

2011 HUNTINGTON/COLD SPRING HARBOR
400 Meter, 1 Mile & 2 Mile Open Water Swim Races
Event Info & Entry Form for USA-Swimming Registered Swimmers



Sunday, June 26, 2011
Race starts at 8:30AM
400 meter, 1 Mile & 2 Mile
Open Water Swim Races
Held under the sanction of
USA Swimming
Metropolitan Swimming, Inc.
Sanction #110604



Presented by: Metropolitan Local Swim Committee

Location: West Neck Beach, Huntington, Long Island, New York (3 miles north of Main Street Huntington Village).

Race Venue: Race headquarters will be located at the Town beachfront. Outdoor showers and restroom facilities are on site. There are no locker rooms. Check-in and awards ceremony will be held on the beachfront. Post-race bagels, fruit, coffee and refreshments will be available.

Parking: Park at the Town beach parking lot directly adjacent to race venue. Parking fees are waived for all participants, volunteers, coaches and spectators during race on event date.

Information: For the latest event updates go to <http://thewater-blog.blogspot.com/>.

Eligibility: Open to all 2011 USA Swimming registered athletes. All swimmers participating in this event must be registered by entry submission deadline. Age determination date for this event is Sunday, June 26, 2011.

Disability Swimmers: Swimmers with disabilities are encouraged to enter. Contact Organizers Colleen Driscoll or Rob Ripp with special need considerations. The athlete (or athlete's coach) must also notify event referee of disability prior to competition.

Course: The 400 Meter course is one 400 meter loop from water start to land finish. The 1 Mile course is a one-mile loop from water start to land finish. The 2 Mile course is a one-mile loop swum twice around with water start and land finish. Swim courses will be clearly marked with buoys. Wave designations and direction of swim will be determined closer to race date subject to the number of race entrants and anticipated weather and water conditions. Expected water temperature range is 65-70°F, with some chop due to wind and the possibility of flotsam, jetsam and jellyfish.

Format: Swimmers will start in separate waves determined by race distance.

Entry Limit: Swimmers may participate in **one (1) event only**. NO wetsuits may be worn.

Rules: Current USA Swimming Rules and Regulations will apply.
The USA Swimming Code of Conduct is in effect for the duration of this event.

Event Director: Mary Fleckenstein • Phone 631-766-7252 • E-Mail mjfleck333@hotmail.com

Officials: **Event Referee TBD.** Officials wishing to volunteer should contact Event Organizers Colleen Driscoll or Rob Ripp by Friday, June 10, 2011.

Timing: Electronic CHAMPIONCHIP TIMING by Super Race Systems will be used. Each swimmer will wear an electronic timing chip on an ankle bracelet to automatically record his or her time. Timing chips will be collected at the finish area. Swimmers who fail to return their chip will be assessed a \$30 charge.

- Time Limit:** There will be a 45 minute time limit for the One Mile swim race and 1.5 hour time limit for the Two Mile swim race. Any swimmer who does not complete the One Mile or Two Mile swim course within these time limits will be asked to exit the water and scored as a "DNF" (Did Not Finish).
- Divisions:** 10 & under: 400 meters; 11&12: ONE or TWO miles; 13&14: ONE or TWO miles; and Open: ONE or TWO miles.
- Safety:** Metropolitan Safety Procedures will be in effect. Marshals will be present throughout warm-up and competition, and have the authority to remove, with the concurrence of the Event Referee, any swimmer, coach, club, or spectator for failure to follow safety rules. Lifeguards and kayaks will monitor the course. A safety boat (Huntington Harbor Master) will keep boat traffic away. Huntington Community First Aid Squad EMT personnel will be on-site. Any emergencies will be taken to Huntington Hospital which is located three (3) miles from race headquarters. In case of inclement weather or dangerous conditions, the event director may modify or close the course and prevent swimmers from completing the swim. Swimmers will be given a highly visible numbered swim cap that must be worn as the top cap during the swim. All swimmers must have their race number on their arms and caps. Body-marking (numbering) will occur on event day during swimmer check-in period.
- Disclaimer:** "Upon acceptance of his/her entry, the participant waives all claims against the Town of Huntington, Huntington Board of Trustees, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives, United States Masters Swimming, Inc., the Local Masters Swimming Committee, the clubs, host facilities, event sponsors, event committees. Finally, I specifically acknowledge that I am aware of all the risks inherent in Open Water swimming and agree to assume those risks."
- Coaches:** In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity.
- Awards:** Awards will be presented to the top three (3) finishers by gender in each age group. Special awards presented to the overall male and female finishers in each Race Division. Awards ceremony will be held on the beachfront. Results will be posted online at www.metroswimming.org and <http://thewater-blog.blogspot.com/>.
- Event Day Schedule:**
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| 7:00-7:30AM | Swimmer Check-in for 10 & under 400 Meter Swim |
| 7:00-7:45AM | Swimmer Check-in for all other ages & swim distances |
| 7:00-7:30AM | Warm-Up |
| 7:40AM | Pre-Race Briefing by course start for 10 & under 400 meter swim
<i>Attendance at pre-briefing is mandatory</i> |
| 8:00AM | START of 10 & under 400 Meter Swim |
| 8:15AM | Pre-Race Briefing by course start for one and two miles
<i>Attendance at pre-briefing is mandatory</i> |
| 8:30AM | START of Wave #1 Two Mile Swim (11-17 years old) |
| 8:35AM | START of Wave #2 Two Mile Swim (18 & over) |
| 8:40AM | START of Wave #3 One Mile Swim (11-17 years old) |
| 8:45AM | START of Wave #4 One Mile Swim (18 & over) |

ENTRY FEES & REGISTRATION DEADLINES

***Entry Fees: \$15.00 for 10 & Under 400 Meter Swim; \$20.00 for all other distances**

*For paper entry, make check payable to **ROB RIPP** and MAIL to: **69 Wendover Drive, Huntington, NY 11743***

MAIL-IN paper entry must be **RECEIVED** by **Thursday June 16, 2011**.

Bounced check fee of \$35 will be assessed if entry fee check does not clear.

ONLINE event registration **CLOSES** at **11:59PM ET on Tuesday, June 21, 2011**. Your credit card statement will reflect a charge from "Club Assistant.com Event Billing." Entry fee is non-refundable and non-transferable.

Register online at: www.clubassistant.com/club/meet_information.cfm?c=1743&smid=3182

***A portion of your entry fee will be donated to the Huntington YMCA Swimming Scholarship for Kids Program**

Questions: Direct inquiries to Colleen Driscoll distswim@aol.com or 516-459-3814, or to Rob Ripp rob.ripp@verizon.net or 631-335-4629. **Event information will be sent out by email to all registered swimmers prior to race day.**

Other Info: Enjoy the rest of the day in Huntington Village with its many restaurants and shops and/or stroll through the quaint Village of Cold Spring Harbor.

Official Entry Form for USA-Swimming Registered Swimmers
2011 HUNTINGTON/COLD SPRING HARBOR
400 Meter, 1 Mile & 2 Mile Open Water Swim Races

Print Full Name _____ DOB ____/____/____
Street Address _____ Age (as of 06/26/11) ____
City _____ State ____ Zip _____ Gender (circle one): M F
Phone (____) _____ - _____ Indicated (check one) t-shirt size:
E-Mail Address _____ Small Medium
USA-S Registration # _____ USA-S Club: _____ Large X-Large

Select (check one) swim race participation division:

☐ 400 Meter Swim (10 & Under only) ☐ One Mile Swim (all ages) ☐ Two Mile Swim (all ages)

Detail prior open water swim experience (event, date & distance) equal to or greater than your planned race distance in this event:

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ENTRY FEES AND DEADLINES:

10 & Under 400 Meter Swim \$15.00 \$ _____
All Other Ages & Swim Distances \$20.00 \$ _____
Additional YMCA Kids Program Donation \$ _____
TOTAL* \$ _____

MAIL in paper entry DEADLINE is **RECEIVED** by **Thursday, June 16, 2011**. Check or money order payable to **ROB RIPP**. MAIL to:
69 Wendover Drive, Huntington, NY 11743. ONLINE registration **CLOSES** at **11:59PM ET on Tuesday, June 21, 2011**. Register
online at www.clubassistant.com/club/meet_information.cfm?c=1743&smid=3182. **Fees/donations are non-refundable and**
non-transferable. Your credit card will reflect a charge from "Club Assistant.com Event Billing." *A portion of entry fee will*
automatically be donated to the Huntington YMCA Swimming Scholarship for Kids Program.

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EMERGENCY CONTACT PERSON & MEDICAL INFORMATION:

Name _____ Relationship _____
Phone (____) _____ - _____
Important Medical Information and/or Conditions: _____

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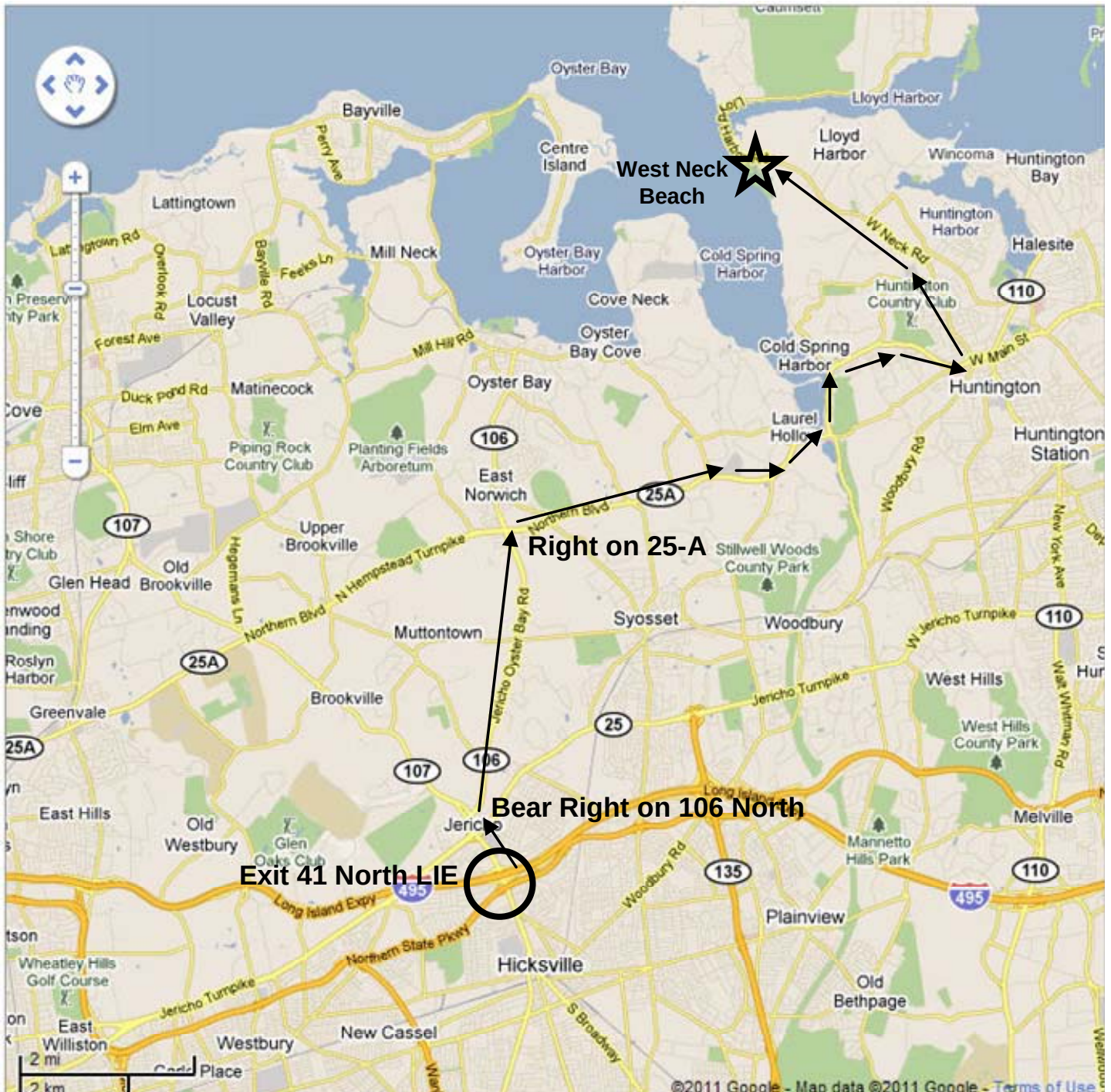
Signature: _____ Date: _____
Signature: _____ Date: _____
signature of parent or legal guardian if race applicant is a minor

> > MAIL DEADLINE is RECEIVED by Thurs Jun 16 / ONLINE registration CLOSES at 11:59PM on Tues Jun 21 < <

DRIVING DIRECTIONS

From the West (Nassau County, New York City & Boroughs, and Westchester):

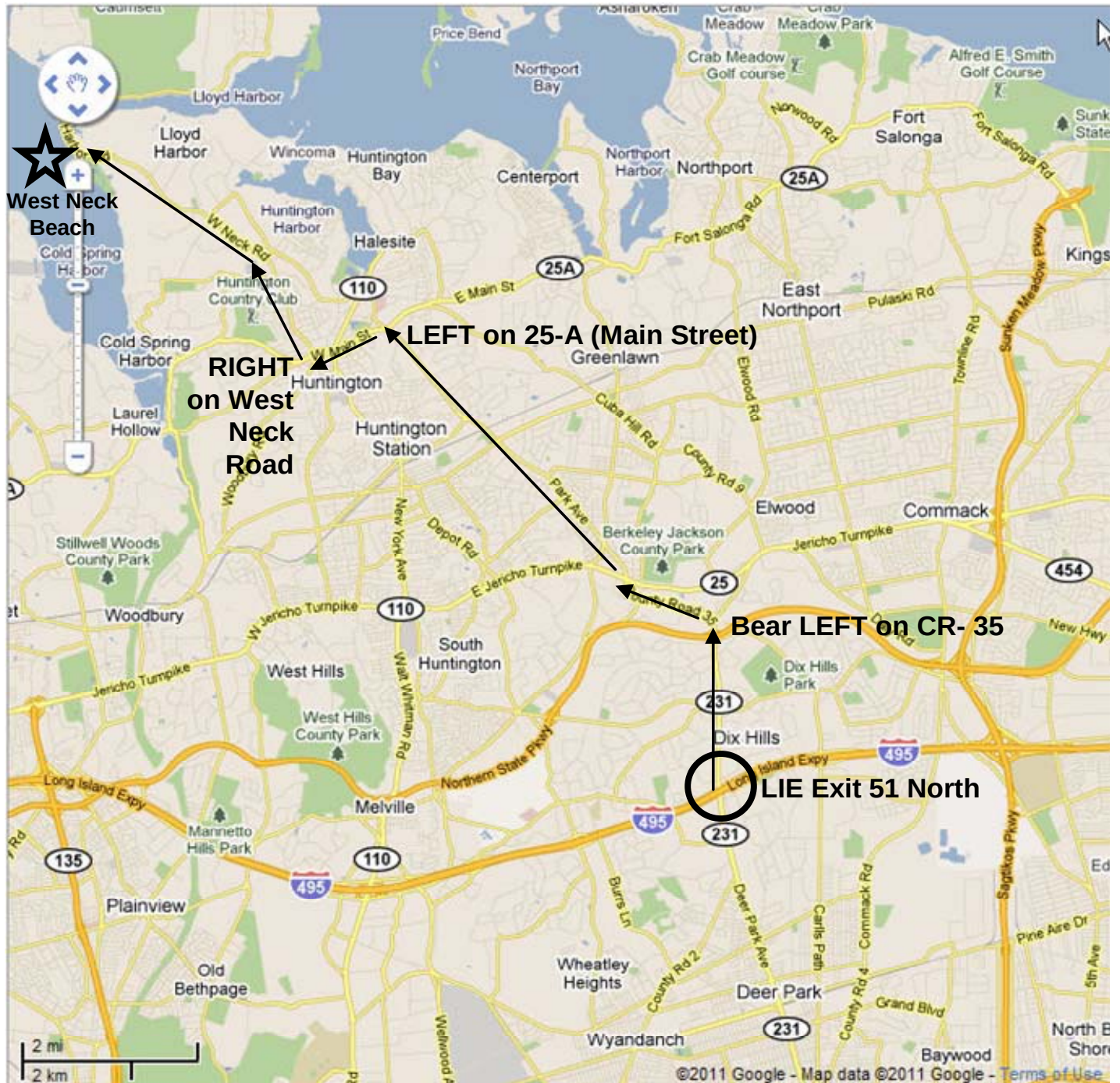
LI Expressway (I495) to **EXIT 41 NORTH** Routes 106/107. **BEAR RIGHT** at fork and continue NORTH on Route 107 Jericho/Oyster Bay Road to Route 25A/Northern Boulevard. **TURN RIGHT** onto 25A/Northern Boulevard and drive eastbound. About five (5) miles (past Cold Spring Harbor Lab) at bottom of hill **BEAR LEFT** to continue on 25A. Continue east through Village of Cold Spring Harbor to Huntington Village approximately one (1) mile. At bottom of hill in Huntington Village (Saint Patrick's School on right) turn **LEFT** onto **WEST NECK ROAD** and continue NORTH to race venue as per map below.



DRIVING DIRECTIONS

From Eastern Long Island:

LI Expressway (I495) to **EXIT 51 NORTH**. Turn **RIGHT** onto **DEER PARK AVENUE** and drive **NORTH** approximately two miles. After Northern State Parkway underpass **BEAR LEFT** (Dix Hills Fire Department on right) and continue north about a half mile. **CROSS Route 25/Jericho Turnpike** (Deer Park Avenue becomes Park Avenue). Continue **NORTH** on **PARK AVENUE** about two miles and cross railroad tracks. Four traffic lights after train tracks at bottom of hill **TURN LEFT** onto **Route 25A/Main Street** (Village Green on left). Continue **WEST** on **Main Street** (pass YMCA and Town Hall) into Huntington Village. Three traffic lights after STARBUCKS (on right) turn **RIGHT** onto **WEST NECK ROAD** (CitiBank on corner). Continue **NORTH** to race venue as per map below.



Detail Map

West Neck Beach, Huntington

3 miles north of
Huntington
Village

Take West Neck
Road north from
the Intersection
of Main Street

Beach Entrance
is left at the
bottom of
Seminary Hill

