30th Annual Jack King One Mile Ocean Swim

Hosted By VMST

Sanctioned by the Local Masters Swim Committee for Virginia (LMSC for VA) for USMS, Inc.

Sanctioning No. 123-W002

Sunday, June 23, 2013 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 https://www.ClubAssistant.com/club/meet_information.cfm?c=2080&smid=4493 **to Register**

ONLINE Entry Fee: $30 by June 7, 2013. $35 after June 7 to June 21st, 2013. Online entry closes Friday, June 21st at Midnight. $50 RACE DAY. T-shirts are guaranteed to swimmers who register by June 7, 2013. No Refunds.

Eligibility: Minimum age to participate is 18 as of June 23, 2013. All swimmers must be registered with USMS. Online registration for USMS is available on the web at www.usms.org.

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 sides 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.

A cutoff time of 1 hour and 15 minutes has been established for the course.

NEW THIS YEAR: A special award will be presented to any swimmer who participates in all three of the Virginia Open Water Series:
- Jack King 1-Mile Ocean Swim in Va. Beach- June 23, 2013
- Chris Greene Lake 1 or 2-Mile Cable Swim in Charlottesville- July 13, 2013
- Lake Moomaw 1-Mile Swim- August 3, 2013

For more information please contact:

June McDaniels: june@aquariusengineering.com or 757-496-7450

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