



Inaugural "Back-Bay Mile" & Fun Swim

12:00 Noon Start

Atlantic City HS Boat House

Sunday, August 31, 2003

Sponsored by Seacats to benefit New Jersey Special Olympics

What: Two events to celebrate New Jersey Special Olympians:

At 12:00 noon, a one-mile bay swimming race that will start and finish at the ACHS Boathouse in Atlantic City, NJ. just north of the Albany Avenue Bridge and proceeding in a northerly direction around Fenton Island (located at the foot of Iowa Avenue) in a clockwise direction and return to race HQ at the AC Crew House in the historic Chelsea District of Atlantic City, New Jersey. At 12:45PM pm a fun swim "Across the Bay" (approximately 300 meters) where we will pair Special Olympians with age group and master swimmers of all ages.

When: Sunday, August 31, 2003. Registration opens at 10:30AM. First Race begins at 12Noon.

Course: This is a flat-water bay swim with limited tidal flow. The Around Fenton Island course will be used for the 1-mile event this year. The start/finish in front of the ACHS Crew House in Atlantic City will allow competitors to race at high tide in full view of spectators during the entire competition. All swimmers will have access to our indoor showers and locker room facilities. This flat-water bay swim will be conducted in one of the most protected areas of the Intracoastal Waterway. High tide will occur at approximately 12:00 Noon. The water temperature generally varies from 76? to 84? F at this time.

Awards: In the one-mile race special awards will go to overall winners and medals to top three in all standard USA Swimming and USMS age groups. In both events each swimmer will receive a special T-shirt in recognition of their effort. Special recognition Awards will be presented to all participants in the Fun Swim.

Safety: Volunteers from the Atlantic City Aquatic Club & Jersey Shore Sea Kayakers will provide safety for this event under the direction of the New Jersey State Marine Police and the US Coast Guard. Safety officers, in conjunction with the meet 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 should contact the race director for more information. Volunteers will receive a race T-shirt.

Parking: On site parking will be limited. Additional complimentary parking is available. Refer to map/directions sheet or check www.Apexswim.com during race week for instructions.

Entries: Advanced entry fee is \$20.00 and will be accepted through August 27, 2003. The 1-mile early entry fee is \$20 if received by August 27th and \$25 on race day. The Fun Swim entry fee is \$10. Registration opens at 10:30am and closes at 11:45am (1-mile) and 12:15pm (Fun Swim). Checks should be made payable to Seacats, Inc. and mailed to:

311 Montpelier Avenue, Egg Harbor Township, NJ 08234 / E-mail sacassidy@comcast.net or phone 609-653-0939

Race information on this and other Jersey Shore races can be found at www.Apexswim.com

Entry Form for 2003 Back Bay Mile & Fun Swim

Swimmer _____ Age ____ Sex ____
 (Name)

 (Address) (Phone)

 (City/State/Zip) (e-mail)

T-shirt Size: S ____ M ____ L ____ XL ____ This event is open to all swimmers and will be conducted according to current USA Swimming rules. Swimmer's age is as of the day of the race. \$20 early entry fee must be enclosed and received by 8/27/03 - Race Day fee is \$25 - Fun Swim is \$10

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 Swimming, Seacats, Inc., 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 Waiver and Release.

 Signature

 Date

 Parent's Signature (if under 18)

 Date