

# The 9<sup>th</sup> Annual 5K Bridge-to-Bridge Swim Race

## 2007 Middle Atlantic Open Water Championships and Grand Prix Qualifier

### Saturday, June 30, 2007 - Atlantic City, NJ

**MA Sanction # MA 07102 OW**  
**USMS Sanction#**

Atlantic City Aquatic Club will host an 800 meter, 1.3 mile, and 5K bay swimming race between the Albany Avenue and Dorset Avenue Bridges on Saturday June 30, 2007. All numbering, registration and finishes will take place at the Atlantic City High School Boat House located on Fairmount Avenue adjacent to Pete Pallitto Field. **The sanctioned 800 meter, 1.3mile, and Senior 5k age group races are qualifiers for the MA Summer Eastern Zone Team and the sanctioned Senior 5k race is a qualifier for the Grand Prix, an Olympic 10 K qualifying meet.** Qualifying criteria for these events are available at [www.acacswim.org](http://www.acacswim.org). Non sanctioned 1.3mile and 5K events will be run concurrently for non USAS or USMS swimmers.

**Date:** Saturday, June 30, 2007. The 9-10 Age Group 800 meter race will begin at 5:00PM, the 11-12 and 13-14 age groups, and the Open 1.3mile swim will be run in two waves beginning at 5:40PM. The Senior 5K Bridge-To-Bridge Race will also be started in two waves beginning at 6:30PM. On-site registration opens at 4:00PM and will close 20 minutes prior to the start of each event.

**Eligibility:** All participants registering for the sanctioned waves of the 1.3mile or 5k must be USAS or USMS registered. Non member swimmers are invited to participate in the non-sanctioned 1.3mile or 5K. Swimmers 9&10 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. Forms may also be obtained on the ACAC website [www.acacswim.org](http://www.acacswim.org). **Swimmers wishing to qualify for the Zone Team or Grand Prix must swim in the sanctioned events.**

**Course:** This is a flat-water bay swim with limited tidal flow. High tide will be approximately 9:00pm. The water temperature is expected to be in the range of 70° to 78° F. The 800 & 5K swims will start and finish at the ACHS Boathouse. The 1.3mile will start near the Dorset Avenue Bridge and end at the ACHS Boathouse. Transportation will be provided from the boat house to the course start prior to the 1.3mile. Course map will be available the day of the race.

**Awards:** The first 100 registrants will receive a commemorative T-shirt. Other awards will be distributed as follows: **800 Meter & 1.3mile Races** – Medals will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> place male and female finishers in the 10 & under, 11-12, and 13-14 age groups for their respective events. In the Open 1.3mile, medals will be awarded to the top finisher in each USMS category plus ribbons for 2<sup>nd</sup> and 3<sup>rd</sup> places.

**Senior 5K Bridge Race** - Medals for 1<sup>st</sup> through 3<sup>rd</sup> 12 & unders, 13-14, 15-16, 17-18 age group. Medals will be awarded to the top finisher in each USMS category plus ribbons for 2<sup>nd</sup> and 3<sup>rd</sup> places. In addition, the overall winner of the **5K Bridge Race**, male and female, will receive a special award. Results will be posted on [www.acacswim.org](http://www.acacswim.org).

**Rules & Safety Information:** Both races will follow 2007 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 \$20.00 for any race and will be accepted through Saturday, June 23, 2007. Race day entries are \$25 for any race. Checks should be made payable to **Atlantic City Aquatic Club** and mailed to:  
**Susan Morrison, 459 Exeter Court, Galloway Township, NJ 08205**

All inquiries should be directed to Race Director, Garr Kerr at [h2ogar@hotmail.com](mailto:h2ogar@hotmail.com) or by telephone 609-827-7727.

Swimmer \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
(Name)

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

\_\_\_\_\_  
(City/State/Zip) (E-mail)

**USA SWIMMING or USMS MEMBERSHIP #** \_\_\_\_\_ **T-shirt Size:** S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

800 Meter 9-10 Age group \_\_\_\_\_ 1.3mile 11-12 or 13-14(sanctioned) \_\_\_\_\_ 1.3mile Open Age group \_\_\_\_\_ 5 K Senior (sanctioned) \_\_\_\_\_ 5k (nonsanctioned) \_\_\_\_\_

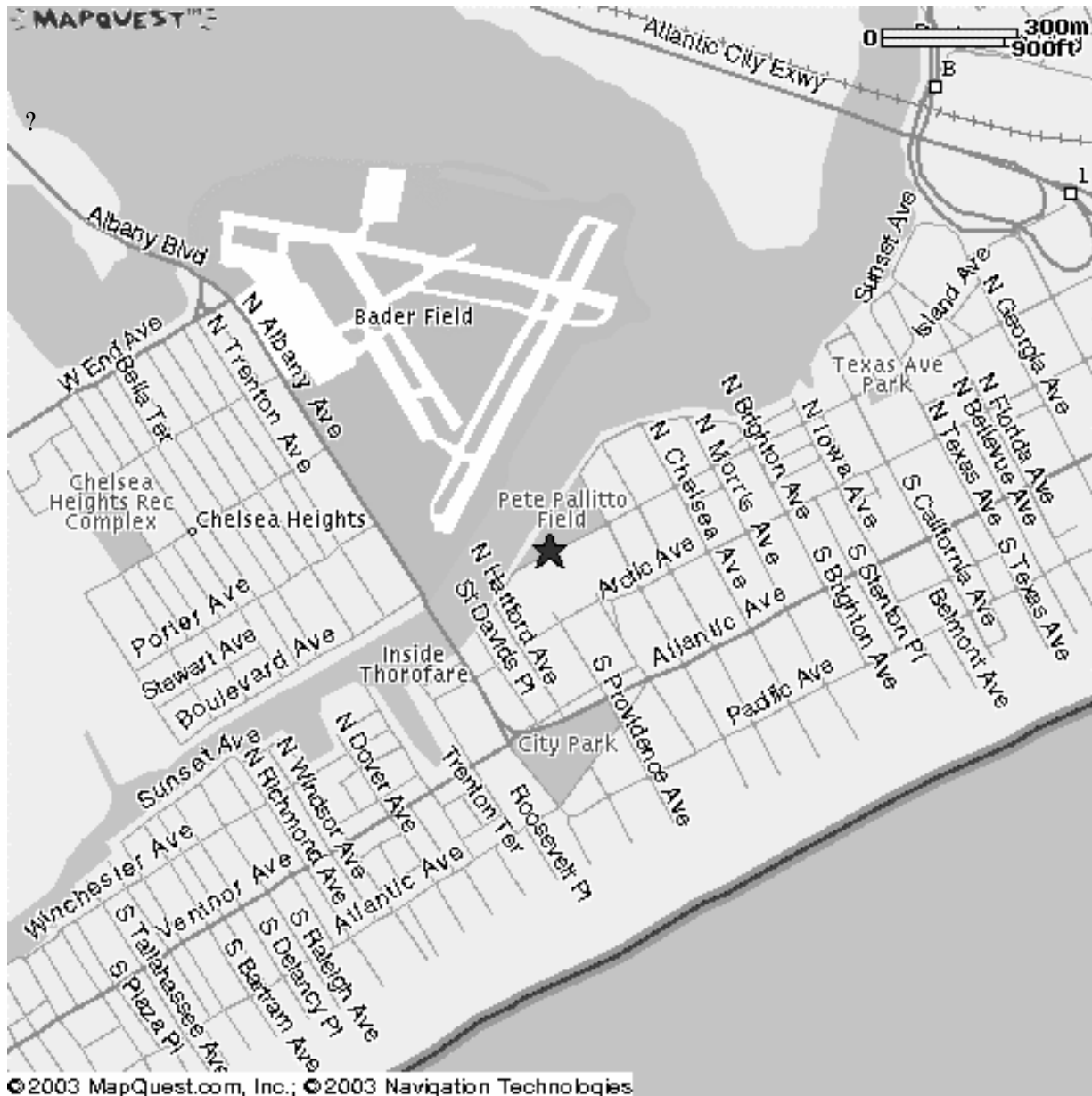
These events are open to eligible swimmers and will be conducted according to current USA Swimming rules.

Swimmer's age is as of June 30, 2007. Advance entry fee must be enclosed - \$20 for one race - Race Day fee is \$25 per race

#### 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, 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 Waiver and Release.

\_\_\_\_\_  
Signature Date Parent's Signature (if under 18) Date



**ACHS BOAT 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 BOAT 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. CAR POOLING IS ENCOURAGED.**