

8th ANNUAL AVON OCEAN MILE 2009 1st ANNUAL SPLASH-N-DASH

DATE: **SUNDAY** July 12, 2009 (rain or shine)
 Registration 7:00-7:45am(Pool, 621 Ocean Ave., Avon)
 Race Time- 8:00am; All participants are requested to arrive by 7:45am
 Unlimited Entries/ No Age Limit

OCEAN MILE COURSE: Start/Finish @ Norwood Ave swimming south to Lincoln Ave. Retuning north to Norwood Ave. Approximate total distance = 1,600 yards.

SPLASH-N-DASH COURSE: Start/Finish @ Norwood Ave 5 minutes after start of Ocean mile. Participants will swim out to flag and return to beach. Approximate total distance=300 yards

SACTIONED BY: United States Lifesaving Association (www.usla.org)
 Borough of Avon by the Sea

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|-------------------------------|--------------------|---------------|
| CATEGORIES: OCEAN MILE | <u>MALE</u> | <u>FEMALE</u> |
| | 14 and Under | 14 and Under |
| | 15-19 | 15-19 |
| | 20-29 | 20-29 |
| | 30-39 | 30-39 |
| | 40-49 | 40-49 |
| | 50-59 | 50-59 |
| | 60 and over Unisex | |

| | | |
|----------------------|--------------|---------------|
| SPLASH-N-DASH | <u>MALE</u> | <u>FEMALE</u> |
| | 10 and Under | 10 and under |
| | 11-12 | 11-12 |
| | 13-14 | 13-14 |
| | OPEN | OPEN |

FEES: \$12.00 If Postmarked by Saturday, July 5, 2009
 \$15.00 day of race; 7:00-7:45 Avon Pool
 \$12.00 SPLASH-N-DASH

AWARDS: T-Shirts for all Pre-Registered participants
Day of race participants will be first –come-first-serve
 Trophies for 1st male and 1st female finisher overall
 Medals 1-2-3 in all categories(male and female)
 Awards ceremony to follow race

OTHER: Free street parking;first aid,police and lifeguard coverage
 Restroom, refreshment stand, restaurant and Media coverage.

INFORMATION: Ron Farina 75 Delaware Ave. Ocean Grove, NJ 07756
 723-502-4507/973-761-9594

Upon entering this race, I waive and release any and all rights and claims I may have against any individual, organization, corporation, or municipality connected with this race.

Print Name _____ Signature(Parent if under 18) _____

Winter Address _____ City _____ State _____ Zip _____

Phone _____ Age as of 7/12/09 _____ Sex _____

Category _____ T-Shirt Size (L or XL) _____

E-MAIL ADDRESS: _____ (NEXT YEAR MAILING VIA E-MAIL)

Make checks payable to: Hall Aquatic Club (HAC)
 Mail entries to: Ron Farina 75 Delaware Ave. Ocean Grove, NJ 07756

