

SUBMISSION OF 2019 GCBS 4.4 SWIM DOCUMENTATION REQUIREMENTS

AFTER YOUR 4.4 ENTRY FORM IS COMPLETED, AND IF YOU ARE REQUIRED TO SUBMIT DOCUMENTATION, YOU WILL HAVE THREE WEEKS FROM YOUR ENTRY FORM DATE, IN WHICH TO SUBMIT DOCUMENTATION. If you require more than three weeks time, please send a time extension request to lindat@linmarksports.com

2019 GCBS 4.4 SWIM DOCUMENTATION REQUIREMENTS . . . WHO & WHAT ARE THEY?

1. **IF 4.4 Entrant did not complete either the One Mile Bay Challenge or the 4.4 Swim in either 2017 or 2018 swimmer MUST SUBMIT SWIM DOCUMENTATION ACCORDING TO THE OPTIONS BELOW.**

NOTE: When you complete your on-line 4.4 entry form, one of the questions YOU ANSWER WITHIN THE ENTRY FORM: IF YOU COMPLETED EITHER THE 1 MILE OR 4.4 SWIM IN 2017 OR 2018. You must select either YES, or NO. (we have results records for those years).

2. **If NO -- you ARE REQUIRED** to submit swim documentation from the following options. WE FOLLOW FOR SUBMISSION FOR EACH PERSON WHO IS A NO. **A NAME LIST IS COMPILED AND INDIVIDUALLY TRACKED.** And, yes, if you do not submit PER required by listed submission deadline, your entry fee will be refunded, minus the \$60 processing fees, and you will not be permitted to participate.

Please be aware we must be assured that GCBS has taken every safety precaution regarding YOUR ABILITY TO SHOW YOU ARE CAPABLE TO UNDERTAKE THE CHALLENGE OF SWIMMING 4.4 MILES IN OPEN WATER, and what swim day water and weather can present.

THIS IS NOT A FUN SWIM. This is an accomplishment & swim challenge for which hundreds will be in the water to help you in safety and guidance. To all staff, volunteers, support groups **YOUR SWIM DAY SAFETY IS FIRST.**

3. **4.4 DOCUMENTATION SUBMISSION OPTIONS: EITHER OPTION SHOULD BE SENT VIA EMAIL ATTACHMENT DIRECTLY TO: lindat@linmarksports.com** You will receive an email confirmation upon receipt and approval. **DO NOT PRE-SUBMIT DOCUMENTATION UNTIL AFTER YOU HAVE BEEN SELECTED AND HAVE COMPLETED THE ENTRY FORM WITH ON-LINE PAYMENT.** Thank you.

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IF YOU WILL BE REQUIRED TO SUBMIT SWIM DOCUMENTATION OPTIONS:

DOCUMENTATION MUST BE FROM EITHER 2017 OR 2018:

>>Results must have event title, date, location and distance. Just email the results page with your name, circle it please. Email it to lindat@linmarksports.com

1. Swim results from an Olympic distance or longer triathlon race from 1500 meters or longer swim distance, at pace of 40 mins. or under, per mile. You may also submit results from a 1-mile swim or longer swim race.

2. Completion of a continuous 3-mile pool-swim, in 2 hours 15 minutes, or under. . . within the past two years (2017–2018). SUBMIT A LETTER OF VERIFICATION, WITNESSED & SIGNED BY THE POOL MANAGEMENT, OR LIFEGUARD, OR A SWIM COACH. Must be submitted on pool letterhead. If submitted by your swim coach, letter must contain, affiliation, address, email and phone number.

He or she must also cc the swimmer on the submission of their swim documentation.

3. Letter must state that your swim was witnessed, the distance, and time completed.
IMPORTANT: All submitted documentation must contain the date, event title, location, or pool completed.

DO NOT JUST SEND ME A LINK AND EXPECT ME TO SEARCH FOR YOUR NAME AND RESULTS IF YOU ARE SUBMITTING A RACE TIME FROM A 1 MILE SWIM/OLYMPIC DISTANCE OR LONGER, YOU MUST: SEND JUST THE PAGE/SECTION WHERE YOUR SWIM RESULTS ARE, AND CIRCLE YOUR NAME, IF IT IS A FULL PAGE. A page screen shot is also acceptable.

Hundreds will be submitting swim documentation; all will be acknowledged as received . . . it will be impossible to go to sites to find an entrant's swim results. Again, a list is compiled of all entrants who will be required to submit documentation. It will be followed for those who do not follow this very important safety requirement.

AFTER YOUR 4.4 ENTRY FORM IS COMPLETED, AND IF YOU ARE REQUIRED TO SUBMIT DOCUMENTATION, YOU WILL HAVE THREE WEEKS, IN WHICH TO SUBMIT DOCUMENTATION from your entry date.

>> If injured, or other circumstances result in an applicant requiring more time, just email LINDA with circumstance and request a time extension. Email: lindat@linmarksports.com

Direct Email: lindat@linmarksports.com

Web: www.linmarksports.com

Your Main Resource for all Pre & Post Swim Day Info.