



SCHEDULE OF EVENTS



VIRGINIA BEACH | FEBRUARY 4-5

FRIDAY, FEB. 4

- ❄️ 2 to 7 pm: Plunge and Dash & Splash [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 lobby.

SATURDAY, FEB. 5

- ❄️ 8:30 am: [Packet pick up for the Dash & Splash 1 & 4 Mile Runs](#) at the Hilton Virginia Beach Oceanfront (3001 Atlantic Avenue, Level 2).
- ❄️ 9:30 am: [Dash & Splash 4 Miler](#) along the Boardwalk. Start and finish just south of 30th Street.
- ❄️ 10 am: [Plunge Registration & Incentives Pick-up opens](#) at the Hilton Virginia Beach Oceanfront (3001 Atlantic Avenue, Level 2)
- ❄️ 10 am: [Costume Contest registration](#) inside the Walmart Plunge Pavilion (main heated tent) located on the beach at 30th Street. Look for the TJ Maxx table and photo booth! Registration will be held until 11:30 am. Come seal your spot for the parade!
- ❄️ 10:30 am: [Walmart Plunge Pavilion](#) (the main heated tent) opens, featuring some of our amazing partners. We'll also be serving up [Smartmouth's](#) frosty brews, Hawaiian-style eats from [Aloha Snacks](#), and sick beats by [DJ Julian](#)! Be sure to stop by the souvenirs table to pick up your Polar Plunge Swag before it's gone.
- ❄️ 10:30 am: [4 Miler awards](#) under the Walmart Plunge Pavilion.
- ❄️ 11 am: [Dash & Splash, 1 Mile Fun Run](#) along the Boardwalk. Start and finish line just south of 30th Street on the Boardwalk.
- ❄️ 12:30 pm: [TJ Maxx Boogie Down the Boardwalk Costume Parade](#), meet on the boardwalk just past the [Neptune statue](#) to parade into the Walmart Plunge Pavilion. Winners of the costume contest will be announced following the parade. Meet us in the Walmart Plunge Pavilion at 12:45 pm to hear the winners!
- ❄️ 1:15 pm: [Opening Ceremony](#), safety briefing & check presentation on stage under the Walmart Plunge Pavilion. Come see how much we've raised for Special Olympics Virginia athletes of all abilities!
- ❄️ 2 pm: [THE PLUNGE](#) on the beach at 31st Street behind the Neptune Statue.
- ❄️ 2 pm: [Plunge Registration & Incentives Pick-Up closes](#)
- ❄️ Until 3 pm: After you take your icy dip, warm up again under the heated Walmart Plunge Pavilion with vendors, music and more frosty brews and food from [Smartmouth Brewing Co.](#) and [Aloha Snacks](#).
- ❄️ 3 pm and beyond: Thaw Out Party after the Plunge at [Smartmouth's Virginia Beach Pilot House](#) (313 32nd Street), with \$1 per beer going back to Special Olympics VA. Drink and game specials at [Beachside Social](#) (2728 Atlantic Avenue). Live music and happy hour specials at [Murphy's Irish Pub](#) (2914 Pacific Ave). And don't miss out on a special Plunge-themed cocktail and 20% off large pizzas at [Doughboys Pizza](#) (1700 & 3224 Atlantic Ave).

