

# 2013 METROPOLITAN 5K and AGE GROUP OPEN WATER CHAMPIONSHIPS

HOSTED BY: Metropolitan Swimming Inc. for the benefit of Long Beach Aquatics.

Metro Swimming SANCTION # 130707-OW

DATE: Sunday July 14, 2013

ELIGIBILITY: All participants **MUST** be members of USA Swimming, or a Nat'l Federation.

Meet Referee: Jackie Spierer

Female	5K EVENTS	Male
1	Open (USA Swim)	2

**ALL entrants must be USA Swim members. One Event Membership is \$20.00.**

**Form at "Metroswimming.org" under forms. Include with entry.**

RACE DESCRIPTION: Rectangular course on Huntington Bay marked with inflatable orange buoys and/or anchored sailboats. The *finish* requirements will be given at the pre-race briefing.

## AGE GROUP EVENTS

3	10-Under - 1,000	4
5	11-12 - 2,000	6
7	13-14 - 3,000	8

## AWARDS

5k

Trophies to Top 3 Females & Males

Age Group

Medals for First through Third by age group & gender

**ENTRY FEES: USA Swim 5K \$20.00**

**ENTRY DEADLINE: July 3, 2013**

**Age Group \$15.00**

**ABSOLUTELY NO LATE or DECK ENTRIES!**

Payable to: Metropolitan Swimming, Inc.

Mail to: **Bea Hartigan, 27 Huntington Rd, Huntington NY 11743**

**NOTES:** It is required that all competitors be at the VENUE by 7:00 AM for check-in and briefing. Meet Swim caps will be provided **and** are required to be worn for safety and identification purposes.

Swimmers are **not** required to have individual escort craft but are *encouraged* to have them, **provided** they are non-motorized. Only Meet officials and/or authorized safety personnel are permitted aboard the designated safety patrol and turn point craft.

**TERMINATION:** After the first Male and first Female have completed a **5k** event, all of that gender still on the course one hour later will be picked up by the escort craft. In the interest of safety, the Meet Safety Officer, Safety Monitor, Referee and/or the Meet Director reserve the right to end competition at any time any considers conditions warrant.

**RELEASE AND WAIVER INFORMATION:** Each competitor must complete and sign the release form attached and if under 18, must have a parent or legal guardian sign also. **NO ONE WILL BE PERMITTED TO SWIM WITHOUT SUBMITTING A PROPERLY COMPLETED FORM.** A coach's signature is **not** sufficient.  
**ABSOLUTELY NO LATE ENTRIES!**

Reproduce the form as often as you need/wish.

**PLEASE NOTE: It is important that we not abuse the property. Please see directions and instructions.**

**DIRECTIONS:** *Please be advised that **FREE** shuttle service will be provided from the Huntington Town Hall parking lot. We need to keep the few parking spaces at the site available for the officials and Kayakers. NO parking is permitted on the street in the incorporated village.*

For information: Bea Hartigan (631) 271-3349; <Bea10k@yahoo.com>

**ENTRY FORM**  
**5K & AGE GROUP CHAMPIONSHIPS**

Enter me in Event # \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Reg.# \_\_\_\_\_

Address \_\_\_\_\_ **USA or** \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_ - \_\_\_\_\_  
Country Circle one

E-mail \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Team \_\_\_\_\_

**WAIVER AND RELEASE AGREEMENT**

In signing this entry form, I affirm I have read the entry material, am in good physical condition as verified by a medical doctor and agree to abide by the conditions set forth in the entry material and USA Swimming Rules. I verify that I am an amateur athlete *registered* with USA Swimming and that in consideration of your accepting this entry, I, intending to be legally bound, do hereby for myself, heirs, executors and administrators, release and forever discharge any and all rights and claims which I or any of us may hereafter have against USA Swimming, Metropolitan Swimming, The Town of Huntington, the Head of the Bay Club, Sponsors or their respective officers, agents, representatives, successors and/or assigns for any and all damages which may be sustained or suffered by me in connection with this meet, whether traveling to, participating in or traveling from said meet.

\_\_\_\_\_  
Participant's signature \_\_\_\_\_ Date \_\_\_\_\_ if under 18, Parent or Guardian Sig. \_\_\_\_\_ Date \_\_\_\_\_

**MEDICAL RELEASE**

Additionally, if the applicant is under the age of majority in his/her home state, the following must be executed by the parent/guardian thereof:

This is to certify that as of \_\_\_\_\_ (date) I (print) \_\_\_\_\_, the **parent - guardian** (circle one) of \_\_\_\_\_, participating in this competition, give my consent to Metropolitan Swimming and its safety representatives to obtain medical care from any licensed medical physician, clinic or emergency medical service for the above named athlete for illness or injury that might arise from activities in this competition.

\_\_\_\_\_  
Parent/Guardian Signature \_\_\_\_\_ Relationship \_\_\_\_\_

**Note:** Check if "One Event USA-Swim" registration included.

## DIRECTIONS FOR METROPOLITAN OPEN WATER SWIMS

*Please be advised that **FREE** shuttle service will be provided from the Huntington Town Hall parking lot. We need to keep the few parking spaces at the venue available for the volunteer kayakers. There is **NO** parking permitted on the streets.*



	<b>Rte 25-A (Main Street)</b>	Chalet Motor Inn
<b>Rte. 110 ~ NY Ave.</b> ⇒ ⇒ ⇒	→ ½ mi. Town Hall (#100) Parking	← Rte. 110 = 3.2 mi. 3.2 mi. ↑
	<b>Rte 25 (Jericho Tpke)</b>	
Bertucci's    →		2.4 mi. ↑
Exit 40	<b>Northern State P'kway</b>	
		1.1 mi. ↑
Exit 49	<b>Long Island Expressway</b>	
Huntington Hilton    →    Ⓜ		2.3 mi. ↑
<b>Rte. 110 ~ Broad Hollow Road</b> ⇒ ⇒ ⇒		3.3 mi. ↑
Exit 35	<b>Southern State P'kway</b>	

Parking will be VERY limited at the venue. Parking permits will be issued for officials and escort kayakers ONLY! We have made arrangements to provide FREE shuttles service from the Huntington Town Hall parking lot on 25-A (Main Street) ½ mile east of Rte. 110. Town Hall is on the right, opposite Old First Church. The parking lot is in the back. You must be registered in the swim to avail yourself of this service. First Bus at 06:15, Last at 07:20.

Please also note that the Village of Huntington Bay does not permit parking on any of the Village roads.

### Grateful Appreciation to our local Supporters:

Halesite Fire Department  
Centerport Fire Department  
Town of Huntington  
USCG - Eaton's Neck  
Suffolk County PD Marine Bureau

Canterbury Ales  
Cold Spring Harbor FD  
Huntington Bay Constable  
USCG Auxiliary  
Towne Bus/WE Transport