



2019 2nd Annual Shamrock 5K

Chapel Branch Nature Trail

Seaford, DE 19973

Saturday, March 16, 2019

Sponsored by and benefits: Seaford Swimming Association

Paid preregistration \$ 25.00 includes T-shirt

Day of registration \$35.00

10 and under free

Registration is 8:00 – 8:45 a.m.

Race Start is 9:00 a.m.

Awards to Top Overall Male and Female Runners and Top Two Female and Males in the following age groups: 11-20, 21-30, 31-50, 51+

Download registration forms at www.swimssa.com

Mail with check payable to: SSA

P.O. Box 434

Seaford, DE 19973

Questions? Contact Cory Darden (302-448-1473 or jdarden@udel.edu)