



2007

**SEASIDE
HEIGHTS**

**JOHN BOYD
MEMORIAL
OCEAN SWIM
AUGUST 5,**

ADDITIONAL INFO: SWIM STARTS: 6:30 p.m.

Timing-Finishline-Results: Compuscore

More info will be on Compuscore.com

Directions - follow signs to Seaside Heights, NJ

FROM WEST: PA Turnpike or its NE Extension to Schuykill Expressway to Walt Whitman Bridge to 295 North, 295 N. to Rt. 70 E. to Rt. 37 into Seaside Heights.

FROM NORTH: NY Thruway to Exit 14 A, Garden state Parkway connection, thru to Exit 82; or cross George Washington Bridge and follow directions to NJ Turnpike to Exit 11, Garden State Parkway connection, South to Exit 82.

FROM SOUTH: Follow US 40 or MD-DE Highway Interstate 95 to US 40; cross Delaware Memorial Bridge, continue to NJ Turnpike to Rt. 70E., Rt. 70 E. to Rt. 37 into Seaside Heights, NJ.

PARKING: Metered Parking in town east of Central Ave. Free parking in town west of Central Ave. Also there is a municipal parking lot at Herring Avenue at the race registration site.

IMPORTANT SWIM INSTRUCTIONS:

- This is a point-to-point 1 Mile Open Ocean Swim. You will swim out to the first turn buoy which will be on your left shoulder for a left turn. You will then be swimming parallel with the beach. You will make another left turn at the turn buoy to come straight into the shore line. You are finished at the clock!
- You will be given a band that will distinguish what wave assignment you started in.
- No passing in the Finish Line Chute
- When finished, you will be at the post-race celebration with barbecue, refreshments and awards.
- The swim course is lined with lifeguards on water vehicles, EMT in water and at finish.

SPECIAL THANKS: THE BOROUGH OF SEASIDE HEIGHTS

SEASIDE HEIGHTS BEACH PATROL

THE MAYOR AND COUNCIL OF SEASIDE HEIGHTS

The Race Sponsors



Lifeguard Association of Seaside Heights
Municipal Building
901 BLVD.
SEASIDE HEIGHTS, NJ 08751

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MEMORIAL
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AUGUST 5, 2007

SEASIDE HEIGHTS, NJ

Hosted by the Lifeguard Association of Seaside Heights

JOHN BOYD MEMORIAL OCEAN SWIM

8/5/2007—6:30 p.m.

AWARDS—BEACH PARTY—BARBECUE—T-SHIRTS

“IF IT’S HAPPENING...IT’S IN SEASIDE HEIGHTS, NJ”

