

**12th International
Self-Transcendence**

12 Hour Swimming

Hallenbad City Zurich

Sunday, February 28th 2010

8.00 a.m. to 8.00 p.m.
for solo swimmers and relays



Entry-form

for the 12th International Self-Transcendence 12 hour-swimming

Solo swimmers

Man Woman

Name / First name: _____

Street/Nr.: _____

ZIP-Code: _____ City/Country: _____

Phone: _____ E-mail: _____

Date of birth: _____ Nationality: _____ Club: _____

Swimmingstyle: _____ Speed km/h during 12h: _____ Expected km in 12h: _____

Special swimming achievements: _____

I would like to swim with my own cap. Color-choices: _____ / _____ / _____

Relayteams

Name of the team: _____

Name / First name of the teamleader: _____

Street/Nr.: _____ E-mail: _____

ZIP-Code/City: _____ Phone: _____

Names of all the swimmers:	Year	Distance in 30 min.	Swimmingstyle
1.			
2.			
3.			
4.			
5.			
6.			
7.			

The starting places are limited – first come, first serve!

Please send to: Sri Chinmoy Marathon Team, René Kaul, Langächerstr. 3, 5454 Bellikon, Switzerland, Fax +41 (0)56 496 01 54, zh-12hswim@srichinmoyraces.org

- Date:** Sunday, February 28th 2010
- Time:** Start: 8.00 a.m.; finish: 8.00 p.m.
- Location:** Hallenbad City, Sihlstr. 71, Zurich, tel. +41 (0)44 219 77 22
(near railway station "Selnau"), 50 m indoor pool, 28° C
- Entry fee:** Solo swimmers: SFr. 100.–
Relayteam: each swimmer SFr. 50.–
payable to
Swiss Post, Post Finance, Nordring 8, 3030 Bern, Switzerland
IBAN: CH11 0900 0000 8006 5599 0, BIC: POFICHBEXX
Account name: Sri Chinmoy Marathon Team,
Sportveranstaltungen, 8000 Zurich
- Latest entrydate:** Saturday, February 13th 2010
After the 13th: If there is still place available,
SFr. 10.– extra per person
- Information:** Sri Chinmoy Marathon Team, René Kaul, Langächerstr. 3,
5454 Bellikon, tel. +41 (0)56 496 28 40,
www.srichinmoyraces.org/ch
- Food:** During 12 hours included in the entry fee. Rice, pasta, snacks,
fruits, sweets and drinks. A delicious buffet for hungry swimmers!
- Massage:** Will be provided during certain times
- Insurance:** Is the responsibility of each swimmer. The organizers are
not responsible for theft, accidents or illness that may occur
during the race.

Solo swimmers

- Categories:** Men and women: –39 years
Masters men and women: 40 years and over
- Prizes:** 1st – 3rd place in the main category Men and Women
1st – 3rd place in senior categories. All participants get a diploma.
- Rules:** Individual swimmers can swim as they want.
They are free to take breaks.

Relayteams

- Categories:** One Categorie. Teams can consist of 2 – 7 mixed swimmers.
- Prizes:** 1st – 3rd place
All participants get a diploma.
- Rules:** Change every 30 minutes. Free order of change.
A swimmer may also swim two times at a stretch (1 hour).

Rules for all swimmers: Swimmers must not use fins, wetsuits, boards,
poolbuoys, etc. High-tech swimsuits are not allowed.

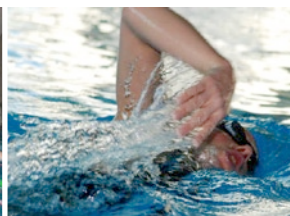
The swimmers must wear classical textile swimwear.

Best results of our previous 12 Hour Swimming Races in Zurich

Category Relays:	Uster Thialf	SUI	57,7 km	2001
Category Women:	Lenka Sterbova	CZE	43,0 km	2004
Category Masters Women:	Anita Serafini	SUI	43,2 km	2006
Category Men:	Roland Schudel	SUI	42,5 km	2001
Category Masters Men:	Martin Strel	SLW	41,2 km	1996

Events organized by the Sri Chinmoy Marathon Team 2010 in Switzerland

- | | | |
|---------------------------------------|-------------------|-----------------|
| • 10 km Race | Schaffhausen | March 14th '10 |
| • Int. 12/24 Hour Race | Basel; St. Jacob | May 8th/9th '10 |
| • Int. Marathon-Swim (26,4 km) | Rapperswil–Zurich | August 8th '10 |



» *Just silence the mind.
Lo!
Cosmic energy enters
Into our entire being,
And tremendous energy
Flows in and through us.* «

- SRI CHINMOY -



Sri Chinmoy Marathon Team

René Kaul, Langächerstr. 3, CH-5454 Bellikon, Switzerland

Fax: +41 (0)56 496 01 54