

26th Annual Jack King One Mile Ocean Swim

**Sunday, June 21, 2009
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 # 129-002

Eligibility: Minimum age to participate is 18 as of June 21, 2009. All swimmers must be registered with USMS. Online registration is available on the web at www.usms.org. or contact:

Lisa Bennett, Registrar
11812 Winfore Drive
Midlothian, VA 23113
swimlab56@msn.com

NOTE: ALL ONE EVENT PASSES TO BE SENT WITH RACE APPLICATION TO JUNE MCDANIELS

Entry Fee: \$25 if postmarked by June 5, 2009. \$30 after June 5, 2009.
\$50 RACE DAY.

T-shirts are guaranteed to swimmers who register by June 5, 2009.

Age Groups/Awards: Awards will be presented to the 1st – 6th 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 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 24th Street on the beach. 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:

June McDaniels june@aquariusengineering.com or 757-496-2570

Hotel Information at: www.vbhotels.com / www.vbfun.com

Upcoming Events

Jim McDonnell Lake Swims

Sunday, May 24, 2009
Reston, Virginia
Paper Entry Deadline:
May 1, 2009
www.restonmasters.org

Chris Greene Lake 2-mile Cable Swim

Saturday, July 11, 2009
Charlottesville, Virginia
Entry Deadline: June 29, 2009
www.VASwim.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 5 / \$30 June 6 - June 19/ \$50 Race Day) *Make Check Payable to VMST. Mailed Entries due by JUNE 19, 2009.

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 # _____

For Use for Jack King Only. For other events, go to vaswim.org

2009 ONE EVENT REGISTRATION FORM



ONE EVENT MEMBERSHIP APPLICATION

USMS Fee: \$10.00

LMSC Fee: \$12.00

TOTAL FEE: \$22.00

Register with the same name you will use for competition. Print clearly.						
Last Name		First Name			Init.	
Address						
City		State	Zip	Phone No.		
Email Address						
Date of Birth		Age	Sex	Today's Date		
Mo.	Day	Yr		Mo.	Day	Yr

OEVT – One Event Membership Event Date: June 21, 2009

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 DAMAGES 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.

Signature _____

Mail Check to: June McDaniels, 2400 Ketch Court, Virginia Beach, VA 23451
Make check payable to: LMSC for Virginia