

29th Annual Jack King One Mile Ocean Swim



Sunday, June 24, 2012
10:00 a.m.
Virginia Beach, VA



ONLINE ENTRY IS HIGHLY ENCOURAGED. PLEASE CONTACT RACE DIRECTOR FOR A RACE APPLICATION IF YOU CANNOT REGISTER ONLINE

Go to www.ClubAssistant.com to Register

Online Entry Fee: \$30 by June 8, 2012. \$35 after June 8 to June 22nd, 2012. Online entry closes Friday, June 22 at 5 pm. \$50 race day entry at race site. T-shirts are guaranteed to swimmers who register by June 8, 2012. No Refunds.

Eligibility: Minimum age to participate is 18 as of June 24, 2012. All swimmers must be registered with USMS. Online registration for USMS is available on the web at www.usms.org. or contact:

Lisa Bennett, Registrar -11812 Winfore Drive - Midlothian, VA 23113 swimlab56@msn.com

NOTE: USMS registration is also available with online entry to the race (annual USMS registration or one event passes).

Age Groups/Awards: Awards will be presented to the 1st – 6th place swimmers in each age group. Standard Masters age groups will be used (18-24, 25-29, 30-34 and so on in 5 year increments).

NOTE: Wet suits are allowed. However, no official time will be given and not eligible for awards.

Course: The start is in the water at 24th Street, swimming north parallel to the beach/boardwalk. The finish is on the beach at 38th Street. Buoys mark the start and finish. You must swim around the finish buoy before exiting the water.

Directions: From I-64 take Route I-264 East. When the expressway ends, you are on 21st Street. Take 21st Street to Atlantic Avenue. Turn left on Atlantic Avenue and follow to 24th Street.

Parking: Municipal lots are located at 19th and 25th Streets. Metered spots are located along Atlantic and Pacific Avenues as well as side streets.

Inclement Weather: No rain date, No refunds due to weather.

General Race Information:

Swim caps will be provided to all entrants. Caps must be worn by all who participate. Water Temperature will be approximately 72 degrees or less. Trucks will be available at the start line to transport swimmers' bags to the finish line.

All swimmers must check-in race day at 24th Street on the beach. Restrooms and changing facilities are available at 24th Street Park. Check-in begins at 8:30 A.M. and ends at 9:30 A.M. A safety briefing will be held on the beach at 24th at 9:50.

For more information please contact:

June McDaniels: june@aquariusengineering.com or 757-496-2570

Hotel Information at: www.vbhotels.com / www.vbfun.com