Will he/she be wearing a wetsuit?
- Best times in any distance events they do:
 - i. 200
 - ii. 500
 - iii. 800
 - iv. 1650
 - v. Other

Parent or Gaurdian Contact Information

Name:

Phone:

Email: