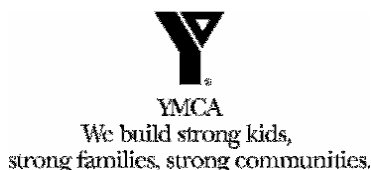


East Area Family YMCA



This year's East Area Family YMCA Annual YMCA Oneida Shores Open Water Swim (YOSOWS) will host a bunch of great improvements. We are happy to announce that Yellow Jacket Racing has been confirmed as the company that will be recording our results and swim times for the 2010 YMCA Oneida Shores Open water swim! You can check out their website at: <http://www.yellowjacketracing.com/>. Adding Yellow Jacket Racing to our event will enhance the quality and experience for all swimmers. We are now on Facebook! Look us up under groups. Our group name is; YMCA Oneida Shores Open Water Swim. See you in June and don't forget to tell a friend!

This swim will provide an opportunity for swimmers of all ages to challenge their physical and mental abilities while at the same time raise money for the East Area Family YMCA Partners Campaign. Contributions will be used to support the YMCA's Inclusion program, Y Kids Inc. Y Kids Inc. serves 150 children a year where 41 are served at the East Area Family YMCA. We currently have over 28 children with developmental disabilities waiting for services.

The YMCA Oneida Shores Open Water Swim will be held on beautiful Oneida Lake Saturday, June 12, 2010. Check in will begin at 7:00 am with a start time of 8:30 am. If we encounter poor or hazardous weather the YMCA may impose up to a 1 hour delay for the start of the event. In the event we need to cancel, we will use the alternate date on Sunday, June 13 starting at 8:30 am. This year's event will host three distances, a 1500 meter (Olympic Triathlon swim distance) & 800 meter (Sprint Triathlon swim distance). Youth swimmers must be a USA registered swimmer or swim 500 yards under 9 minutes (timed proof of swim is required with entry). Children 8 to 12 with proper timed proof can only swim the 800 meter event. Order of start will be 1500m and 800m. Number of heats will be determined based on number of entries. There will be a separate heat for Master swimmers, if numbers allow. Parents entering young swimmers please be advised that there will be lifeguards provided to provide proper safety standards for all swimmers.

Attached you will find a Registration Form. All registrations must be completed in full, signed, and submitted with your check.

Fees:

Early bird registration	\$30.00	Received by May 7 th
Registration	\$35.00	Received by June 11 th

Your registration fee includes a short-sleeve T-shirt and color coded race cap!

Please note **T-shirts will be available for pick up after July 1st if we receive your registration form after May 17th. There will be **no registrations accepted after June 11!**

Check our website at: www.ymcaofgreatersyracuse.org for all your race information, updates, and cancellations, including inclement weather decisions. If you have anyone one who would like to volunteer either on the beach or in the water with their boat, please call Mathew Engineri at 315-637-2025 x 217.

Once again, thank you for your interest in the YMCA Oneida Shores Open Water Swim and your support of the YMCA's mission of building strong kids, strong families, strong communities.



2010

East Area Family YMCA
YMCA Oneida Shores Open Water Swim

Event Date: June 12, 2010 Alternate Date: June 13, 2010 Check in 7:30 a.m. start 8:30 a.m.

REGISTRATION FORM

Please print clearly:

Age on date of event

Swimmer: _____ Male / Female Date of Birth: ___/___/___ Age: ___

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

E-mail: _____

Event (Circle event entering): 1500 Meter 800 Meter

Youth 8 - 12 non-USA swimming affiliated can swim in the 800 meter but must submit 500 yard timed proof. Time must be 9 minutes or less. Details call 315-637-2025 ext. 217

Wetsuits are allowed for event. Special recognition will be awarded to non-wetsuit best finishes.

Please read the following paragraph and sign below:

In acceptance of my entry, I hereby, for myself, my heirs, and my executors, waive and release any and all claims against the YMCA of Greater Syracuse and the East Area Family YMCA for any injuries I may receive or suffer by my participation in the YOSOWS event.

Swimmer's Signature _____ Date _____

Guardian's Signature _____ Date _____

(If swimmer is under the age of 18, guardian's signature is required.)

COSTS:

Non-refundable entry fee: Submitted by: 5/7 6/11

Adult swimmers welcome, no USA swimming or Triathlon affiliation required.

USA Swimming Number: _____ (Masters/Age group)

USA Triathlon Number: _____ Check here if not USAT _____

Swimmer: Adult / Youth (Must be a USA registered Swimmer) \$30 \$35 \$ _____

Swimmer's T-shirt (FREE to swimmers): Circle One S M L XL - 0 -

Family T-shirts:

T-shirt size # S _____ M _____ L _____ XL _____ x \$10.00 per shirt \$ _____

Other T-shirts available:

of YOUTH size S _____ # of YOUTH size M _____ x \$10.00 per shirt \$ _____

of size XXL _____ x \$12.00 per shirt \$ _____

Total Amount Enclosed (payment in full required) \$ _____

Please make checks payable to East Area Family YMCA

Mailing address: East Area Family YMCA
Attn. Pat Robinson
200 Towne Drive Fayetteville, NY 13066