

CFK Swim Around Key West: 12.5 Mile Swim

KEY WEST, JUNE 8, 2024

Sponsored By: The College of the Florida Keys
Date and Time: Saturday, June 8, 2024: Check-in 7:30am-8:15am Race starts at 8:30 am

Location/Course: The Atlantic Ocean and Gulf of Mexico around the island of Key West, FL.
Course: 12.5 mile swim clockwise around the island. Start and finish at Higgs Beach.

Event Categories: Solo Swimmer: Male & Female, Solo Swimmer with fins
Team: 2 person, 3 person, 4 person, 5 person, or 6 person relay
Team with fins/ equipment 2-person, 3 person, 4 person, 5 person, or 6 person relay

Age groups: 12 & U, 13-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & 0

Awards: Top Overall Male and Female Swimmer, Top 6 solo swimmers in each age group, Top 6 swimmers with fins, and Top 6 places in each relay of either 2, 3, 4, 5 & 6 division.

Entry Fees: \$160 per person: must register by June 7, 2024 (includes t-shirt & cap)
\$10: Discount for USMS and USA Swimming Member (solo swimmers only)—Must attached card
\$240-2 person relay, \$330-3-person relay, \$420- 4 person relay, \$510-5 person relay and \$600-6 person relay
Make checks payable to **The College of the Florida Keys.**

REGISTRATION: Mail completed forms and check to:
The College of the Florida Keys. Attn: Lori Bosco 5901 College Road, Key West, FL 33040
On line: Active.com: CFK Swim Around Key West
All Swimmers must check in at CFK pool on: Friday June 7, 2024: 10am – 7pm

Safety: Lifeguards and kayaks will be positioned throughout the course.
Information: Lori Bosco at (305) 809-3562 or lori.bosco@cfk.edu Web: www.swimaroundkeywest.org.

Rules:

- Swimmers may not stand on or push off the bottom of the ocean floor.
- Swimmers must swim around all piers, DO NOT attempt to swim under piers.
- **Swimmers are responsible for providing their own support crew.** All marine safety rules must be observed.
- Swimmers must be with their support crew and boat at all times and may not touch vessel with the exception of team swims and then only at designated relay change points where entry and exits are made.
- Swimmers will be required to have a number visibly marked on their upper arm and on their escort boat.
- There are 3 check- in locations during the race:
 - 1. Prior to entering the Harbor 2. at Fleming Key Channel Bridge and 3. Cow Key Bridge.
- If you need assistant with boats or kayaks, please see website or email: lori.bosco@fkcc.edu
- A Swimmer is required to end the race upon notification by Race official or US Coast Guard.
- Violation of rules may subject swimmer(s) to disqualification. Meet director has final authority.
- Swimmers may not promote third party sponsors, causes, or charities unless pre-approved by Meet Director.
- This is a warm water race. Wetsuits are not permitted.
- **Relays: TWO DIVISIONS OF EACH RELAY GROUP: #1:** 2 person- each swimmer in turn will swim one relay leg of approximately 6.25 miles, 3 person- each swimmer in turn will swim one relay leg of approximately 4.2 continuous miles. 4 person-each swimmer in turn will swim approximately 3.1 continuous miles, 5 person-each swimmer in turn will swim approximately 2.5 miles, 6 person-each swimmer in turn will swim approximately 2.08 miles. **OR #2-**each relay may change every 30 minutes on the first exchange and every 10 minute until completion of the course

Checklist:

1. Water and snacks for both swimmer and support crew. Stay hydrated. Use snacks you train with
2. Swim caps are optional as this is a warm water race
3. Sunscreen- (waterproof) Hat/sunglasses/event bracelet for support crew
4. Cell phone for emergencies in waterproof bag
5. Lifejackets for each participant in support vessel and one extra for the swimmer

Official Entry Form: CFK Swim Around Key West: June 8, 2024

All swimmers must complete this form and sign a release. NO REFUNDS.

Check in: 7:30 am – 8:15 am. Race Start: 8:30 am Relays begin at 8:25am

Name _____

LAST FIRST

Address _____

Street City State Zip

Age: _____ Birthdate _____

Phone () _____ () _____ E-mail _____

DAY EVENING

Emergency Contact _____

NAME PHONE

SUPPORT CREW: Have Kayak/Boat _____

Need Kayak _____

(approx.\$75- see website for list of locations)

Have Kayaker _____

Need Kayaker _____

(\$150 to be paid directly to the kayaker)

Circle Event:	CIRCLE	EVENT CATEGORY	CIRCLE Division		
				Female	Male
		Solo Swimmer	Female	Male	
		Solo Swimmer with fins-	Female	Male	Mixed
		Team 2 person relay	Female	Male	Mixed
		Team 3 person relay	Female	Male	Mixed
		Team 4 person relay	Female	Male	Mixed
		Team 5 person relay	Female	Male	Mixed
		Team 6 person relay	Female	Male	Mixed
		Relay with fins	2 person	3 person	4 or more

Circle Age group: 12 & U 13-17 18-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59
(solo swimmers only) 60-64 65-69 70 and Over

T-Shirt Size: S M L XL XXL

2, 3, 4,5, or 6 person relay: List members (Besides yourself): _____
_____, _____, _____

AUTHORIZATION AND EVENT PROMOTION:

I agree to be filmed and photographed by the official and authorized photographers of this event under the conditions authorized by the Meet Director, and give the event organizers the right to use my name, picture, likeness, and biographical information before, during, and after the period of my participation in this event to promote the event in which I compete or to promote the success of the team in which I competed. I will not promote third party sponsors, causes, or charities unless pre-approved by the Meet Director.

LIABILITY RELEASE:

I, the undersigned participant, intending to be legally bound hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in swimming competition including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THIS OPEN WATER COMPETITION OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: FLORIDA KEYS COMMUNITY COLLEGE, CITY OF KEY WEST, MONROE COUNTY, EVENT DIRECTORS, EVENT SPONSORS, EVENT COMMITTEES OR ANY INDIVIDUAL SUPERVISING SUCH ACTIVITIES.

Finally, I understand that there will be no refunds given for any reason including event cancellation.

Swimmer's Signature _____ Date: _____

Entry fee: solo- \$160, Relay: 2 person-\$240, 3 person- \$330,4 person-\$420
5 person-\$510, or 6 person- \$600 = \$ _____

Extra T Shirts (fill in quantity, each shirt is \$10.00 each)
T-Shirt-S ___ M ___ L ___ XL ___ XXL ___ = \$ _____

Total enclosed: = \$ _____

\$10 Discount for USMS and USA Swimming Members- must attach card* (Solo swimmers only)