

Mid Summer Mile Ocean Swim

Coordinated by the Ocean County YMCA and the Lavallette Beach Patrol
Sanctioned by New Jersey LMSC, Inc. for USMS, Inc. Sanction #: 078-OW001

Saturday, August 9th 2008

EVENTS:

- One-Mile Masters Championship (USMS Registered only)
- One-Mile Open Championship

Notes: T-Shirts provided to swimmers. Wetsuits permitted, but not eligible for awards. Provided caps must be worn.

Registration/Check-in: 7:00 - 7:45 am at the beach pavilion on Philadelphia Avenue and Ocean. You may register the morning of the swim but will not be guaranteed a t-shirt or gift bag.

Race Start: 8:00 am for Masters Race
8:10 am for Open Race

Course: Conducted in 60-70°F ocean course South-to-North or North-to-South, depending on race day conditions and determined by Race Director.

Timing: Electronic timing, courtesy of Compuscore, will be used. Each swimmer will wear an electronic timing chip on an ankle bracelet to automatically record their time.

Weather: Cancellation of the swim will be determined by the Lifeguard Captain in the event of bad weather or unsafe ocean conditions.

Fee(s): \$20.00 – Pre-registration (Must be received by August 1, 2008)
\$25.00 – Day of Swim

\$12.00 – One-Event USMS Registration available for unregistered swimmers interested in competing in the Masters Event. Forms available at time of registration/check-in.

Awards: Top 3 Male and Top 3 Female in each age group contested:
17&Under, 18-24, 25-29, 30-34, 35-39 ... 70-74, 75-79, 80+

Food: Light refreshments will be served immediately after the swim.

Information: Janet Sellitto, Ocean County YMCA, (732) 341-9622 ext. 2214 or jsellitto@ocymca.org

Directions: Garden State Parkway to Exit 82 (Seaside Heights), Continue on Route 37 East over the bridge. Keep towards the left onto Route 35N. Continue on Route 35N to Philadelphia Ave., turn right towards the beach. Arrive early - local street parking is limited.

Beach Access: Beach access is no charge for the duration of the swim. If you wish to spend the remainder of the day on the beach, daily beach badges are obtainable. There are no public restrooms/showers available.

Please make checks payable to: Ocean County YMCA, 1088 West Whitty Road, Toms River, NJ 08755

T-Shirt: ___S ___M ___L ___XL ___XXL Sex: ___M ___F Age on race day: _____

Last Name: _____ First Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Competing in: ___USMS Event ___OPEN Event *USMS Registration #: _____

***A copy of your USMS Registration Card is required to enter the Masters Championship Event.**

LIABILITY/PUBLICITY RELEASE: (failure to sign in with date will delay processing of your application.) Please accept my entry in the 2008 Mid Summer Mile Ocean Swim. I hereby state that I have conditioned myself to participate in this event. I myself, my executors, administrators and assignees, do hereby release and discharge the Ocean Swim Committee, Ocean County YMCA, Lavallette Beach Patrol, officials, sponsors and volunteers from any and/or all claims or liabilities from damages or injuries occasioned by my participation in the 2008 Ocean Swim. Further, I grant to all foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature/Guardian (if under 18) _____ Date _____