

# 30th Annual Jack King One Mile Ocean Swim



**June 23, 2013 10:00 a.m.**

**at the**

**Virginia Beach Oceanfront**

**Sponsored by Virginia Masters Swim Team**

Online registration at

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=2080&smid=4493](https://www.ClubAssistant.com/club/meet_information.cfm?c=2080&smid=4493)

Or

Call June McDaniels 496-7450

Hosted By VMST



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