



## **Application for a Sanctioned Solo Marathon Swim of the Monterey Bay**

Congratulations on your choice to swim across the Monterey Bay. The Monterey Bay is one of the most beautiful yet challenging marathon swims in the world. The MBSA was formed specifically to support you in achieving your dream. Our collective experience with long distance open water marathon swims, and the Monterey Bay, makes us the perfect partner for this goal.

MBSA is the only sanctioning body in the Monterey Bay and is respected as such throughout the international swimming community.

MBSA observation and sanctioning includes: pre-swim information and support, two official observers, tracking, detailed swim report, documentation, ratification, promotion (if wanted), verification with the press (if wanted), certificate, a very cool medal, and recognition at the annual awards ceremony. A successful and verified swim with MBSA also gives your swim credibility and recognition across the global marathon swimming community.

Completed application packages are reviewed within two weeks of receipt and the MBSA will contact you with any questions and/or confirmation of your swim date and observer assignments.

Your first step in completing this application is to charter your boat and captains. This will ultimately define your swim date and start time.

Please spend time reviewing the rules, tips for planning your swim and other resources on the MBSA website ([www.swimmonterey.org](http://www.swimmonterey.org)) before completing this application. This information can help to ensure your application and swim plan are as complete as possible.

It's our goal to support you in preparing for and experiencing the most successful swim possible.

Sincerely,  
The MBSA Board of Directors



**Completed Applications can be mailed, faxed, or emailed.**

Send Entire Application Package and All Fees to:

**Monterey Bay Swimming Association**

**333 Arthur Avenue**

**Aptos, CA 95003**

Or Email To:

**contact@swimmontereybay.com**

**cc: stapley@secondpeak.com**

## **The Observation/Sanction Fee is: \$250 US Dollars**

(Includes MBSA membership. If you are already a member in the year you are applying, you can deduct \$50. Lifetime Members receive a \$100 discount on sanction fees. If you are a Lifetime Member, your total sanction fee is \$100. If you are not yet a Lifetime Member but would like to become one before your solo, the total fee to pay is \$350 (250 membership + 100 sanction fee).

All payments must be in **US Dollars** and made to:

*Monterey Bay Swimming Association*

You can also pay fees using PayPal. To do this, go to the Membership page on the MBSA website, and use the [Donate](#) button to submit your payment.

If needed, ask about our scholarship program, payment plans, and others ways to support you with your sanction fees.

### Swimmer Information

Name: \_\_\_\_\_  
(Enter as you would like it to appear on the official MBSA certificate, and list of successful swims.)

Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_

Country: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Hotel/Travel Residence (if you know it): \_\_\_\_\_

Select your Swim:

- Monterey Bay Crossing North to South
- Monterey Bay Crossing South to North

**CONSULT YOUR PILOT BOAT CHARTER’S CONTRACT TO CONFIRM THE FOLLOWING DETAILS:**

Navigator (boat captain): \_\_\_\_\_ Name of Charter Vessel: \_\_\_\_\_

Date to Meet at the Docks/Port: \_\_\_\_\_ Scheduled Departure Time: \_\_\_\_\_

Max Boat/Crew Capacity (including swimmer): \_\_\_\_\_

Planned Start Date/Time of Swim: \_\_\_\_\_

**Please confirm that your navigators are also familiar with the Rules of the swim, as defined by MBSA.**

## MBSA Membership Form

### Membership Benefits

Membership is required for all sanctioned swims. You must be a member during the year of your planned attempt and membership dues must be included with your application to swim package or the application will be considered incomplete.

### Types of Membership

#### Annual:

Annual membership is a cost-effective option for someone interested in a single sanctioned swim.

#### Lifetime membership:

Lifetime membership is good for current-year and future swims. MBSA is a volunteer driven organization and is entirely funded by swimming fees and membership dues. By becoming an annual member, you are contributing to the mission of promoting safe and successful swimming in the Monterey Bay. As a lifetime member, your name will be listed on the website and recognized at MBSA events.

### Membership Application

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Select type of membership requested:

- Annual Membership: \$50. (this is included in the \$350 solo swim sanction fee)
- Lifetime Membership: \$250. (Lifetime members receive a \$100 discount on solo sanction fees)

I am applying as a:

- Solo Swimmer
- Relay Swimmer
- MBSA Supporter, Observer, support crew, or open water enthusiast, general club member...

## Waiver and Release of Liability

**PLEASE READ CAREFULLY BEFORE SIGNING.  
THIS IS A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.**

I, \_\_\_\_\_, have voluntarily requested to enter and participate in an effort to swim in, across, around, or near the Monterey Bay, California.

I understand the extreme dangers and risk of such an undertaking and am aware of the difficulty involved, even for the most conditioned athlete. I understand that I should not enter this event unless I am in excellent health and am fully trained and conditioned for this strenuous task. I am also aware of the unusual weather conditions that may prevail in the Monterey Bay at any time of the year, including but not limited to: high, gale force winds; dense fog; great and swift seas; strong currents; pounding surf; treacherous rocks and reefs; and the constant presence of potentially dangerous marine creatures such as sharks, marine mammals, and highly toxic Scyphozoans (jelly fish). I am aware that this body of water is used by both private and commercial vessels, including but not limited to fishing boats, small motor boats, large commercial ships, and cruise ships of varying tonnage and size. These vessels can be present day and night and travel at great speed. I AM AWARE THAT THESE ACTIVITIES AND MY PRESENCE AND ACTIVITY ON AND ABOUT THE WATERCRAFT AND IN THE ADJACENT WATERS CONSTITUTES A HAZARDOUS ACTIVITY. I AM VOLUNTARILY PARTICIPATING IN THIS ACTIVITY WITH KNOWLEDGE OF THE DANGER INVOLVED, AND AGREE TO ASSUME ANY AND ALL RISKS OF BODILY INJURY, DEATH OR PROPERTY DAMAGE, WHETHER THOSE RISKS ARE KNOWN OR UNKNOWN.

I verify this statement by placing my initials here: \_\_\_\_\_  
If under 18, place Parent or Guardian's initials here: \_\_\_\_\_

Nevertheless, with knowledge of these facts, and in consideration of acceptance of my entry, I intend to be legally bound for myself, my heirs, executors and administrators, hereby waive and forever discharge any and all rights and claims for damages that may accrue to me against the Monterey Bay Swimming Association, it's founders, board of directors, officers, members, the sponsors and directors of the event, the counties and municipalities involved, the individuals assisting with the event, or any person connected with this event, their representatives, successors and assignees (collectively, the "Releasees"), from all rights, claims, or liability for damage for any and all injuries to me or my property, arising out of, or in connection with: (i) my participation in this event, (ii) my access to and presence on and about the watercraft and in the adjacent water, (iii) the negligence or other acts, whether directly or indirectly connected to this activity and however caused by any Releasee, and/or (iv) the condition of the watercraft, the adjacent water and other areas where this activity may occur, whether or not I am then participating in such activity. I also agree that I, my assignees, heirs, distributees, guardians, next of kin, spouse and legal representatives will not make a claim against, sue, or attach the property of any Releasee in connection with any of the matters covered by this Waiver of Liability. I further agree that I will indemnify and hold the Releasees harmless against all claims, demands, and causes of action including court costs and attorney's fees, directly or indirectly arising from any action or proceeding brought by or prosecuted for my benefit. This release extends to all claims of every kind and nature whatsoever, whether known or unknown.

**I ACKNOWLEDGE THAT I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I UNDERSTAND THIS IS A WAIVER AND RELEASE OF LIABILITY AND IS A CONTRACT BETWEEN MYSELF AND THE MONTEREY BAY SWIMMING ASSOCIATION, AND I SIGN IT OF MY OWN FREE WILL.**

Name of Swimmer: \_\_\_\_\_ Signature of Swimmer: \_\_\_\_\_ Date Signed \_\_\_\_\_

Signature of parent or guardian (if swimmer is under 18 years of age): \_\_\_\_\_

Witness Name: \_\_\_\_\_ Witness Signature: \_\_\_\_\_

**Note: Swimmer and all crew boarding the boat will be required to sign an additional waiver of liability prior to leaving port during the swim attempt.**

## Swim History

Marathon and Ultra-Marathon swims in the Monterey Bay require extensive open and cold water swim experience, long-term acclimation, and disciplined training.

List your most relevant swims. Attach a separate sheet or your swim resume if applicable.

SWIM	Swim #1	Swim #2	Swim #2	Swim #4
DATE				
LOCATION				
OCEAN OR LAKE				
TOTAL TIME				
TOTAL DISTANCE				
WATER TEMP				
AIR TEMP				
WATER CONDITIONS				
WEATHER				
ESCORT BOAT OR PADDLER?				
NOURISHMENT (FOOD CONSUMED, VOLUME/OUNCES FREQUENCY)				
FEEDING METHOD				
CONTACT/OBSERVER TO VERIFY SWIM				

## **Acknowledgement of Qualifying Swim Requirements**

**MBSA sanctioned swims require that you complete a qualifying swim within 1 year of your swim date.**

These qualifying swims are to make sure you are aware of the challenge you are taking up and to give you a taste of what to expect. They are short swims compared to the actual Monterey Bay swim, and should become a distance that is often exceeded while training.

**DO NOT treat them as a training target for a successful swim.**

### ***Monterey Bay Crossing***

- For SOLO swims, you must have completed a 7-hour swim in open water of comparable temperature within 1 year (but not less than 14 days) prior to your swim date.

As part of this application, I acknowledge that I understand and commit to my “qualifying swim” requirement.

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

**NOTE: It is not required, but recommended that you have previously completed at least an 8-10 hour open water swim in comparable temperatures.**

## My Swim Plan

Your plan should, at a minimum, include the following.

### THE BASICS

<b>Swim Date:</b>	<b>Planned Swim Route:</b>	<b>Swim Start Location:</b>	<b>Target End Location:</b>
<b>Boat Name:</b>	<b>Boat Captains</b>		<b>Boat Location/Dock:</b>
<b>Meet At Boat Time:</b>		<b>Estimated Swim Start Time</b>	

### CREW

Name:	Role: (paddler, coach, feeding, other)	Experience in this Role:
	Crew Chief	

### BREATHING PATTERNS

I breathe from the:  Left  Right  Both (bilaterally)

### FEEDING PLAN

Feeding Frequency: (Every 20 min, 30 min, etc.)	Products, Food, or liquids you plan to consume:	Dispensing Plan (from kayak, from boat, other)	Have you practiced this skill?

### INTENTION TO URINATE DURING SWIM

Frequency	Have you practice this skill?	Any difficult with this skill?

**NIGHT SWIMMING HISTORY:** Have you swum at night?  YES  NO

**JELLY FISH STING HISTORY:** Have you ever been stung by Jelly Fish in the past?  YES  NO

If yes, please describe. Include type (if known), severity, when, and where this occurred.

---



---



---

**HYPOTHERMIA HISTORY:** Have you ever had hypothermia?  YES  NO

If yes, please describe. Include severity, re-warming method, when and where this occurred.

---



---



---

### Medical Acknowledgement

Please consult with your doctor to determine if you are fit enough to attempt this swim. After meeting with your doctor, complete and sign this Medical Certificate as part of your completed Swim Application Pack

**Swimmer fills out this section first:**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_

Country: \_\_\_\_\_

Name of Medical Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Health Care Provider: \_\_\_\_\_ Policy Number: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Contact Phone: \_\_\_\_\_

Relationship of Emergency Contact: \_\_\_\_\_

**Name of Medical Doctor:** (Print Name) \_\_\_\_\_

**Date of Examination:** \_\_\_\_\_

**To be completed by swimmer:**

**I hereby declare to the best of my knowledge that I am in good general health and declare that I have not omitted any information which might be relevant to my ability to attempt a marathon swim.**

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_