

2011 Powerhouse Paddle & Swim-Sunday, September 18th

<u>Check In</u>	<u>Event</u>	<u>Race Start</u>
6:30AM-7:30AM	1-Mile Swim	8AM
7:00AM-8:00AM	250 Yard Youth Swim	8:30AM
7:30AM-8:30AM	Youth Paddleboard/SUP	9AM
7:30AM-9:30AM	3 & 6-Mile Paddleboard/SUP	10AM
7:30AM-9:30AM	Novice Paddleboard/SUP (1 mile)	10:05AM

Full Name _____
 Address _____
 City _____ State _____ Zip _____ Age _____
 Email _____ Phone _____

COMBINED 6-MILE PADDLE/1-MILE SWIM-\$60						K	Q	COMBINED 3-MILE PADDLE/1-MI SWIM-\$40					Prince	Princess	
KING/QUEEN OF THE POWERHOUSE (ck box)								Prince/Princess of the Powerhouse (ck box)							
1-MILE SWIM EVENT - \$45.00															
	18/U	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+			
Female															
Male															
YOUTH SWIM EVENT (250 YARDS) - \$20.00															
	10/U	11-12	13-14	15-18											
Female															
Male															
YOUTH PADDLE & SUP EVENT - \$20.00															
	10/U	11-12	13-14	15-18								SUP	Paddle		
Boy					SUP participants must provide own board (check box)										
Girl					Paddleboard participants must use boards provided (check box)										
ADULT 3 MILE & NOVICE PADDLE BOARD/SUP EVENTS - \$45.00															
	Novice	3 mile	3 mile	3 mile	3 mile	Women only 3 mile		Challenged		Kapuna					
	1 mi	UL	14 ft	Stock	SUP	UL, 14 ft & stock		Paddler		50 yrs+					
Women															
Men															
ADULT 6 MILE PADDLE BOARD/SUP EVENTS - \$45.00															
		6 mile	6 mile	6 mile	6 mile	Women only 6 mile		Challenged		Kapuna					
		UL	14 ft	Stock	SUP	UL, 14 ft & stock		Paddler		50 yrs+					
Women															
Men															

Waiver: I understand that paddleboard racing and swimming are dangerous sports, and that I could be killed or injured participating in the Powerhouse Paddle and Swim Event. I voluntarily assume all risks of participating in this race, including risks arriving from the negligence of its sponsors and organizers. Furthermore, I waive any right I might have, or will have in the future, to sue the sponsors or organizers of the Powerhouse Paddle and Swim Event for any injury related to my participating in it.

Signature _____ Date _____
 Signature of Parent or Guardian _____ Date _____
 (required for participants under age 18)

MAKE CHECK PAYABLE TO: POWERHOUSE PADDLE, LLC
MAIL ENTRY TO: Powerhouse Paddle, 125 13th Street, Del Mar, CA 92014