



OLD DOMINION AQUATIC CLUB
Becky Barr-Michael Sheldt Memorial
1-Mile Ocean Swim
Sunday, June 18, 2006
SANCTION NO. VS-06-60



(In conjunction with the 24th Annual Jack King 1-Mile Ocean Swim)

SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-06-60
LOCATION:	Check-in at the park at 24 th Street, between Atlantic Avenue and the boardwalk.
COURSE:	<ul style="list-style-type: none">• There will be an in the water start at 24th Street.• The swim is parallel to the beach, going north.• The finish is on the beach at 38th Street. Buoys mark the start and finish.• Detailed directions with landmarks and any changes will be available at check-in.
MEET DIRECTOR:	Steve Bialorucki Phone: (757) 474-1015
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming/VSI registered 11 & Older swimmers• All swimmers participating in this meet must be registered 24 hours prior to the start of the meet.• No on site registration will be permitted.• Age on June 12, 2005 will determine age for the entire meet.
FORMAT:	<ul style="list-style-type: none">• Check-in will be from 8:45 am to 9:30 am• A Safety briefing will be held on the beach at 24th Street at 9:50 am• The event will begin at 10:15 am• A Masters heat will proceed the USA Swimming heat at 10:00 am
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, JUNE 8, 2006</p> <ul style="list-style-type: none">• Entry deadline above is for pre-entries (including T-shirt)• Hand delivered late entries will accepted until 9:00 pm, Thursday, June 15, 2006 (no T-shirt guaranteed)• NO RACE DAY ENTRIES. DO NOT COME TO THE RACE ON SUNDAY MORNING & ASK TO ENTER. THERE WILL BE NO ENTRY INFORMATION AT THE STARTING LINE. THIS IS A POINT-TO-POINT RACE & ALL SWIMMER INFORMATION WILL BE AT THE FINISH LINE.• ABSOLUTELY NO ENTRIES WILL BE ACCEPTED AFTER 9:00 PM, THURSDAY, JUNE 15, 2006• Mail entries to: Steve Bialorucki 5165 Stratford Chase Drive Virginia Beach, VA 23464 Phone: (757) 683-3403• IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries.
FEES:	<ul style="list-style-type: none">• \$18.00 for entries received by June 8, 2006 (includes T-shirt)• \$23.00 for late entries (may not include a T-shirt, depends on availability)• Extra T-shirts will be on sale the day of the race for \$15.00, while they last.• Checks should be made payable to: ODAC• Payment must accompany the event entry sheet.
AWARDS:	<ul style="list-style-type: none">• Medals will be awarded for 1st through 6th place in each age group• Standard age group will be used (11-12, 13-14, & 15-18)• Awards will be presented at the social, immediately after the finish of the last swimmers

DIRECTIONS:	From I-64 take route 264 East. When the expressway ends, you are on 21 st Street. Stay on 21 st Street until it dead-ends into Atlantic Avenue. Turn left. Check-in is located at the park on 24 th Street, between Atlantic Avenue and the boardwalk.
PARKING:	All parking on Atlantic Avenue and Pacific avenue is controlled by meters with a 2 hour limit (75 cents per hour). There are city lots at 19 th Street and at 25 th Street and Pacific Avenue (2 block east of start / check-in). The charge is \$5 for the whole day. The lot may be unattended when you arrive, but the attendant will be there to collect when you leave.
RULES:	The 2005 USA Swimming Rules and Regulations will apply.
SAFETY:	<ul style="list-style-type: none"> • The Virginia Beach Life Saving Service is in charge of safety. • Lifeguards are stationed each block of the race along with jet-ski, vehicle on the beach, and radio contact with the Rescue Squad.
GENERAL:	<ul style="list-style-type: none"> • Swim Caps will be provided to all entrants. All participants must wear these caps. • Restrooms are available at 24th Street. • Water temperature will be 72 degrees or less. • Wetsuits are not permitted. • Cancellation due to weather is always possible. No refunds will be given. • A truck will be available to take swimmers' bags to the finish line.
RELEASE:	The following waiver must be signed and in the hands of the Meet Director before a swimmer may compete.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in USA Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE USA SWIMMING PROGRAM OR ANY OTHER ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGE CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES SWIMMING, INC., THE LOCAL SWIM COMMITTEE, THE OLD DOMINION AQUATIC CLUB, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY OTHER INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USA Swimming. Finally, I specifically acknowledge that I am aware of all risks inherent in open water swimming, and agree to assume those risks.

Signature of participant: _____

Parent Signature (if participant is a minor) _____

Date _____ Age (as of 6/18/06) _____ USA Swimming # _____

Name _____ Sex _____ M _____ F

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Team _____

Entry Fee \$18.00 advance registration / \$23.00 late registration \$ _____

T-shirt Circle One (advance registration only) Small Medium Large X-large

Make checks payable to: ODAC

Entries must be received by June 8, 2006.

Mail entries and checks to:

Steve Bialorucki (757) 474-1015
5165 Stratford Chase Drive
Virginia Beach, Virginia 23464

CLUBS MUST BE SURE A LISTING OF ALL PARTICIPATING SWIMMERS, INCLUDING THEIR USA# AND AGE, IS INCLUDED IN WITH YOUR ENTRY.