

34th Annual Run Swim Run !!!

DATE: Sunday, July 10, 2016 (rain or shine)
Registration 7:00-7:45 am (Pool, 621 Ocean Ave., Avon)
Race Time - 8:00 am; Participants are requested to arrive by 7:45 am
Unlimited Entries

COURSE: 600 YARD run (soft sand)
250 YARD swim (ocean) Approximate total distance = 1,450 yards
600 YARD run (hard sand)

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

| CATEGORIES: | <u>MALE</u> | <u>FEMALE</u> |
|-------------|--------------------|---------------|
| | 10 and under | 10 and under |
| | 11-14 | 11-14 |
| | 15-19 | 15-19 |
| | 20-29 | 20-29 |
| | 30-39 | 30-39 |
| | 40-49 | 40-49 |
| | 50-59 | 50-59 |
| | 60 and over Unisex | |
| | Lifeguard* | Lifeguard* |

* Lifeguard can also register as an age group competitor (and become eligible for age group awards) by filling out second (separate) entry blank and paying an additional entry fee.

TEAM - Open (overall) team competition will be conducted in both the male and female categories. Top three (3) finishers will score, lowest team score winning. Each team member must be registered as an individual (and eligible for individual awards) and be declared as a team member at time of registration. Mixed teams (male/female) will be scored as male team entrants.

FEES: \$18.00 if postmarked by Friday July 8, 2016
\$20.00 day of race; 7:00-7:45 am Avon Pool
No Team Fees

AWARDS: T-shirts for all individual participants
Trophies for 1st male and 1st female finisher overall
Plaques/medals 1-2-3 in all categories (male and female)
Awards ceremony to follow race

OTHER: Digital display clock at finish
Ample free street parking; first aid, police, and lifeguard coverage
Restroom, refreshment stand, restaurants, cocktail lounge
Media (newspaper, cable TV) coverage

INFORMATION: Jesse LeVine 301 MAIN ST Avon-by-the-Sea, NJ 07717

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 7/10/16): _____ Sex: _____

Category: _____ T-shirt size (M,Lor XL): _____

E-mail address: _____

Checks payable to: **AVON/RUN/SWIM/RUN**

Mail Entries to: AVON RUN/SWIM/RUN 301 MAIN ST Avon-by-the-Sea, NJ 07717