

## 2021 Summer Aquathlons at the Foster Aquatic Center

Semper Fit Aquatics will host aquathlons (run/swim/run combinations) at the Foster Aquatic Center. These are free, non-competitive training events. The pool will be set-up to swim widths (short course). The swim will be done snake-style, each lane one-way. Athletes may do either or both races on each date.

### EVENT DATES

#### Tuesday 29 June

Race #1 = 390m run + 100 meter swim + 390m run (run = tennis court lap course).

Race #2 = 2 lap run (2.16km) + 200m swim + 2 lap run (1.44km) (run = softball field lap course).

#### Tuesday 13 July

Race #1 = 390m run + 100 meter swim + 390m run (run = tennis court lap course).

Race #2 = 3 lap run (2.16km) + 200m swim + 2 lap run (1.44km) (run = softball field lap course).

#### Tuesday 27 July

Race #1 = 390m run + 100 meter swim + 390m run (run = tennis court lap course).

Race #2 = 4 lap run (2.88km) + 400m swim + 2 lap run (1.44km) (run = softball field lap course).

### TIMELINE

4:30pm warm-up

5:00pm registration closes

5:10pm start first race

5:40pm second race expected start time (will start after conclusion of first event).

### PARTICIPANTS

Anyone - Military, DOD, Civilian, Japanese, on or off-island, etc. that has base access. Participation may be limited to SOFA-only pending COVID restrictions.

### COURSE MAPS

[https://www.mccsokinawa.com/uploadedFiles/MainSite/Content/Recreation and Leisure/Aquatics/map\\_foster\\_aquathlons.pdf](https://www.mccsokinawa.com/uploadedFiles/MainSite/Content/Recreation and Leisure/Aquatics/map_foster_aquathlons.pdf)

### ENTRY

1. Entry on-site, 4:30-5:00pm, day of event.
2. May do either or both races.

### FEES

1. Free

### RULES

1. Events will be run as mixed gender and age.
2. No awards will given.
3. There will be a break of at least 5-minutes between races.
4. Shoes must be worn during the run.
5. No shoes are allowed in the pool.
6. Athletes must walk on the pool deck; no running once inside the fence.
7. Reflective running belts may be required based on light conditions.
8. Athletes must complete the swim and start the second run at least 15-minutes prior to sunset.
9. No make-up date if event is cancelled due to inclement weather or other issues.

Release: In consideration for receiving permission to participate in this event, I shall indemnify, waive, release, and forever discharge the U.S. Government, the U.S. Marine Corps, the Marine Corps Community Service (MCCS), and all sponsors, medical support and any other individuals or entities connected in any way with this event from any and all claims for damages, death, personal injury or property damage and/or litigation costs/attorneys' fees, arising from or contributing to, in whole or in part, by any act, omission, fault or mistake of the above-named persons or entities and their employees or agents, resulting from my participation in this event. I verify that I have full knowledge of the rigors of this event and the risks involved in participation, including but not limited to trip and fall, loss of orientation, exhaustion, dehydration, hyponatremia, fatigue, over-exertion, sun or heat stroke, illness, cold injuries, hypothermia, drowning (if water event), and any other injuries related to running and/or endurance events. I assert that I am physically fit and have sufficiently trained to complete this event. I realize medical support for this event will consist primarily of first-aid type assistance, perhaps by volunteer laypersons. This waiver and release shall be binding on my heirs and assigns and shall run in favor of the above-named persons or entities and any individuals in any way connected with this event.

By registering for this event, you understand and expressly acknowledge that an inherent risk of exposure to COVID-19 exists in any public place where people are present. In attending the event, you and any guests voluntarily assume all risks related to exposure to COVID-19, and waive, release, and discharge MCCS or any of their affiliates, directors, officers, employees, agents, contractors, or volunteers from any and all liability under any theory, whether in negligence or otherwise, for any illness or injury.

I further agree to have my participation in this event videotaped and photographed, and I hereby waive and release all rights to said videotapes and photographs to MCCS for its exclusive use in publicity for and/or illustration of athletic events. By signing up for this event online, I agree to be automatically added to the mailing list to be alerted of new events and activities that I may be interested in. I can opt out at anytime. I agree to abide by all decisions of MCCS and its designated officials. I have read and understand the contents of this Liability & Publicity Release.

Race #1 Run Course, Clockwise.  
All dates: 1 lap run + swim + 1 lap run.



Race #2 Run Course, Clockwise.

3 lap run (2.6km) + 200m swim + 2 lap run (1.4km).

4 lap run (2.8km) + 400m swim + 2 lap run (1.4km).

5 lap run (3.6km) + 400m swim + 2 lap run (1.4km).

