

2009 Powerhouse Paddle & Swim Entry

Sunday, September 20th

Check In

6:30AM-7:30AM
7:30AM-8:30AM
7:30AM-9:30AM
7:30AM-9:30AM

Event

1-Mile Swim
Youth Paddleboard
3 & 6-Mile Paddleboard
Novice Paddleboard (1 mile)

Race Start

8AM
9AM
10AM
10:05AM

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

COMBINED 6-MILE PADDLE & 1-MILE SWIM - \$60.00	King	Queen
"KING & QUEEN OF THE POWERHOUSE" (check box)		

SWIM EVENT ONLY - \$40.00												
	18 & Under	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+
Female												
Male												

YOUTH PADDLE EVENT - \$20.00					
	10 & Under	11-12	13-14	15-18	All Participants must use foam boards provided
Boy					
Girl					

ADULT 3 MILE & NOVICE PADDLE BOARD EVENTS - \$40.00								
	Novice	3 mile	3 mile	3 mile	3 mile	Women only 3 mile UL, 14 ft & stock	Challenged Paddler	Kapuna 50 yrs+
	1 mile	UL	14 ft	Stock	SUP			
Women								
Men								

ADULT 6 MILE PADDLE BOARD EVENTS - \$40.00								
		6 mile	6 mile	6 mile	6 mile	Women only 6 mile UL, 14 ft & stock	Challenged Paddler	Kapuna 50 yrs+
		UL	14 ft	Stock	SUP			
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