

Seal Beach Swim Club, 37th Seal Beach Rough Water Swim, Sunday, July 12th, 2009

Sanction number: 339-015

Distance: 1-mile and 5-kilometer events.

Location and directions: Take the 405 Fwy to Seal Beach Blvd. South, turn right on Pacific Coast Hwy, and then left on Main St. Make a right turn on Ocean Ave. Parking is available in the lot on the left side for a fee. Note that parking on Ocean Ave. and side streets is limited to one hour.

Check-in: Check-in times vary with event. Check-in starts at 6:30 a.m. for the 5K swim, you must check in by 7:15 a.m., and the start is

at 8:00 a.m. The 1-mile check-in is at 8:00 a.m. with an approximate 9:30 a.m. start time.

Entries: Pre-registration is \$25.00 and must be postmarked by Friday, June 26th. Race day registration is \$30.00.

To enter, send a copy of your 2009 USMS card, and a completed SPMA consolidated card with your check payable to: Seal Beach Swim Club. Mail to: S.B.R.W.S., P. O. Box 605, Seal Beach, CA 90740.

Additional Information: Maria Fattal, (562) 430-1092; sbvbcmaria@yahoo.com; www.sealbeachswimclub.org