

# 2<sup>nd</sup> Annual **10K for the USA**

presented by **Right Dress Licorice Mulch**  
a USA Swimming/USMS sanctioned event hosted by Seacats, Inc.

**3:30 PM Start ? 7:30PM Awards Dinner**

**Saturday, September 6, 2003 ↗ Atlantic City, New Jersey**



**Course:** The 6.2-mile (10,000-meter) course will start and finish at the ACHS Crew House near the famed Albany Avenue Bridge in the historic Chelsea district of Atlantic City. This will be a salt-water swim contested in the back bays of the Intracoastal Waterway. The swim takes place in the most protected and spectator friendly stretch of the world-famous "Around the Island Swim." Water temperatures usually range from 76 to 84 degrees F.

**Awards:** Top three finishers in both the men's and women's divisions will be awarded cash prizes and unique commemorative awards. Master swimmers will receive recognition awards in standard age groups. All participants will receive a distinct **10K for the USA** Medal.

**Safety:** The Atlantic City Aquatic Club, the New Jersey State Marine Police, the U.S. Coast Guard, and the Jersey Shore Sea Kayakers Association will provide escort and safety craft. Volunteer kayakers may accompany the race with permission of the race director.

### Pre-Race Meeting:

The 10K pre-race meeting will be held at race headquarters - the ACHS Crew House on Fairmount Avenue - at 2:00PM on Saturday, September 6, 2002. All athletes must attend or be represented. Family and friends are also welcome to attend the pre or post race events. Additional post race meals are \$20.00 per person.

### Eligibility and Entry:

All swimmers must be registered with USA Swimming, USMS or possess appropriate travel requirements as a foreign athlete. Entry fee is \$70 and includes post race dinner, commemorative medal and race T-shirt. In the event that the safety officers restrict entry numbers, masters contestants will be admitted on a first come-first serve basis and entry fee will be refunded.

### Lodging

The host hotel is The Atlantic City Hilton Resort & Casino – Boston Ave and the Boardwalk - two blocks from the start / finish area of the race venue. A limited number of rooms are blocked at the Hilton at a special rate (\$115) for September 5-6, 2003. To reserve one of those rooms please call 1-800-257-8677 by August 29<sup>th</sup> and mention "10K for the USA." General AC Hilton Hotel Information available at [www.HiltonAC.com](http://www.HiltonAC.com) or 1-609-347-7111. For all other hotel information contact AceNet hotels - <http://www.acenethotels.com> or phone 1-877-331-3560

### Entries due September 3, 2003.

### For additional information visit

[www.Apexswim.com](http://www.Apexswim.com) or contact Kara & Sid Cassidy - 311 Montpelier Ave. Egg Harbor Township, NJ 08234 609/653-0939 [sacassidy@comcast.net](mailto:sacassidy@comcast.net)

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### 10K for the USA ↗ USA Swimming / United States Masters Swimming ↗ Entry Form

Swimmer \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

USA Swimming or USMS Registration # (Required) \_\_\_\_\_  
(E-mail) \_\_\_\_\_

\_\_\_\_\_  
(Address) \_\_\_\_\_ (Phone) \_\_\_\_\_

\_\_\_\_\_  
(City/State/Zip) \_\_\_\_\_

T-shirt Size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ Number of additional dinners \_\_\_\_\_ x \$20 per dinner = \$ \_\_\_\_\_ + \$70 entry fee = \$ \_\_\_\_\_ total

This race is open to all eligible USA Swimming athletes, USMS swimmers and foreign masters swimmers with appropriate travel credentials and will be conducted according to current USA Swimming rules. Swimmer's age is as of the day of the race. \$70 entry fee payable to "10K for the USA" must be included and returned no later than September 3, 2003 to: Seacats, Inc., 311 Montpelier Ave, Egg Harbor Township, NJ 08234

#### 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, costs, or expenses which may arise against personal damages I may have against ACAC, Middle Atlantic Swimming, Seacats, Inc., City of Atlantic City, USA Swimming, USMS 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 Waiver and Release.

\_\_\_\_\_  
Signature (Include parent if under 18)

\_\_\_\_\_  
Date