7th ANNUAL AVON OCEAN MILE 2008

DATE: Saturday July 12, 2008 (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

COURSE: Start/Finish @ Norwood Ave swimming south to Lincoln Ave. Retuning north to Norwood Ave. Approximate total distance = 1,600 yards.

SACTIONED BY: United States Lifesaving Association (www.usla.org)
Borough of Avon by the Sea

CATEGORIES:

MALE	FEMALE
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

TEAM- Open (overall) team competition will be conducted in both male and female categories. Top Three finishers will score, lowest team score winning. Each team member must be registered as an individual(and eligible for individual awards) and be declared as a team member at time of registration. Mixed teams(male /female) will be scored as male team entrants.

FEES: $12.00 If Postmarked by Saturday, July 5, 2008
$15.00 day of race; 7:00-7:45 Avon Pool
$10.00 Team registration fee due prior to start of race

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
Restroom, refreshment stand, restaurant and Media coverage.

INFORMATION: Ron Farina 75 Delaware Ave. Ocean Grove, NJ 07756
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 7/12/08_____ 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