

# 25th Annual Jack King One Mile Ocean Swim

**Sunday, June 15, 2008  
10:00 a.m.  
Virginia Beach, VA**

Hosted By:



Sanctioned by the Local Masters Swim Committee  
for Virginia (LMSC for VA) for USMS, Inc.  
Sanction #:XXXX



**Eligibility:** Minimum age to participate is 18 as of June 15, 2008. All swimmers must be registered with USMS. USMS registration is available on the web at [www.VASwim.org](http://www.VASwim.org). One day USMS applications are also available for \$22. Applications may also be obtained from:

**Terry Sue Gault** [tsgvmst@gmail.com](mailto:tsgvmst@gmail.com)  
13202 St. Stephens Way  
Midlothian, VA 23112

**Entry Fee:** \$25 if postmarked by June 1, 2008. \$30 after June 1, 2008.  
**\$50 RACE DAY.**

T-shirts are guaranteed to swimmers who register by June 1, 2008.

**Age Groups/Awards:** Awards will be presented to the 1<sup>st</sup> – 6<sup>th</sup> place swimmers in each age group. Standard Masters age groups will be used (18-24, 25-29, 30-34 and so on in 5 year increments).

Wet suits are allowed. However, no official time will be given and not eligible for awards

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

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

**Parking:** Municipal lots are located at 19<sup>th</sup> and 25<sup>th</sup> 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](mailto:swimodac@msn.com).

All swimmers must check-in race day at 24<sup>th</sup> Street on the beach.  
Restrooms and changing facilities are available at 24<sup>th</sup> 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 24<sup>th</sup> at 9:50 A.M.

**For more information please contact:**

June McDaniels [june@aquariusengineering.com](mailto:june@aquariusengineering.com) or 757-496-2570  
Ray McDaniels [ray@aquariusengineering.com](mailto:ray@aquariusengineering.com) or 757-496-2570

**Hotel Information available at:**

[www.vbhotels.com](http://www.vbhotels.com) / [www.vbfun.com](http://www.vbfun.com)



Virginia Beach Trolley Information

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

**Other Up Coming Events:**

**Jim McDonnell Lake Swims**

Sunday, May 25, 2008  
Reston, Virginia  
Paper Entry Deadline:  
May 1, 2008  
[www.restonmasters.org](http://www.restonmasters.org)

**Chris Greene Lake 2-mile Cable Swim**

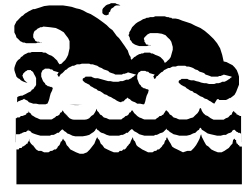
Saturday, July 12, 2008  
Charlottesville, Virginia  
Entry Deadline: June 30, 2008  
[www.VASwim.org](http://www.VASwim.org)

**V.B.L.A. OCEAN CHALLENGE**

1K Swim, Sunday, July 13, 2008.  
3K Swim, Sunday, July 27, 2008  
5K Swim, Sunday, Aug. 17, 2008.  
Virginia Beach, Virginia  
Paper Entry Deadline:  
1 week prior to each  
[www.vbls.org](http://www.vbls.org)

**JACK KING 1 MILE OCEAN SWIM ENTRY FORM**

\*\*\* Please attach a copy of your USMS card or One Day Application 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)  
(\$25 Until June 1 / \$30 June 2 - June14 / \$50 Race Day) \*Make Check Payable to VMST. Mailed Entries due by JUNE 12, 2007.

E-Mail Address: \_\_\_\_\_

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

June McDaniels  
ATTN: Jack King Swim  
2400 Ketch Court.  
Virginia Beach, VA 23451



**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 # \_\_\_\_\_