



The 2004 Middle Atlantic Swimming Open Water Championships



12:00 noon Sunday, August 22, 2004 - ACHS Crew House - Atlantic City, New Jersey

What: An assortment of open water swim races to be held in the historic back bays of Atlantic City. We will utilize the Atlantic City High School Crew House on Fairmount Avenue (adjacent to Pete Pallitto Field) as event headquarters. The following USA Swimming sanctioned events will commence at 12:00 noon: 10 & under: 800-meter; 12 & under: 1500 meter (1.5K); 14 & under: 3000 meter (3K) & 15 & over: 3000 meter (3K). In addition, we will offer an open division 3K for all comers to begin 20 minutes after the start of the sanctioned 3K. All races will be conducted under the rules and regulations of USA Swimming Open Water Technical Rules. A sufficient number of certified Middle Atlantic Open Water officials shall be present to observe and certify the conduct of competition. Swimmers must be current members in USA swimming to participate in any age group race. Entry deadline is Wednesday, August 18, 2004. Race day entries will be accepted in the open division or with proof of USA Swimming membership.

Course: All races will be contested in the historic back bays of Atlantic City and employ an in-water start and finish in front of the ACHS Crew House. These waters are well protected providing a flat water race with temperatures expected in the 76 - 84F degree range. High tide for that area will occur around 1:00 PM. Course maps will be posted at www.Apexswim.com

Awards: All entrants will receive a unique commemorative T-shirt in recognition of their effort. A special award will be presented to each overall winner and medals will be presented to the top three finishers in each age group.

Safety: Safety will be provided by Atlantic City Aquatic Club, New Jersey Sea Kayakers Association, the New Jersey State Marine Police, the US Coast Guard and selected kayakers (contact Sid Cassidy to volunteer). Safety officers, in conjunction with the meet director, reserve the right to cancel this event in the unfortunate circumstance of unsafe conditions.

Parking: Limited parking is available on site, and alternative parking will also be available at designated sites. Volunteers will direct drivers to alternative lots for overflow parking.

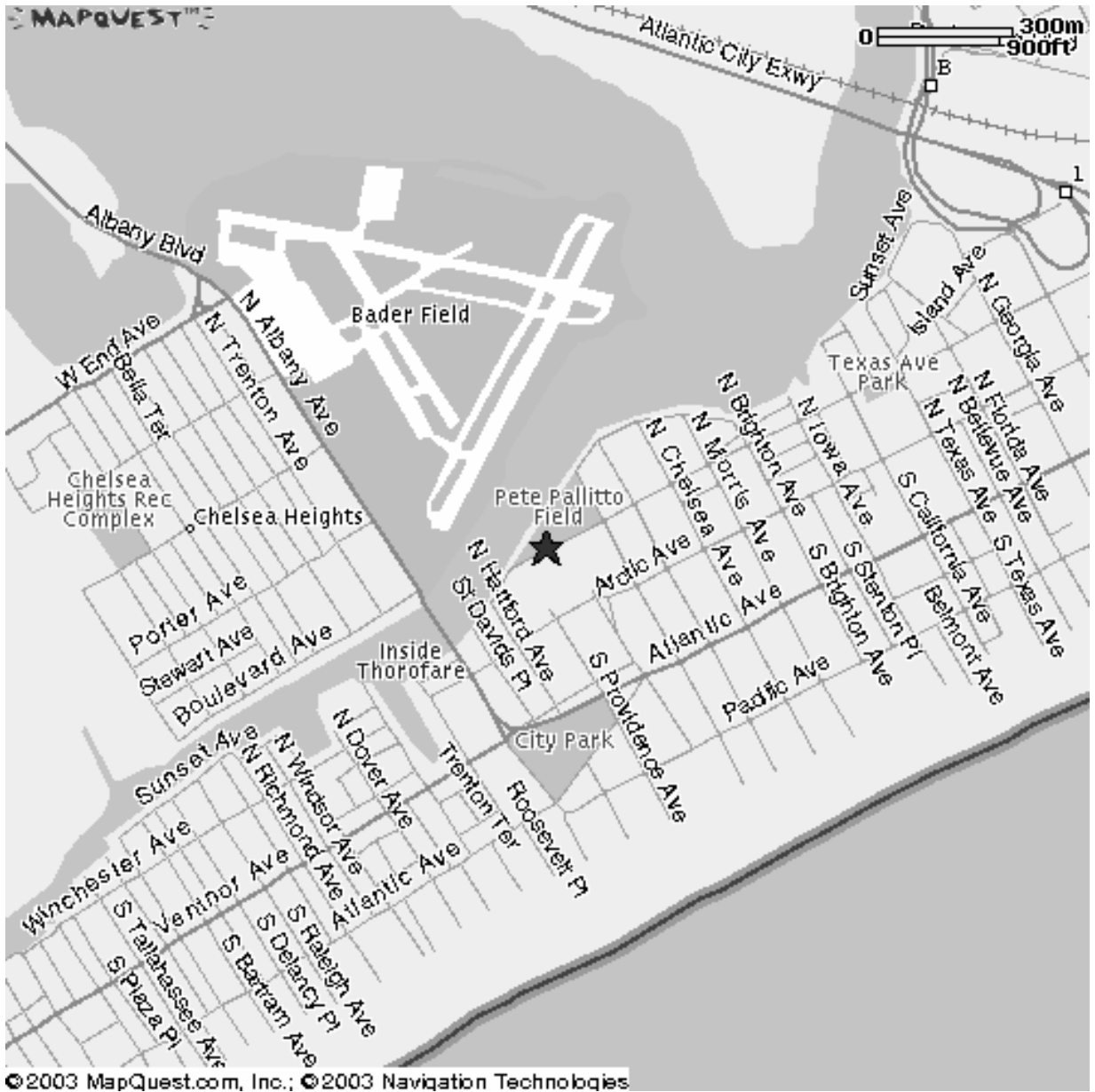
Facilities: The ACHS Crew House offers locker room facilities for all swimmers which includes changing area, toilets & indoor showers. Bottled water, Gatorade, Fruit and Refreshments will be available for all competitors.

Entry Information: Early entry fee is \$20 per event and must be received no later than Wednesday, August 18, 2004. Race day entry fee is \$25. Checks should be made payable to "Atlantic City Aquatic Club" and mailed to: ACAC, 459 Exeter Court, Galloway, NJ 08205.

Race Director: S. A. "Sid" Cassidy at sacassidy@comcast.net or phone 609-653-0939

Projected Time Line

- 10:30 AM Registration Opens
- 11:45 AM Registration Closes for all 12 & under events
- 12:00 noon 10 & Under 800 Meter
- 12:10 PM 12 & Under 1500 Meter
- 12:30 PM Registration Closes for remaining USA Swimming events
- 12:50 PM Registration Closes for Open Division 3K
- 1:00 PM 14 & Under + 15 & Over 3 K
- 1:20 PM Open Division 3K
- 2:30 PM Awards Ceremony



Individual Entry Form for 2004 ACAC Bay Classic

Swimmer _____ USA-S Reg # _____ Age _____ Sex _____
 (Name)

 (Address) (Phone)

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

Event (Check one): 10 & U 800 Meter 12 & U 1500 meter 14 & U 3K 15 & Over 3K Open Division 3K

T-shirt Size: S ___ M ___ L ___ XL ___ All age group events require membership in USA Swimming. The open division 3K is an approved swim and does not require USA-S or USMS membership. **Make checks payable to ACAC**

Swimmer's age is as of the day of the race. \$20 early entry fee must be enclosed and received by 8/18/04 - Race Day fee is \$25

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 _____

I hereby certify that the swimmer entered on this form is capable of completing the distance entered _____
 (Coach's signature)