

# 10th ANNUAL AVON OCEAN MILE 2011

## 3rd ANNUAL SPLASH-N-DASH

DATE: **SUNDAY** July 10, 2011 (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

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	

**Open Division: Wetsuits Only(not eligible for 1<sup>st</sup> overall finisher)**

<b>SPLASH-N-DASH</b>	<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 3, 2010  
 \$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 1<sup>st</sup> male and 1<sup>st</sup> 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

INFORMATION: Ron Farina 75 Delaware Ave. Ocean Grove, NJ 07756  
[Ronald.Farina@shu.edu](mailto:Ronald.Farina@shu.edu) 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 7/10/11 \_\_\_\_\_ Sex \_\_\_\_\_

Category \_\_\_\_\_ T-Shirt Size (M, L, 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