

Dynoswim Event Schedule 2008



DYNOSWIM
Masters and Youth Team

All levels of swimming abilities

- Ex-collegiate swimmers
- Fitness swimmers
- Triathletes
- Beginners

- **May 3-4, 2008 – St. Augustine
Publix Family Fitness Weekend**

SATURDAY – May 3rd

Open Water Swim: Near mile swim: depending on beach conditions

Triathlon: 1/2 mile swim, 12 mile bike, 3.1 mile run

Duathlon: 2 mile run, 12 mile bike, 3.1 mile run

Sprint Kids Tri: 50 yard swim, 1 mile bike on beach, 100 yard sprint

SUNDAY – May 4th:

POWERade 5K Grand Prix: 3.1 mile run (same run course as race)

- **May 24 – Amelia Island**

Ed Gaw Amelia Island Open Water Challenge

SWIM DESCRIPTION: There are two races, held simultaneously — a 1-mile and a 5K swim. The 1-mile race start is located at the Jasmine St. beach access and the 5K event race start is located at the Simmons Road beach access. Both swims finish at Main Beach; Main Beach is located at the intersection of Atlantic and Fletcher Avenues. <http://aiowc.org/2.html>

- **July 26-27 – Cocoa**

Cocoa YMCA LCM Meet

Masters swim meet at Cocoa YMCA located in the middle of the Brevard Community College campus at 1519 Clearlake Road, Bldg. #18, Cocoa, Florida 32922.

Two-day meet, 5 individual events per day plus relays. Meet entries must be post-marked by Tuesday, July 16, 2008. www.dixiezone.org/Meets/0807cocoa.pdf

- **August 2 – Jacksonville**

HammerHead Ocean Marathon

The HammerHead Ocean Marathon is a new race we have added to our list of sponsored events. The 2.5 mile or 1.25 mile ocean swim keeps the swimmers parallel to shore in this point-to-point race. The first weekend in August is our usual date for this event. <http://www.hammerheadtriathlonclub.com/>

- **January 1, 2009, Noon – Flagler Beach**

Dynoswim's Polar Bear Plunge

Our 2nd Annual Polar Bear Plunge. Charity TBD.