

The 6th Annual SEACAT BRIDGE-TO-BRIDGE BAY SWIM RACES

Saturday, July 3, 2004 ♦ Atlantic City, NJ



The famous 1.3-mile and 5 kilometer bay swimming races between Albany Avenue and Dorset Avenue bridges will be held on Saturday, July 3, 2005. The 1.3-mile swim will begin at Dorset Avenue Bridge. The 5K-mile swim will begin at Albany Avenue Bridge. **The finish for both races and all numbering & registration will take place at the ACHS Crew House on Fairmount Avenue in Atlantic City.**

When: Saturday, July 3, 2004. The 5 K race will begin at **10:00 AM** with registrations closing at **9:45 AM**. The 1.3-mile race will begin at **11:30 AM** with registrations closing at **11:00 AM**. Athletes will be transported to the start of the 1.3-mile event after registering. Athletes may register for either race on race day beginning at 8:45am.

Course: This is a flat-water bay swim with limited tidal flow. High tide in that area of the bay for that date is approximately 10:00 am. The water temperature in the back bay usually varies from 72° to 80° F during July.

Awards: All entrants will receive a unique commemorative T-shirt in recognition of their effort. Medals will be presented to the top three finishers, male and female, in each age group. In addition, the overall winner, male and female in each race, will receive a special award. Standard USA Swimming and USMS age groups will apply.

Rules & Safety Information:

Both races will follow 2004 USA Swimming Open Water rules and regulations. Volunteers from the Atlantic City Aquatic Club 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 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 must contact the race director for more information and instructions. Volunteers will also receive a race T-shirt.

Entries:

Advanced entry fee is \$20.00 for each race and will be accepted through Wednesday, June 30, 2004. Race Day entries are \$25.00. Checks should be made payable to Seacats, Inc. Advance entries should be mailed to:
Kara K. Cassidy, 311 Montpelier Avenue, Egg Harbor Township, New Jersey 08234

On-site parking will be limited and alternative lots will be provided. Parking Instructions and maps will be posted at: www.acacswim.com
E-mail correspondence should be directed to: sacassidy@comcast.net Other inquiries: Phone 609-653-0939
Middle Atlantic Accepted meet # MA AC 0429 OW

Swimmer _____ Age _____ Sex _____
(Name)

(Address) (Phone)

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

T-shirt Size: S ___ M ___ L ___ XL ___

Bridge to Bridge Swims (select one bridge race) _____ 1.3-mile swim (11:30 am start) **OR** _____ 5 K swim (10:00 am start)

These events are 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. Advance entry fee must be enclosed - \$20 for one race - Race Day fee is \$25

Waiver and Release

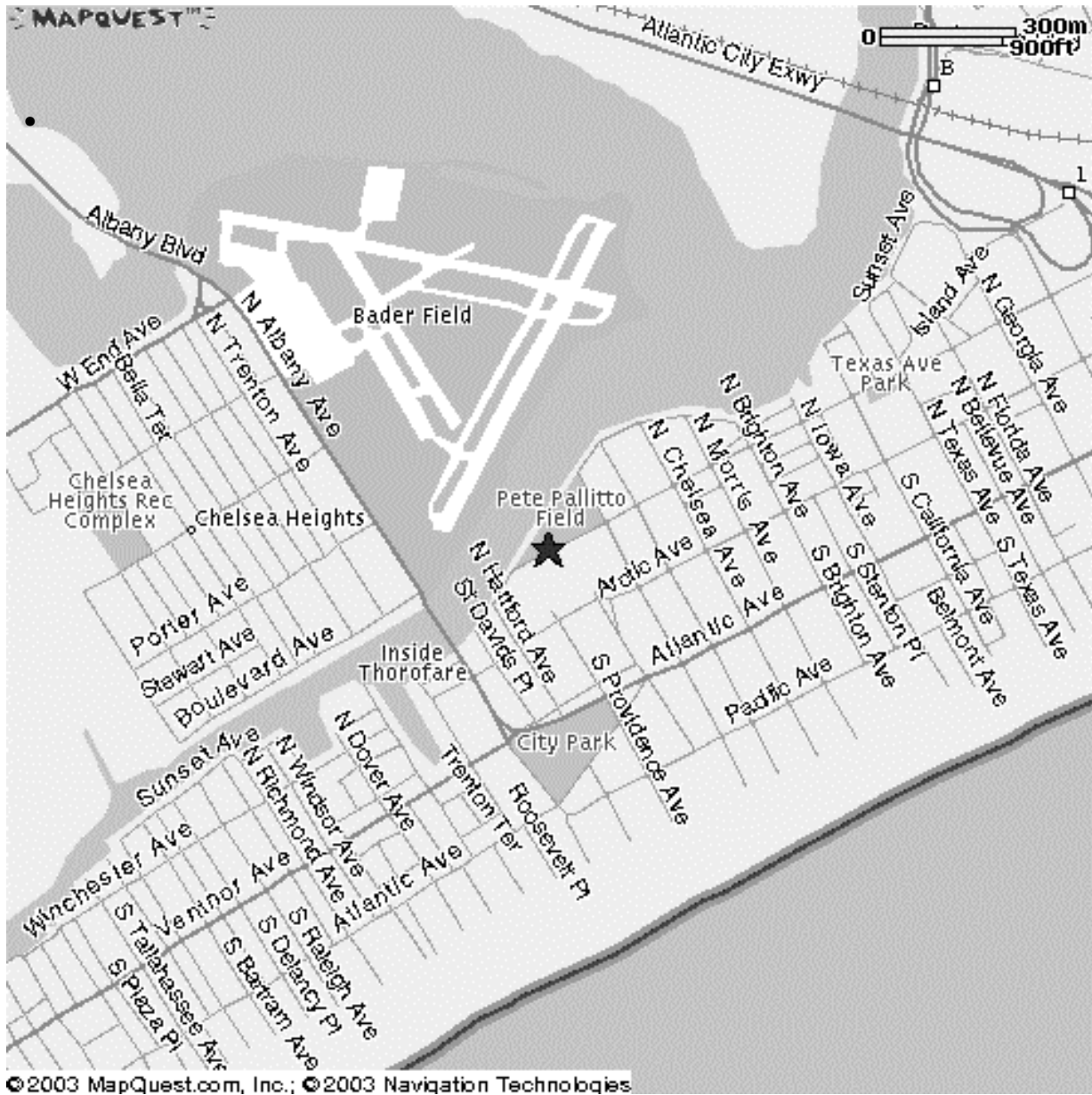
In consideration for accepting this entry and granting of the right to participate in this event I/we, the undersigned intending to be legally bound hereby for myself/ourselves, my/our heirs, waive and release for any and all claims, damages, costs, or expenses which may arise against personal damages 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



ACHS CREW HOUSE IS LOCATED ON THE INTRACOASTAL WATERWAY IN ATLANTIC CITY 300 METERS NORTH OF THE ALBANY AVENUE BRIDGE (SEE STAR ABOVE).

FROM ALBANY AVENUE TRAVELLING EAST:

ALBANY AVENUE IS WHERE ROUTE 40/322 (THE BLACK HORSE PIKE) ENTERS ATLANTIC CITY. IF YOU TRAVEL INTO TOWN VIA THAT ROUTE, THE CREW HOUSE IS VISIBLE ON YOUR LEFT AS YOU CROSS ALBANY AVENUE BRIDGE. AFTER CROSSING BRIDGE TAKE THE FIRST LEFT HAND TURN AND PROCEED TO SOVEREIGN AVENUE, TURN LEFT, GO ONE SHORT BLOCK AND TURN LEFT AGAIN ONTO FAIRMOUNT AVENUE (ONE WAY). PETE PALLITTO FIELD AND THE CREW HOUSE WILL BE ON YOUR RIGHT.

FROM THE ATLANTIC CITY EXPRESSWAY:

IF YOU ENTER TOWN VIA THE ATLANTIC CITY EXPRESSWAY, TURN RIGHT ONTO FAIRMOUNT AVENUE AT THE FIRST TRAFFIC LIGHT YOU ENCOUNTER WHEN THE EXPRESSWAY ENDS. FOLLOW FAIRMOUNT JUST OVER ONE MILE TO THE SITE ON YOUR RIGHT ADJACENT TO PETE PALITTO FIELD.

PARKING:

LIMITED PARKING IS AVAILABLE ON SITE AND ON THE STREETS IN THE SURROUNDING RESIDENTIAL AREA. ADDITIONAL PARKING WILL BE ANNOUNCED IN ADVANCE OF THE RACE AT WWW.ACACSWIM.ORG