

9th ANNUAL AVON OCEAN MILE 2010 2nd ANNUAL SPLASH-N-DASH

DATE: **SUNDAY** July 11, 2010 (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 1st overall finisher)

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 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 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

INFORMATION: Ron Farina 75 Delaware Ave. Ocean Grove, NJ 07756
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 7/11/10 _____ 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