



**2010 John Daly One Mile Ocean Swim
9:00AM on Sunday 5 September 2010**

Rain or shine! Race director Tom Daly/Lifeguard Supervisor reserves the right to cancel or move this event to the bay due to unsafe conditions. Bus transportation will be provided.

Course/Location: One Mile Ocean Swim at National Boulevard Beach, Long Beach, NY 11561
Check-In: 7:45-8:30AM / **Start Time:** 9:00AM / **Information or Questions:** Call 516-431-1810

Eligibility: Swimmers must be 16 years of age or older.
Entrants must be able to complete course in 55 minutes or less.
New Race Participation Category: Long Beach Lifeguard Alumni!

Early registration fee is \$30 if RECEIVED by Wednesday 1 September 2010; late/race-day registration fee is \$35.
Pay by check or money order to **USLA John Daly Scholarship Fund** (includes event t-shirt, swim cap & refreshments)

Awards: Top 3 Overall Male & Female Finishers; Top 3 Male & Female Age Group Finishers (in five-year age group categories of 16-18, 19-24, 25-29, 30-34, etc.). No award duplication. Results and awards presented at Beach Patrol Headquarters following swim.
Results will be posted online at www.LongBeachNY.org. Electronic race timing provided by JUST FINISH INC.

Directions: Meadowbrook Parkway south to Loop Parkway to Lido Boulevard. Turn right onto Lido Boulevard and drive west about four (4) miles to National Boulevard. Turn left onto National Boulevard and continue to beach.

Scholarship: All proceeds will benefit the John Daly Scholarship Fund. Scholarship will be presented at the awards ceremony to a graduating high school Long Beach lifeguard. Additional donations are gladly accepted to help support this scholarship fund.

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"I, the undersigned, intending to be legally bound, hereby certify that I am physically fit & have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks in swimming, training & competition, including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the swimming program or any activities incident thereto, I hereby waive and all rights to claims for loss or damages including all claims for loss or damages cause by negligence, active or passive of the following: The City of Long Beach, The City of Long Beach Lifeguard Patrol, The United States Lifesaving Association, the Long Beach Chapter of the USLA, host facilities, meet sponsors, meet committees or any individuals officiating at the event or supervising such activities. I also specifically acknowledge that I am aware of all the risk inherent in open water swimming and agree to assume those risks."

Signature _____ Under 18 Parent Sign _____

Print Name _____ Age _____ DOB _____ / _____ / _____
(on Sept 5) m m d d y y y

Select T-Shirt Size (circle one): M L XL / Indicate Gender (circle one): Male Female

Race Category (check one): Open Long Beach Active Lifeguard Long Beach Lifeguard Alumni

Street Address _____

City _____ State _____ Zip _____

Day Tel (_____) _____ - _____ Eve Tel (_____) _____ - _____

Print E-Mail Address _____

****Entry form and entry fee payment must be RECEIVED by Wednesday 1 September 2010****
MAIL TO: USLA John Daly Scholarship Fund, 50 Armour Street, Long Beach, NY 11561