

1st ANNUAL  
QUASSAPAUG SAILING CENTER  
**OPEN WATER  
SWIMMING FESTIVAL**

Sponsored by and to Benefit the  
Quassapaug Sailing Center

3 Mile Open Water Swim Race  
1  $\frac{1}{2}$  Mile Open Water Swim Race  
 $\frac{1}{2}$  Mile Open Water Swim Race

Swim in beautiful Lake Quassapaug in Middlebury, CT  
60 Foot Deep, Spring Fed, Fresh Water Lake  
Point to Point, Straight Line Swims for 3 and 1  $\frac{1}{2}$  Mile Swim Races

3 Mile Race Starts at 8:00 a.m. (Check-In 7:00 - 7:45 a.m.)  
1  $\frac{1}{2}$  Mile Race Starts at 11:00 a.m. (Check-In 10:00 - 10:45 a.m.)  
 $\frac{1}{2}$  Mile Race Starts at 1:00 p.m. (Check-In 12:00 - 12:45 a.m.)

**Quassapaug Sailing Center  
Middlebury, CT  
Saturday, September 1, 2007**

(Rain date is Sunday September 2, 2007)

Athlete Entry Fee includes Post Race Food and Awards Ceremony

Directions

I-84 West, Exit 17 to Route 64 past Quassy Amusement Park.  
After Amusement Park take First Right onto Old Woodbury Rd. and follow signs to QSC  
I-84 East, Exit 16 at end of Ramp turn Right onto Route 188 then Left Turn onto Christian Road and  
then Second Left onto Route 64 to Right Turn onto Old Woodbury Rd and follow signs to QSC

**Entry Fees**

**\_\_\_ 3 Mile Race**

\$30.00 Postmarked by 8/1/07  
\$35.00 After 08/1/07  
\$40.00 Day of Race

**\_\_\_ 1 1/2 Mile Race**

\$25.00 Postmarked by 8/1/07  
\$30.00 After 8/1/07  
\$35.00 Day of Race

**\_\_\_ 1/2 Mile Race**

\$20.00 Postmarked by 8/1/07  
\$25.00 After 8/1/07  
\$30.00 Day of Race

**Five Miles of Open Water Swimming**

\_\_\_ Entry Fee for All 3 Races  
\$60.00 Postmarked by 8/1/07  
\$75.00 After 8/1/07  
\$90.00 Day of Race

\_\_\_ Tickets for Post Race Food for Family, Relatives & Friends  
\$5.00 Purchased By Mail or at QSC on Day of Race

**Award Categories**

**Male and Female Awards**  
by 10 Year Age Groups  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places

**High School Swimmers Awards**  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male and Female

**5 Mile Swimmers Awards**  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male and Female

**Wetsuit Competitors**  
35 & Under and 36 & Over  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male and Female

**Swimmers will be Removed from the Water Based upon the Following**

**Time Limits:**  
3 Mile Swim - 2 1/2 Hours  
1 1/2 Mile Swim - 1 1/2 Hours  
1/2 Mile Swim - 1 Hour

**ENTRY INFORMATION:**

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Name: \_\_\_\_\_ Sex: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Age on Race Day \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ E-mail address: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_  
Parent/Legal Guardian Signature if Under 18: \_\_\_\_\_  
Name of Parent/Legal Guardian: \_\_\_\_\_  
High School Attended: \_\_\_\_\_ Class for 07-08 School Year \_\_\_\_\_

**By completing and mailing this entry form, I indicate my agreement to sign a liability waiver form at pre-race registration.**

Mail entry form, check\* to:  
QSC Open Water Swim  
c/o David Heller  
29 Coventry Lane  
Naugatuck, CT 06770

For Info:  
Call: (203) 723-9008  
E-mail: [sphdmh@aol.com](mailto:sphdmh@aol.com)  
Website: go to registration at  
[www.patgriskustri.com](http://www.patgriskustri.com)

*\*Please make checks payable to: Quassapaug Sailing Center  
All donations to QSC are tax deductible*