



SMITH MOUNTAIN LAKE EAST COAST OPEN WATER SWIM



SEPTEMBER 20 & 21, 2008

HOST: The Summit Sports Group

EVENT DIRECTOR: Doug Fonder
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Roanoke, Virginia 24015
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LOCATION: Bernard's Landing at Smith Mountain Lake
775 Ashmeade Road
Moneta, VA 24121
540-721-8870

PARKING: There are ample parking spaces available at the beach.

COURSE: There will be an in-water start at the beach. Detailed directions with landmarks (including any changes) will be available at check-in.

DATE/TIME: Check-in for the 5K will be on Saturday September 20, 2008 from 4:00-4:45pm with a race start of 5:00pm. Check-in for the 1 mile races will be on Sunday September 21, 2008 from 9:30-10:30am with a race start of 11:00am.

ENTRY FEE: \$39 for Age Group and Open events. Those individuals wishing to enter both the 5K and 1 mile events may do so for one entry fee. T-Shirts & tickets for food at the awards ceremony are included with registrations which have been sent in by the entry deadline.

LATE ENTRIES: Late entries must be submitted no later than 4:20pm on September 20th for the 5K event and no later than 10:20am on September 21st for the one mile races. Absolutely no entries will be accepted after these times on race days! T-Shirts will not be given for late entries, but will be on sale for \$15 at the event.

GENERAL INFO: 1. Rest rooms and dressing rooms are available at the site. 2. Water temperature will be approximately 80 degrees. 3. Wetsuits are permitted. 4. Cancellation due to weather is always possible. No Refunds. 5. Overnight accommodations are available at Bernard's Landing.

AWARDS/SOCIAL: Custom awards will be given for first through third in each age group, male and female classification. Awards will be presented at the social, immediately after the finish of the last race. Family and friends of all swimmers are invited to the social. Food tickets for the awards ceremony for non-participants will be \$8.