

10th Annual La Jolla Cove Swim Club's 10 Mile Relay

Health and Safety

Bring:

Water, drinks, snacks, sunscreen, beach chairs, towels, umbrella/canopy.
(Coffee shops and Deli shops are a block from the Cove)

Time Schedule, Sunday September 26, 2010

6:00 am-7:00 am	Registration
6:45 am	Captains meeting
7:00 am	Relay Start
11:00 am-1:00 pm	Chevy's lunch snack
12:30 pm	Last swimmer in the water.
1:00 pm	End of Relay
1:30 pm	Awards

Registration, Check-In (6-7am)

Under 18 swimmers must have parent/coach present to sign waiver and remain on site for the Relay
All Registrants must Check In.

Parking

La Jolla street parking is available, street parking is free on Sundays (check street sign for authorization)

Volunteers

If team can provide a volunteer to assist with the Relay organization please contact the Race Directors via email or at the Registration Desk.

Available Refreshments, as supply lasts

Coffee, muffins, fruit, bagels, Gatorade, water.