

CEDAR BEACH SWIM



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JULY 7, 2023
CEDAR BEACH, MT. SINAI, NY
SANCTION #230707-OW

**2023 CEDAR BEACH SWIM
July 7, 2023**

**Zoom Technical Meeting
7pm July 6, 2023**

**500m (10 & Under, 11-12)
Briefing 7:30am, Race 7:45am**

**1K (10 & Under, 11-12, Masters*)
Briefing 7:46am, Race 8:00am**

**3K (13-14, 15 Over, Masters*)
Briefing 7:46am, Race 8:05am**

**5K (13-14, 15 Over, Masters*)
Briefing 7:46am, Race 8:010am**

**Cedar Beach
Harbor Beach Rd
Mt Sinai, NY 11766**

**Entry Deadline is 12pm on Friday June 30, 2023
Race Start times are approximate and subject to change by the Meet Director or Referee.**

**These events are sanctioned by USA Swimming
Hosted by Hauppauge Swim Club, Sachem Swim Club, and Three Village Swim Club
Sanction #2207##-OW**

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 2307##-OW
- LOCATION:** Cedar Beach
 Harbor Beach Rd
 Mt Sinai, NY 11766
- FACILITY:** Cedar Beach is on the North shore of Long Island. The Long Island Sound is a tidal estuary of the Atlantic Ocean so the saltwater from the ocean mixes with fresh water from rivers draining from the land. The salinity of the sound is 2.3% as compared to the ocean which is 3.7%.
- GENERAL INFO:** Expected High Tide 9:27 am
 Expected Sunrise 5:28 am
 Historical Water temperatures at Kings Point NY Station:
 July 7, 2021: 71.2F
 July 7, 2020: 73.0F
 July 1-15, 2021: 68-73F
 Historical Average Air temperatures at Mt Sinai, NY:
 July 7: 68-78.5F
- FORMAT:** All events are timed finals.
 The meet will be pre-seeded and no deck entries will be allowed.
- RACE COURSE AND OPERATIONS:** The competition course has not been certified in accordance with 104.2.2C(4).
 The 500 course will consist of an in-water line of sight start, followed by 1 time around a triangular course, and beach finish. The 1K, 3K, 5K courses will consist of an in-water line of sight start, followed by 1, 3, and 5, times respectively around a triangular course, and a beach finish. All turns except for the finish will be clockwise (right turns). Large buoys will mark each turn. See course maps below. The course is set; however, the race committee reserves the right to change the configuration and/or direction of each event due to race day conditions.
- No feeding station will be used. The use of feed sticks by coaches will NOT be permitted. Aside from Safety and Officials' boats, additional craft may not enter the racecourse. This is a non-escorted swim. The swimmers must swim within the finish chute and will finish by running up the beach and across the finish structure. Toenails and fingernails will be checked before the race by the Head Referee or their designee. If the nails are too long, they must be cut to a reasonable length at the discretion of the Referee.
- ABANDONMENT:** Athletes abandoning must notify safety personnel and/or officials.
- TIMING:** These races are planned to use electronic "chip" timing.
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.
 All swimmers participating in this meet must be registered by the first day of the meet. "Deck Registrations" will NOT be accepted. All athletes (or their parent/guardian) will be required to sign a Waiver & Release Form. No athlete may participate without a signed form.
- Athletes in 10 & under, 11-12, 13-14, 15 & over must have been entered by their coach before the entry deadline.
 Masters athletes must be at least 18 years old. Masters athletes who are not Year-Round Athlete Members of USA Swimming must register for a Single Event Open Water Membership (additional fee applies).
 Age on **July 7, 2023** will determine age for the entire meet.

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- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** Entries for athlete members of USA Swimming should be submitted by email using the event file posted on the Metro website. Athletes are permitted to enter and compete in one event only. Athletes eligible for multiple events may switch to the shorter of the two on the day of the Championships, at the discretion of the Meet Director. Non-members may use the **Single Meet Open Water membership**:
<https://omr.usaswimming.org/omr/welcome/F5A741A885E31E>
- Jeff Chu coachjeff.haa@gmail.com 631-219-6424
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams' entries must be received by **June 24, 2023** .
2: The final entry deadline for this meet is **12pm June 30, 2023**.
3: Metro entries received between **June 25** and **June 30, 2023**, and entries from other LSC's will be entered in the order they were received, as space allows.
An email confirming receipt of entries if you provide an email contact. Please contact Jeff Chu if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** USA Swimming Member Registration Fee: \$40
Non-Member USA Swimming Registration Fee: \$62
NO REFUNDS WILL BE ALLOWED.
- WARM-UP:** Warm up will be available 6:30am to 7am ONLY on the portion of the race course closest to the finish area.
- SCRATCHES:** After registering, athletes may switch distance for which they have qualified and are of eligible age. Coaches are requested to submit event changes to the Administrative Referee as early as possible.
- 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 at this meet.
- ASSIGNMENTS:** Volunteers should contact the meet director by June 30, 2023.
- AWARDS:** INDIVIDUAL AWARDS:
500 – The top 3 10 & under, 11-12, 13 & over of each gender will receive medals.
1K – The top 3 10 & under and 11-12, 13 & over of each gender will receive medals.
3K – The top 3 in 13-14, 15-16, 17-18, 19 & over of each gender will receive medals.
5K – the top 3 in 13-14, 15-16, 17-18, 19 & over of each gender will receive medals.
- OFFICIALS:** Meet Referee:
Jacky Spierer musi0939@aol.com 631-374-3240

Officials wishing to volunteer should complete an application at
<https://forms.gle/cxV7c59i4ddT1Be86>
- ADMIN. REFEREE:** Allen Wone
- MEET DIRECTOR:** Jeff Chu
Brian Pfisterer
Annie Cheng-Chu

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INDEPENDENT SAFETY MONITOR:	Alex Sneddon acs3010@gmail.com 631-626-6605
RULES:	The current USA Swimming Rules and Regulations will apply. The USA Swimming Code of Conduct is in effect for the duration of the meet.
MANDATORY BRIEFINGS:	All swimmers must be present for the Pre-Race Briefing at the race start area prior to each race. At this meeting, race officials will distribute last minute information on weather and water conditions, emergency procedures, etc.
RESULTS:	Results will be posted at https://www.teamunify.com/team/mrlsc/page/meet-central/2023-lc
SAFETY:	Safety Personnel will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules. The weather and water conditions are unpredictable; please use good judgment if you are uncertain about swimming in open water. The 5K should not be an athlete's first open water experience. No shaving is permitted at the competition site. No glass containers are permitted on the beach. All participants will be recorded by meet management on the entry to the racecourse and exit of the race course. The Referee, the Meet Director, and the Independent Safety Monitor have the authority to postpone or cancel the race.
WATER DEPTH:	Water Depth is less than 20m throughout the course.
DISCLAIMER:	Upon acceptance of his/her entries, the participant waives all claims against Town of Brookhaven, Hauppauge Swim Club, Sachem Swim Club, Three Village Swim Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. It is understood that USA Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is understood that Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
REQUIRED STATEMENTS:	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. Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
DECK CHANGING:	Deck changes are prohibited.
ADMISSION:	Admission to the Cedar Beach Swim is free, but Parking fees may be required depending on residency.
MERCHANTS:	Vendor information TBD.
PARKING:	Ample parking is available at Cedar Beach. Fees are collected by the Town of Brookhaven.
LODGING:	Danfords Hotel and Marina is located 5 miles away from the swim.

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DIRECTIONS:

Take the Long Island Expressway to Exit 63 North. Turn Right onto Route 25A. Turn Left onto Echo Ave. Turn left onto Pipe Stave Hollow Rd 1.1 mi Turn right onto N Country Rd 272 ft Turn left onto Pipe Stave Hollow Rd 0.9 mi Pipe Stave Hollow Rd turns slightly left and becomes Harbor Beach Rd.

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Schedule*

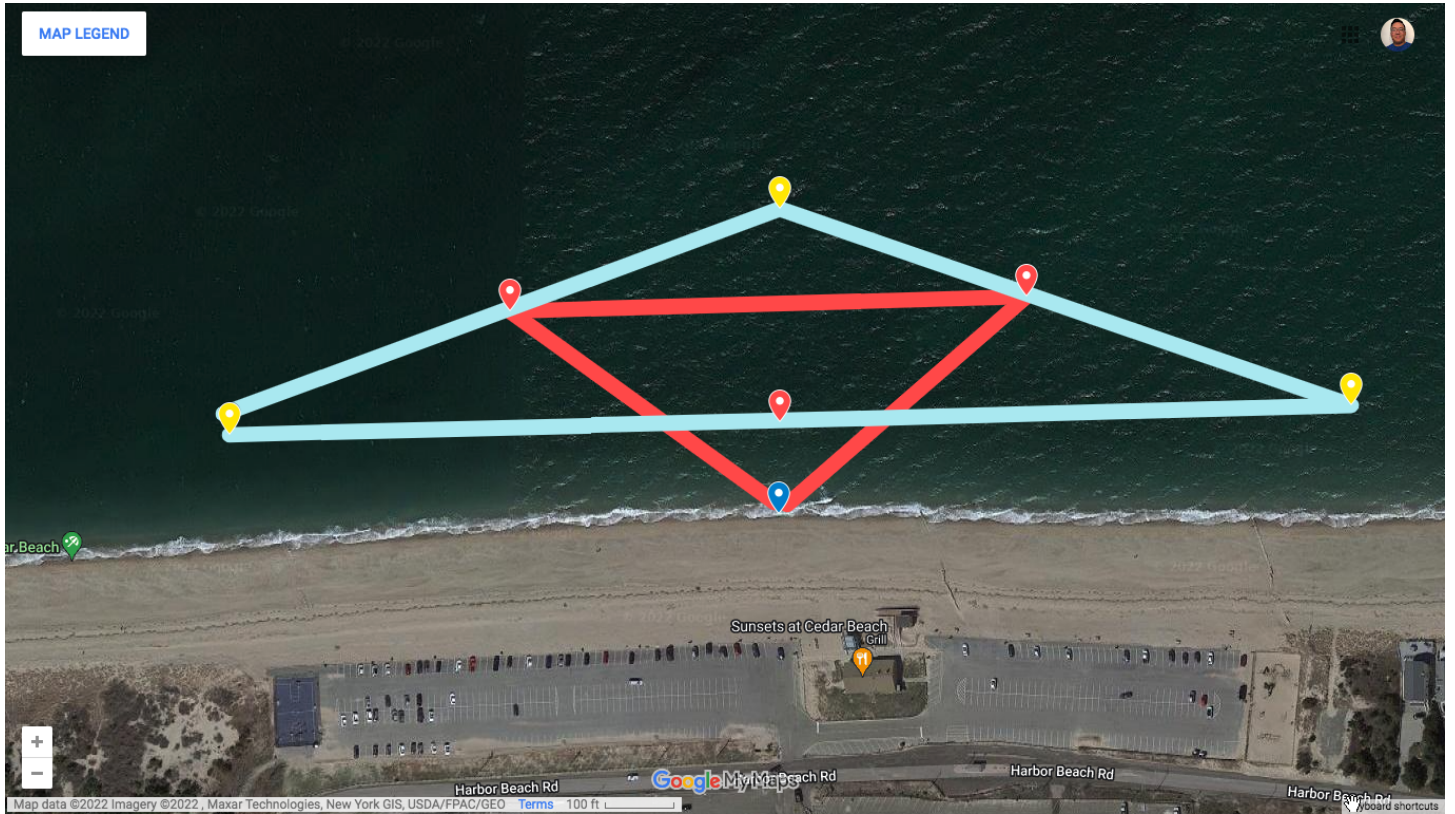
7:00am	Athlete Check-In and Warmup Begins
7:30am	Mandatory Briefing for 500, Check-In Ends
7:45am	500 Start
7:46am	1K, 3K, 5K Briefing
8:00am	1K Start
8:05am	3K Start
8:10am	5K Start
	Awards to be distributed shortly after each event finishes

*All times are subject to change by the Meet Director/Referee.

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Course Maps



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Metropolitan Swimming
Photographer Registration Form

As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.

Name _____

Phone Number _____

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID _____ # _____

Taking photos of _____

On behalf of _____

Purpose _____

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature _____ Today's Date _____

Meet _____ Location _____

Date(s) of meet _____