

# Deer Point Lake

## 1 Mile Open Water Swim



July 10, 2010  
8:00 a.m.

**Where:** Panama City, FL. at the Deer Point Lake park next to the dam on Hwy 2321.

**Entry fee:** \$15.00 early/\$20.00 late. (NO t-shirts)

**Course:** The course will be a large triangle, marked with large orange buoys.

**Awards:** Overall male & female, masters and grand-masters.  
Three deep in 5 year age groups.

**Post race picnic:** The Panhandle Runners & Triathletes Club will provide a picnic lunch to all participants and their families. Participants are welcomed to bring a favorite dish to share.

**For more information call:** Joe Edgecombe 850-774-0018 or e-mail:  
joeruns@yahoo.com

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Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail address: \_\_\_\_\_

\* Please type or write legibly.

**Waiver:** I know that an open water swim is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race officials relative to my ability to safely complete the swim. I certify that I have completed the distance that I have registered to enter. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for this event, I, for myself and anyone entitled to act on my behalf, waive and release the Panhandle Runners & Triathletes Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Make checks payable to: Panhandle Runners & Triathletes  
Po box 381  
Panama City, FL 32402

Register on-line at: Active.com