



SCHEDULE EVENTS



FEBRUARY 6-7

SATURDAY, FEB. 7



FRIDAY, FEB. 6

2 PM

Plunge and 5k Run/Waddle registration and packet pick up at the Hilton Virginia Beach Oceanfront (3001 Atlantic Avenue, Level 2). Polar Plunge Souvenirs will be available for purchase in the Albemarle Hall room from 2PM-6:30PM

7 PM

5k Run/Waddle along the Boardwalk. Start and finish just south of 30th Street. Awards to follow in the tent. Snap your finisher photo at the PR Bell in Neptune Park. Dip your toes in the sand a day early at the FREE Pre-Plunge Party. Join us in the heated Plunge Pavilion tent for delicious food by Aloha Snacks, signature Tito's Handmade Vodka cocktails, beer and wine by Commonwealth Brewing Co., ice-cold Coastal Cocktails, & DJ Julian will be bringing the heat with music all night long!

10 PM

10 AM

Plunge Registration & Incentives Pick-up opens at the Hilton VB Oceanfront (3001 Atlantic Avenue, Level 2)

The main heated tent opens, featuring some of our amazing partners. We'll also be serving up Commonwealth's brews, Hawaiian-style eats from Aloha Snacks, Tito's Handmade Vodka Signature drinks, ice-cold Coastal Cocktails, and sick beats by DJ Julian! Be on the lookout for Red Bull's FREE samples and be sure to stop by the souvenirs table to pick up your Polar Plunge Swag before it's gone. New this year - be sure to stop by Neptune Park to visit even more vendors.

11:30 AM

Costume Contest & Parade, no registration this year! Meet on the boardwalk just past the Neptune Statue to parade into the Plunge Pavilion. Winners of the costume contest will be announced following the parade. Meet us by the stage in the Plunge Pavilion at 11:45 am to hear the winners!

12:15 PM

Opening Ceremony, safety briefing & check presentation on stage under the Plunge Pavilion. Come see how much we've raised for Special Olympics Virginia athletes of all abilities!

1 PM

THE PLUNGE on the beach at 31st Street behind the Neptune Statue. Registration & Incentives Pick-Up closes.

2 PM

After you take your icy dip, warm up again under the heated Plunge Pavilion with vendors, music and more frosty brews and food from Tito's Handmade Vodka, Commonwealth Brewing Co., Aloha Snacks, Coastal Cocktails, and Red Bull.

3 PM

Thaw Out Party after the Plunge for Drink and food specials at Beachside Social (2728 Atlantic Avenue). Live music and happy hour specials at Murphy's Irish Pub (2914 Pacific Ave). \$8.88 Happy Hour drinks, bar specials, and pizza at Dough Boy's Pizza (2410 & 3224 Atlantic Ave). Also stop by Aslin Beer Co. (823 Virginia Beach Blvd) for \$1 off all draft beer and cocktails from 3PM-7PM.

AND
BEYOND



POLAR
PLUNGE