

Acknowledgement Of Completion Of Swim Requirement For The 2016 NACS

In order to promote safety and to help ensure our participants are capable of completing the difficult demands of the open water swim of the New Amsterdam City Swim (NACS), the organization of the New Amsterdam City Swim ("The Organization") requires that every participant who participates in the swim has swim experience. The organization requires each swim participant to have successfully completed one of the below Swim Requirements. Please confirm that at least one of the 2 options applies to you and if necessary you are able to provide evidence.

- **I have completed a supervised swim in open water of at least 750 meters (2461 ft.) or a supervised swim in an indoor and outdoor pool of at least 1500 meters (4921 ft.) within 18 months of the event date.**

- **I have or will complete an open water swim of at least 750 meters (2461 ft.) within 18 months of the event date. Please confirm ALL of the below representations:**
 - I have based my training on completing a 1500 meters (4921 ft.) swim in open water.*
 - I have considered the swimming conditions (such as current, chop and water temperature) in the Hudson River when preparing this event.*
 - In case I use a wetsuit, I have experience in swimming in a wetsuit.*
 - I have experience in swimming in open waters in a group of swimmers.*

The organization makes no representation that completion of this open swim experience requirement assures the participant he/she has the requisite experience to complete the swim safely. Conditions in the water are largely unpredictable, as are the conditions at the day of the event, and each participant must be the ultimate judge of their own fitness and experience to handle all of these.

It is your responsibility to be complete and truthful in your response regarding the completion of the required swim. The organization relies entirely upon your representation that you have completed one of the Swim Requirements. No refund will be given to anyone who enters the race but thereafter fails to acknowledge that he/she has met this requirement.

I represent that I have successfully completed the open water Swim Requirement as described above. Please check the box on the online form.