

22nd Annual Jack King One-Mile Ocean Swim

Sunday, June 12, 2005
10:00 a.m.
Virginia Beach, VA

Hosted By:



Sanctioned by the Local Masters Swim Committee
for Virginia (LMSCfor VA) for USMS, Inc.
Sanction # : 125-0006

United States Masters Swimming



Swimming for Life.

Eligibility: Minimum age to participate is 18 as of June 12, 2005. All swimmers must be registered with USMS. USMS registration is available on the web at www.VASwim.org. Applications may also be obtained from:
Dee Delong
6103 Eagles Nest Circle
Manassas, VA 20112

Entry Fee: \$20 if received by June 4, 2005. \$25 after June 4, 2005 through race day. T-shirts are guaranteed to swimmers who register by June 4, 2005.

Wet Suit Division: Wet suits will be allowed, however the times will be posted in a separate category and are not eligible for USMS national championship awards or record consideration. Standard Masters age groups will be used for awards as well.

Age Groups/Awards: Medals will be presented to the 1st – 3rd place men and women in each age group for each division Wetsuit and Non-Wetsuit. Ribbons will be presented to the 4th – 6th place swimmers in each age group for each division Wetsuit and Non-Wetsuit. Standard Masters age groups will be used (18-24, 25-29, 30-34 and so in 5 year increments).

Course: There will be an in the water start at 24th Street, going north parallel to the beach/boardwalk. The finish is on the beach at 38th Street. Buoys mark the start and finish. Restrooms and changing facilities will be available at the 24th Park.

Directions: From I-64 take Route I-264 East. When the expressway ends, you are on 21st Street. Take 21st Street to Atlantic Avenue. Turn left on Atlantic Avenue and follow to 24th street.

Parking: Municipal lots are located at 19th and 25th Streets. The cost is \$7 for the entire day. Metered spots are located along Atlantic and Pacific Avenues as well as sides streets for \$0.75 per hour.

Inclement Weather: No rain date, No refunds due to weather.

ENTRY FORM ON BACK

General Race Information

Swim caps will be provided to all entrants. Caps must be worn by all who participate.

Water Temperature will be approximately 72 degrees or less.

Trucks will be available at the start line to transport swimmers' bags to the finish line.

USA Swimming heat will start at 10:15. For more information on the USA Swimming heat, please contact the Old Dominion Aquatic Club (ODAC) at swimodac@msn.com.

All swimmers must check-in race day at the 24th Street Park on Atlantic Avenue.

Restrooms and changing facilities are available at 24th Street Park.

Check-in begins at 8:30 A.M. and ends at 9:30 A.M. A safety briefing will be held on the beach at 24th at 9:50 A.M.

For more information please contact:

Suzanne Giersch suzgiersch@earthlink.net or 757-518-9824

Kelley Harkins kharkins44@hotmail.com or 757-692-4271

Hotel Accommodations

Comfort Inn: 28th Street & Pacific Avenue, Virginia Beach, VA.

Reservations: 757-428-2203

Room Rates: \$126.00, 2 Night Minimum Friday –Saturday. Must make reservation no later than May 10, 2005. 10 Rooms Reserved.


Days Inn Oceanfront: 32ndrd Street & Atlantic Avenue Virginia Beach, VA

Reservations: 1-800-292-3297 / (757) 428-7233

Room Rates: 159.00, 2 night minimum Friday-Saturday. Must make reservations no later than May 10, 2005. Specify that you are with the USMS Event.

Additional Hotel Information available at:

www.vbhotels.com / www.vbfun.com



Virginia Beach Trolley Information

- Stops along Atlantic Avenue, including 25th and 37th Streets.
- Cost is \$1.00 Adults and Children, \$.50 Seniors, Children under 38" free.
- Park and Ride Available at 3rd, 9th, 19th, and 26th Streets.

Other Up Coming Events:

Jim McDonnell Lake Swims

Sunday, May 29, 2005

Reston, Virginia

Paper Entry Deadline:

May 22, 2005

www.restonmasters.org

Virginia Masters

Long Course Meet

Saturday, June 11, 2005

Norfolk, Virginia

Entry Deadline: June 3, 2005

www.VASwim.org

Chris Greene Lake 2-mile

Cable Swim

Saturday, July 16, 2005

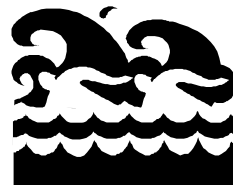
Charlottesville, Virginia

Entry Deadline: July 6, 2005

www.VASwim.org

JACK KING 1-MILE OCEAN SWIM ENTRY FORM

*** Please attach a copy of your USMS card here.***



Name: _____
(Last) (First)

Address: _____

City : _____ State: _____ Zip: _____ Phone: _____

Date of Birth: _____ Team: _____ Sex: M F (Circle One)

Entry Fee: \$ _____ T-Shirt: Small Medium Large X-Large (Circle One)

(\$20 Until June 4 / \$25 June 5-June12) *Make Check Payable to VMST. Mailed Entries due by JUNE 10, 2005.

E-Mail Address: _____

Include Entry Form, Signed Release, and copy of USMS Registration Card with check and mail to:

Suzanne Giersch
ATTN: Jack King Swim
1036 Backwoods Rd.
Virginia Beach, VA 23455



RELEASE: The following waiver must be signed and in the hands of the meet director before a swimmer may compete.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature: _____ Date: _____ USMS # _____

