

**11th Annual 5K Bridge-to-Bridge Swim Race and
Middle Atlantic Open Water Championship**
Saturday June 27, 2009 – Atlantic City, NJ
Hosted by – Atlantic City Aquatic Club
MA Sanction # MA 09116 OW

Atlantic City Aquatic Club will host an **MA sanctioned 800 meter, 1.3 mile, and 5K** bay swimming race between the Albany Avenue and Dorset Avenue Bridges on Saturday June 27, 2009. All numbering, registration and finishes will take place at the Atlantic City High School Boat House located on Fairmount Avenue adjacent to Peter Pallitto Field. **Non sanctioned 1.3 mile, and 5K** events will be run concurrently for non USAS or USMS swimmers.

Date: **Saturday, June 27, 2009.** The 10 & under Age Group 800 meter race will begin at 12:00 noon. The 1.3 mile swim will be run in two waves beginning at 12:40 PM. The Senior 5K Bridge-to-Bridge Race will also be started in two waves beginning at 1:15 PM. On-site registration opens at 11:00 AM and will close 30 minutes prior to the start of each event.

Eligibility: All participants registering for the sanctioned waves of the **1.3 mile**, or 5K must be USAS or USMS registered. Non member swimmers are invited to participate in the non-sanctioned **1.3 mile**, or 5K. **Swimmers 10 & under must be USAS registered.** Single day event MA registration forms will be available for non members wishing to register with USAS on the day of the event for an additional fee of \$15. Forms may also be obtained on the ACAC website www.acacswim.org.

Course: This is a flat water bay swim with limited tidal flow. High tide will be approximately 12:00 Noon. The water temperature is expected to be in the range of 70 to 75 degrees F. The 800 meter & 5K swims will start and finish at the ACHS Boathouse. The **1.3 mile** race will start near the Dorset Avenue Bridge and ends at the ACHS Boathouse. Transportation will be provided from the boat house to the course start prior to the **1.3 mile**. Course map will be available the day of the race.

Parking: Parking will be available at Bader Field on the Black Horse Pike across the bridge within walking distance of the ACHS boathouse.

Awards: The first 180 registrants will receive a commemorative T-shirt. The 1st through 3rd place male and female finishers in the 10 & under **800 Meter**, 11-12 **1.3 Mile**, and 13-14 and 15-18 **5K** will receive medals. For all other USAS and USMS age groups within these events, medals will be awarded to the top finisher with ribbons being awarded for 2nd and 3rd places. Overall winners of the **5K Bridge to Bridge Race**, male and female, will receive a special award. Results will be posted on www.acacswim.org.

Rules & Safety Information: Both races will follow 2009 USA Swimming Open Water rules and regulations. Volunteers from the Atlantic City Aquatic Club, Middle Atlantic Swimming and the Jersey Shore Sea Kayakers Club will provide safety for this event under the direction of the New Jersey State Marine Police and the U.S. Coast Guard. Safety officers in conjunction with the race director, reserve the right to cancel this event in the unfortunate circumstance of unsafe conditions. Volunteer kayakers are welcome to serve as auxiliary support and must contact the race director for more information and instructions.

Entries: Advanced entry fee is \$25.00 for all swimmers, and will be accepted through Saturday, June 20, 2009. Race day entries are \$30 for any race. Swimmers wishing to swim two events may do so for a fee of \$35. Checks should be made payable to **Atlantic City Aquatic Club** and mailed to: **Dimitar Petrov, 2032 West Avenue, Ocean City, NJ 08225-2715.**

All inquiries should be directed to:

Race Director, Bob Schailey (609) 279-9027

or **Dimitar Petrov (609) 742-1515, Email: mitkoswim@hotmail.com**

Registration Form

Swimmer Name _____ Age _____ Male / Female _____

Address _____ Phone _____

City/State/Zip _____ E-mail _____

USA SWIMMING OR USMS MEMBERSHIP # _____ T-shirt Size: S ___ M ___ L ___ XL _____

_____ 800 Meter: 10&Under Age Group

_____ 1.3 Mile: USAS or USMS registered _____ 1.3 Mile: Non registered athletes

_____ 5K: USAS or USMS registered _____ 5K: non registered athletes

These events are open to eligible swimmers and will be conducted according to current USA swimming rules. Swimmer's age will be age as of June 27, 2009. Advance entry fee must be enclosed - \$25 for one race - \$35 for two races

Waiver and Release

In consideration for accepting this entry and granting of the right to participate in this event I/we, the undersigned intending to be legally bound hereby for myself/ourselves, my/our heirs, waive and release for any and all claims, damages, I may have against ACAC Swimming, the City of Atlantic City, Middle Atlantic Swimming, USA Swimming and/or any other person whomsoever for any and all injuries, illness, including death that may result from my participation in said event. I/we represent and affirm that I/we am/are in proper physical condition to participate in this event as verified by a licensed physician and have sufficiently trained for the completion of this event. The undersigned has read and voluntarily signed this Wavier and Release.

Signature	Date	Parent Signature (if under 18)	Date
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Course Map

