

# ATHLETE GUIDE



**CRESTBEST**  
**SWIM**  **FEST**

★ ★ ★ *inspira* ★ ★ ★  
HEALTH



**2022**



# WELCOME

Greetings Athletes,

OPEN WATER SEASON IS HERE and there is no better way than to kick it off with a swim in the protected back bay of Wildwood Crest, NJ on Memorial Day Weekend!

The World-Famous Sunset Lake is an incredible open water swimming venue complete with minimal current, clear sight lines, and elevated viewing areas for premium spectator viewing. All swimmers begin the event by jumping off the Lakeview Docks into the bay and navigating their respective course. Additionally, all swimmers will be provided with a swim split through our floating arch to get a mid-race pace!

In 2022, we think the most exciting new development is our event is over 50% female and every athlete who completes their swim will receive a finisher medal and custom beach towel!

We are SO excited to welcome athletes from all over the mid-Atlantic region to beautiful Wildwood Crest, NJ this holiday weekend. Please read this email carefully and know what to expect.

P.S. - Registration is still open! Share the news with family and friends so they can join you, too!!

With gratitude,

Stephen Del Monte & Team DelMo







## *What we offer*

- Joint specific operable and non-operable cases
- Identification/Return to Play Process
- Concussion Education
- PED Education
- Injury rehabilitation
- Sporting performance improvement including nutrition, strength and conditioning
- Sports & exercise medical syndrome identification
- Injury prevention and treatment
- Application of physiological and biomechanical principles

# Sports Medicine at Inspira Health

**Sports Medicine** is an area of health care that focuses on maximizing the athletic performance of both professional and amateur athletes as well as the treatment and prevention of injury related to sports exercise. Inspira Sports Medicine programs are managed by a team of trained clinical professionals including a sports orthopedic specialist, certified athletic trainer, physical therapist and strength and conditioning coach.

To learn more or to schedule a consultation call **(856) 641-8000 ext. SPORT** or email **[SportsMedicine@ihn.org](mailto:SportsMedicine@ihn.org)**



Official Health Care Partner of the  
PHILADELPHIA WINGS



# CHECK IN INFO & SCHEDULE

## **ATHLETE CHECK IN:**

Sunset Lake Park

7118 Park Blvd.

Wildwood Crest, NJ 08260

- Between Miami Ave & Louisville Ave
- Saturday, May 28th 6:15am-7:30am

## **ITEMS TO PICK UP:**

- Custom Blue70 Silicone Swim Cap
  - 1/4 Mile = Red
  - 1 Mile = Blue
  - 1 Mile Elite = White
- Timing Chip (worn on your wrist, secured with electrical tape)
- Body Marking (written with Sharpie on hand)



## **GEAR CHECK:**

NEW in 2022! We will offer Gear Check. Please keep your bag size to a minimum.

## **TIME LIMIT:**

There will be a time limit of 1 hour for the 1 Mile Swim.

## **PARKING:**

We encourage you to find parking within the residential neighborhood. Keep in mind, parking meters will be in effect. **DO NOT BLOCK** someone's driveway and/or parking spots; you will be towed at your expense. Please be courteous of nearby motels.



## SATURDAY, MAY 28, 2022

START	END	EVENT	LOCATION
6:15 am	7:30 am	Athlete Check In	Sunset Lake Park
7:40 am		National Anthem	Sunset Lake Park
7:45 am		<b>1/4 MILE RACE STARTS</b>	Lakeview Dock
7:55 am		<b>1 MILE ELITE RACE STARTS</b>	Lakeview Dock
8:00 am		<b>1 MILE RACE STARTS</b>	Lakeview Dock
8:45 am		Awards Ceremony	Sunset Lake Park





# "LOVE THOSE WILDWOOD DAYS!"

When it comes to a Wildwoods vacation,  
everyone's got something to sing about.

Everything you could ever want in a vacation experience is all right here, on one 5-mile island. From relaxing on our spacious, FREE white-sand beaches to exploring our 38-block world-famous boardwalk. From fine dining to sweet treats you dream about all year long—the Wildwoods have the best of the Jersey Shore and a whole lot more.

Start planning your stay and enter to win a free family vacation. Visit **WildwoodsNJ.com** or call **800.992.9732**.



New Jersey  
**ILDWOODS**  
[www.WildwoodsNJ.com](http://www.WildwoodsNJ.com)



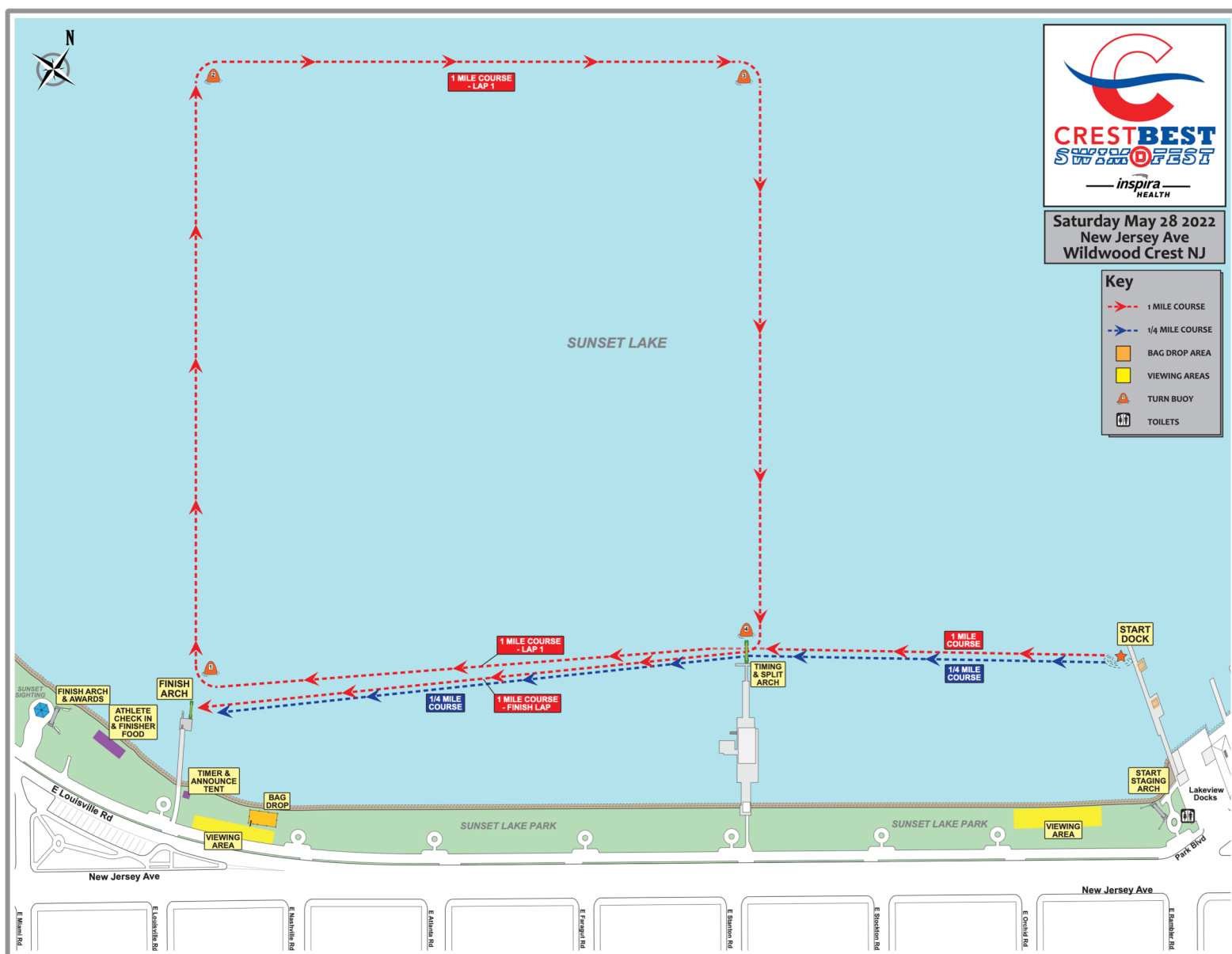


★ ★ ★ *inspira* ★ ★ ★  
HEALTH

# COURSE MAPS

**Freedom 1 Mile Swim: box swim with 4 right turns, with a mid-way timing split (green blow up arch) that you will pass 2x – be sure to swim through the arch.**

**Freedom 1/4 Mile (500 Yard) Swim: point to point swim, swimming south with a mid-way timing split (green blow up arch) – be sure to swim through the arch.**





# DOWNLOAD THE DELMOSPORTS APP

NOTIFICATIONS

CUSTOM SELFIES

REAL TIME  
TRACKING

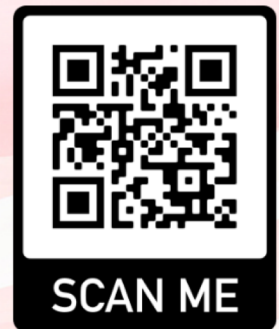
RESULTS

## AND MORE!



POWERED BY

**CAPE  
MAY  
COUNTY  
TOURISM**



**TO DOWNLOAD  
& SEE RESULTS**



**SEARCH "DELMOSPORTS" IN YOUR  
APP STORE OR SCAN QR CODE.**



# IMPORTANT INFORMATION

## **LIVE ATHLETE TRACKING:**

We encourage athletes and spectators to download the DelMoSports Elite Events Mobile App Powered by Cape May County Tourism before race weekend. Find it in the Apple Store and on Google Play by searching for "DelMoSports." The app features live athlete tracking, the event schedule, important push notifications, selfies and much more!

## **TIMING:**

- DelMoPRO will be handling the official timing. You MUST wear the timing chip provided to you on your wrist. LIVE TRACKING will be available on the DelMoSports Elite Events Mobile App. Results and leaderboards will be available on the App as well.
- Overall Awards and Age Group awards are based on chip time.
- Awards Ceremony will start after the conclusion of the event.

## **FINISH LINE:**

- Expect an energetic welcome from our volunteers as you enter the Finish Chute.
- You will receive your:
  - AWESOME Finisher Medal
  - CUSTOM Competitor Beach Towel
  - COLD bottled water

## **ATHLETE FOOD:**

- Enjoy finisher food featuring Britton's Gourmet Bakery's donuts and hot coffee!

## **FREE RACE PHOTOS:**

- We will have a photographer at the event. Smile big!
- Within a few days, maybe even hours following the race, your AWESOME and FREE photos will be available to view, download and share!
- Get social and share your amazing accomplishment! Make sure to use our hashtags #CrestBestSwimFest #CBSF #DelMoSports #Blue70
- Thanks to the BlueSeventy, these photos are FREE and they're YOURS!







Ease the race day jitters knowing you're swimming in the best quality, expertly crafted gear around. At Blueseventy, we obsess over the countless details that make our gear stand out from the rest so that you can focus on what's important; swimming your best.

**SAVE 30% on your next order at**  
**[www.blueseventy.com](http://www.blueseventy.com)**  
**with code:**

**DELMOEVENTS22**



**BLUE**  
**70**

ALL FOR THE SWIM