

27th ANNUAL AVON-BY-THE-SEA RUN/SWIM/RUN 2009

DATE: Sunday, July 19, 2009 (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: ½ mile run (soft sand)
1/8 mile swim (ocean) Approximate total distance = 2,000 yards
½ mile 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: \$12.00 if postmarked by Saturday, July 11,2009
\$15.00 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 P.O. Box 1 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 7/20/08): _____ Sex: _____

Category: _____ T-shirt size (L or XL): _____

E-mail address: _____

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

Mail Entries to: AVON RUN/SWIM/RUN P.O.Box 1 Avon-by-the-Sea,NJ 07717