

2012 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 24, 2012
Race starts at 7:40AM
400 meter, 1 Mile & 2 Mile
Open Water Swim Races
Held under the sanction of
USA Swimming
Metropolitan Swimming, Inc.
Sanction # 120670-OW



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 our website: www.westneckswim.com

Technical

Meeting: Coaches must attend a meeting on 6/23 at 6:00pm on the beach. If you have any questions please contact Colleen Driscoll.

Eligibility: Open to all 2012 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 24, 2012.

Disability Swimmers: Swimmers with disabilities are encouraged to attend. Contact Organizers Colleen Driscoll or Rob Ripp if you need special considerations. The athlete (or athlete's coach) is also responsible for notifying the event referee of any 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: The 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: Rob Ripp • Phone 631-335-4629 • E-Mail rob.ripp@verizon.net

Officials: George Fleckenstein, Event Referee. Officials wishing to volunteer should contact Event Organizers Colleen Driscoll or Rob Ripp by Friday, June 8, 2012.

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 50 minute time limit for the One Mile swim race and 1.35 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.
"Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer, or the swimmer's legal guardian, to ensure compliance with this requirement."
- Audio/Visual Audio** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms. – 202.3 and 202.4
- 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 www.westneckswim.com
- Event Day Schedule:**
- | | |
|-------------|--|
| 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 for all |
| | Attendance at pre-briefing is mandatory for all swimmers |
| 7:40AM | Pre-Race Briefing by course start for 10 & under 400 meter swim |
| 7:50AM | Race chute line up for 10 & under 400 meter swim |
| 8:00AM | START of 10 & under 400 Meter Swim |
| 8:05AM | Pre-Race Briefing by course start for one and two miles |
| 8:10AM | Race chute line up for Waves #2 and 3 Two Mile Swim |
| 8:20AM | START of Wave #2 Two Mile Swim (18 & over) |
| 8:25AM | START of Wave #3 Two Mile Swim (11-17 years old) |
| 8:20AM | Race chute line up Waves #4 and 5 One Mile Swim |
| 8:30AM | START of Wave #4 One Mile Swim (18 & over) |
| 8:35AM | START of Wave #5 One Mile Swim (11-17) |

ENTRY FEES & REGISTRATION DEADLINES

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

For paper entry (**10&under, 400 mtrs only**) make check payable to ROB RIPP and MAIL to: **Colleen Driscoll, 108 South Village Ave., #3B, Rockville Centre, NY 11570** Mail in entry must be **RECEIVED by Thursday June 14 10&under only**

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 19, 2012**. Your credit card statement will reflect a charge from "Club Assistant.com Event Billing."

Entry fee is non-refundable and non-transferable. Both 10&under and 11&up can register online at:

www.clubassistant.com/club/meet_information.cfm?c=1743&smid=4065

***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. Event information will be sent out by email to all registered swimmers prior to race day.

Official Entry Form for USA-Swimming Registered Swimmers
2012 HUNTINGTON/COLD SPRING HARBOR
400 Meter, 1 Mile & 2 Mile Open Water Swim Races

Print Full Name _____ DOB ____/____/____
Street Address _____ Age (as of 06/24/12) ____
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: **Only mail in entry will be accepted for 10& Under, however you can enter on-line**
☐ 400 Meter Swim (10 & Under only) Mail in or on-line entry ☐ One Mile Swim (all ages) ☐ Two Mile Swim (all ages) **on-line only for One Mile Swim and Two Mile Swim. Mail entries will not be accepted for these events. Any problems call Colleen**

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

Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms - 202.3. and 202.4.

=====

ENTRY FEES AND DEADLINES:

10 & Under 400 Meter Swim \$15.00	\$ _____	Both mail and on-line entries accepted for 10&under
Additional YMCA Kids Program Donation	\$ _____	One and two mile swimmers must register on-line
TOTAL*	\$ _____	

MAIL in paper entry DEADLINE is **RECEIVED** by **Thursday, June 14, 2012**. Check or money order payable to **ROB RIPP**. MAIL to: **Colleen Driscoll 108 South Village Ave., Rockville Centre, NY 11570**. **ONLINE** registration **CLOSES** at **11:59PM ET on Tuesday, June 19, 2012**. Register online at https://www.clubassistant.com/club/meet_information.cfm?c=1743&smid=4065
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.**

=====

EMERGENCY CONTACT PERSON & MEDICAL INFORMATION:

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

=====

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. I specifically acknowledge that I am aware of all the risks inherent in Open Water swimming and agree to assume those risks. It is understood that USA Swimming, Inc and Metropolitan Swimming, Inc shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event"

Signature: _____ Date: _____

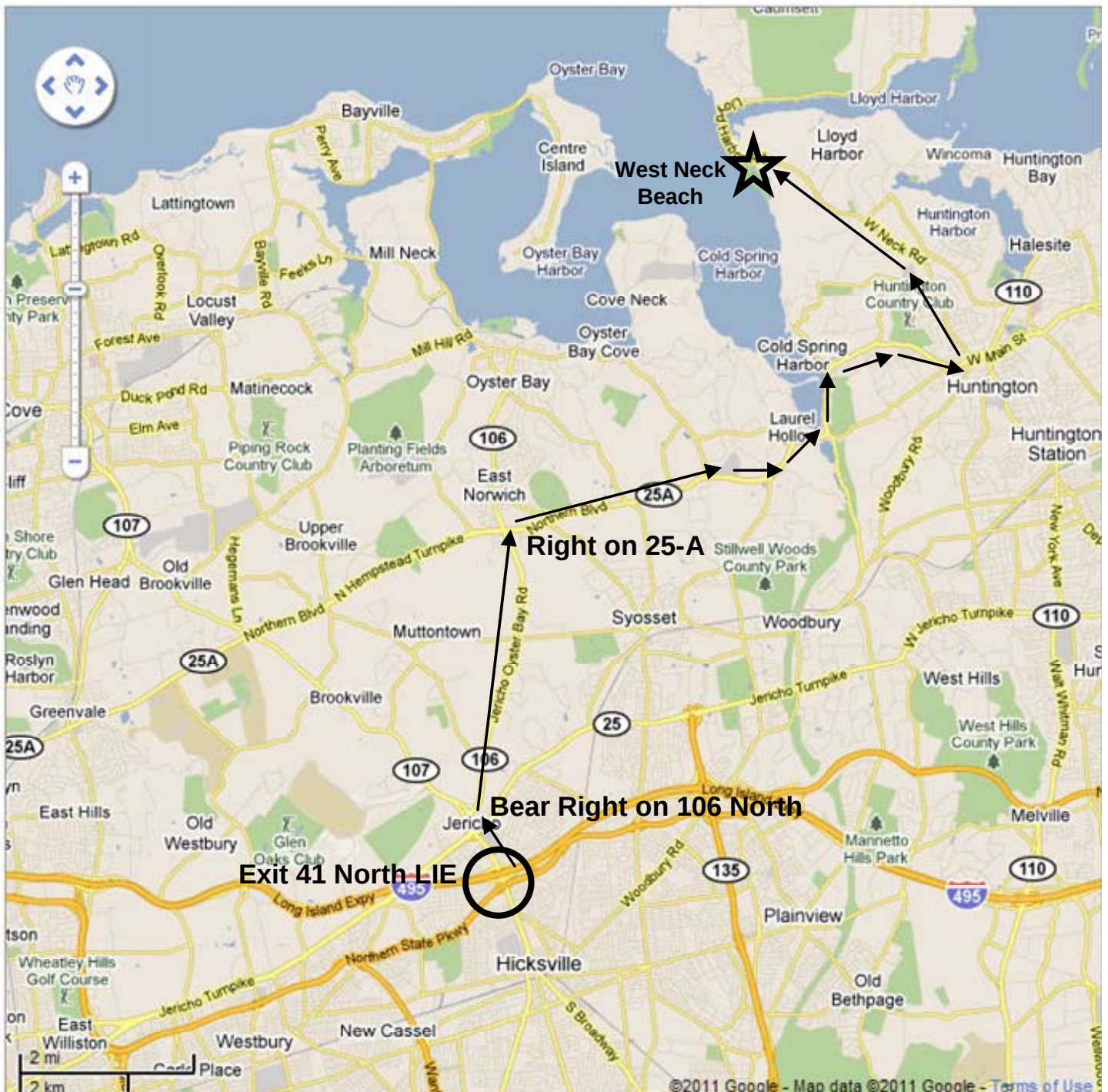
Signature: _____ Date: _____
signature of parent or legal guardian if race applicant is a minor

>> MAIL DEADLINE is RECEIVED by Thurs Jun 14 / ONLINE registration CLOSES at 11:59PM on Tues Jun 19 <<

DRIVING DIRECTIONS

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

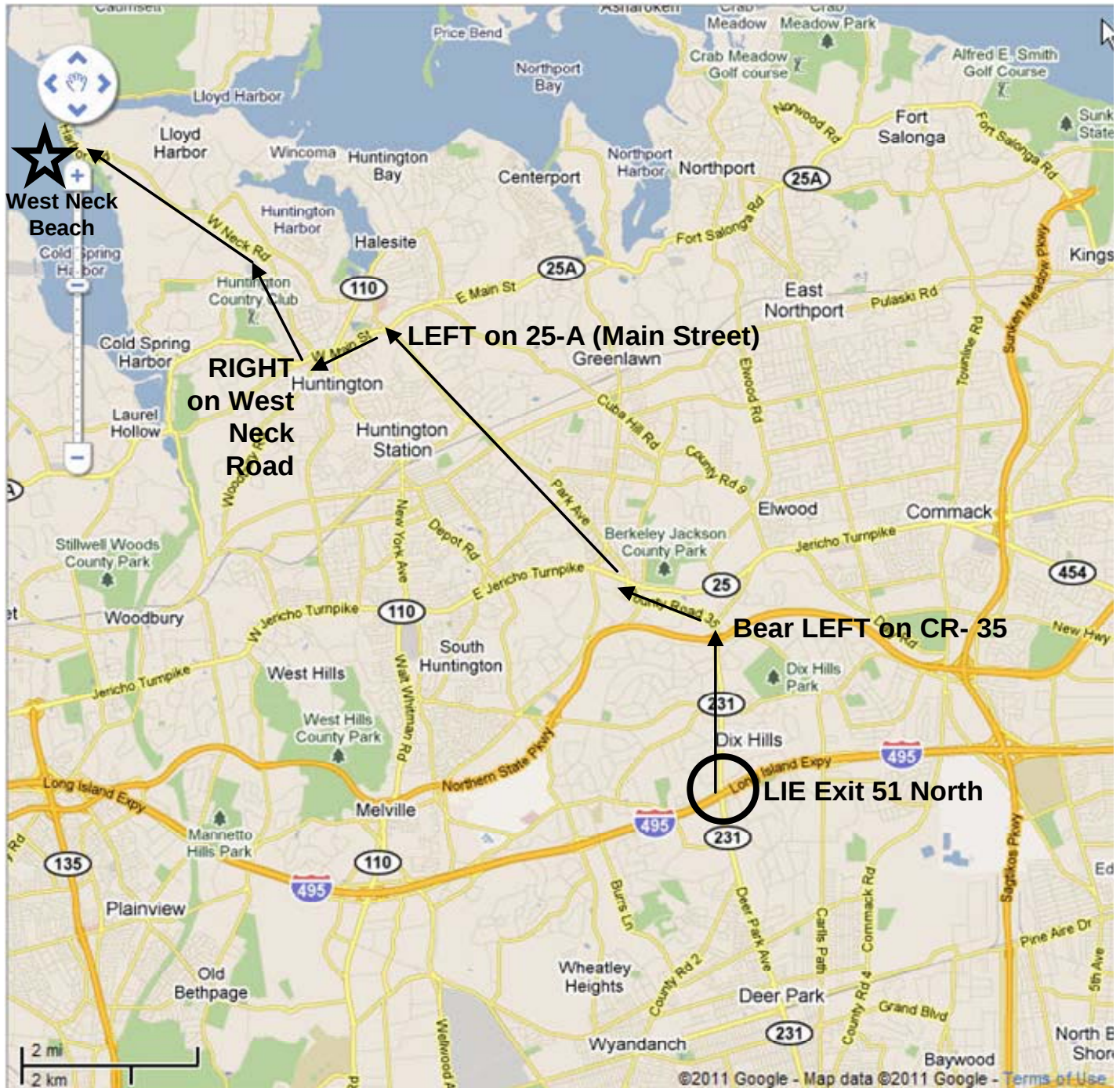
LI Expressway (I495) to **EXIT 41 NORTH** Routes 106/107. **BEAR RIGHT** at fork and continue NORTH on Route 107 Jericho/Oyster Bay Road to Route 25A/Northern Boulevard. **TURN RIGHT** onto **25A/Northern Boulevard** and drive eastbound. About five (5) miles (past Cold Spring Harbor Lab) at bottom of 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

