



Lap Swim Instructions and Event Overview

Event Date: Saturday, September 30, 2017

Location: The Club at Harbor Point, 475 E. Strawberry Drive, Mill Valley, CA 94941

Time: Lap Swimming 8:00am–12:00pm Barbeque and Award Ceremony 12:30pm–2:30pm

Lap swimming should be recorded the entire week prior to the event date at The Club at Harbor Point. Swimmers from other clubs in Marin, the Greater Bay Area and beyond may record their swims during that week for prize consideration. Lap numbers from other clubs to be verified by club managers and submitted to Harbor Point Club's Lap Coordinator: **There is a one hour time limit on a qualifying swim and the swim must be continuous with no stops longer than one minute.**

Any swimmers not completing their recorded lap swims prior to the event date may do so between 8:00am and 12:00pm on the day of the event at the Club at Harbor Point and will qualify for prizes. There will be three lanes available for the event and sign ups will be on a first come, first served basis. Monitors will be on hand September 30 between 8:00am and 12:00pm to log laps completed by participating swimmers. Laps swum prior to the day of the event must be logged by the swimmer and submitted to their designated club monitor for prize consideration. All swims during the prior week and on the day of the event must be received by the designated Harbor Point Club event monitor no later than 12:30pm on the day of the event to qualify for prize consideration. Prizes will be awarded after the BBQ at 2:00pm. You need not be present to win, but those present will receive a fine bottle of sparkling wine to celebrate their accomplishments.

A "lap" for this event is defined as a single length of a 25-meter pool. Laps swum in a longer or shorter pool should be mathematically adjusted to a 25 meter standard. There is a one-hour time limit on a qualifying swim and the swim must be continuous with no stops longer than one minute. All gear including goggles, mask & snorkel, wet suit, sun screen, caps, fins, hand fins and gloves, boards, flotation belts or leg floats will be allowed on qualifying swims. Swim walkers with belts can compete during the prior week and will be allowed on Lane 6 on the morning of the event. Lane One walkers can qualify during the week and on the day of the event in Lane 1.

First, Second and Third Prizes will be awarded for:

- **Most Laps swum—Men**
- **Most Laps swum—Women**
- **Most Laps walked**
- **Most Lap Sponsors signed at \$1 or more per lap**
- **Most money raised from lap sponsors**

FIRST PLACE PRIZE:

- \$100 gift certificate at Lighthouse restaurants,
- \$50 gift certificate at Harbor Point Club Store,
 - Bottle of California sparkling wine

SECOND PLACE PRIZE:

- \$50 gift certificate at Lighthouse restaurants,
- \$25 gift certificate at Harbor Point Club store,
 - Bottle of California sparkling wine

THIRD PLACE PRIZE:

- \$25 gift certificate at Lighthouse restaurants,
- \$15 gift certificate at Harbor Point Club store,
 - Bottle of California sparkling wine



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