

2014 HUNTINGTON/COLD SPRING HARBOR
400 Meter, 1 Mile, 2 Mile & 5K Open Water Swim Races
Event Info & Entry Form for USA-Swimming Registered Swimmers



Sunday, June 22, 2014 Race starts at 7:40AM
400 meter, 1 Mile, 2 Mile & 5K Open Water
Swim Races
Held under the sanction of
USA-Swimming/
Metropolitan Swimming, Inc.
Sanction # Pending



- 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 **Saturday, June 21** at 6:00pm on the beach. If you have any questions please contact Colleen Driscoll at: distswim@aol.com or 516-459-3814
- Eligibility:** Open to all 2014 USA-Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this event must be registered by the day of the meet. No Deck Registrations will be accepted. Age determination date for this event is Sunday, June 22, 2014.
- Disability Swimmers:** Swimmers with disabilities are encouraged to attend. Contact Colleen Driscoll 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.
- Entry Deadline & Entry Fees:** **ONLINE** event registration **CLOSES at 11:59PM ET on Tuesday, June 17, 2014.** Entry Fees: **\$15.00 for 10 & Under 400 Meter Swim; \$25.00 for all other ages and distances. Only online registrations will be accepted.** No Deck Registrations will be accepted. Your credit card statement will reflect a charge from "Pending". Entry fee is non-refundable and non-transferable. Online registration can be found at: **www.pending**
- Entry Limit:** Swimmers may participate in **one (1) event only.** NO wetsuits may be worn.
- Divisions:** 10 & under: 400 meters; 11&12: ONE or TWO miles; 13&14, 15-18 and Open: ONE mile, TWO miles or 5K.
- 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. The 5K is a one-mile loop swum three times 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. 65-70°F expected water temperature range with some chop due to wind and possibility of flotsam, jetsam and jellyfish.
- Start Format:** Swimmers will start in separate waves determined by race distance.
- Time Limit:** There will be a 30 minute time limit from the finish of the first swimmer applied by age group divisions. Any swimmer who does not complete the swim course within these time limits will be asked to exit the water and scored as a "DNF" (Did Not Finish).
- 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:** Rob Ripp Phone 631-335-4629 E-Mail rob.ripp@verizon.net
- Awards/Results:** 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

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.

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. Bay Harbor Master along with the Huntington Harbor master will patrol the course. Lifeguards and kayaks will monitor the course. A safety boat (Huntington Harbor Master) will keep boat traffic away. The Oyster 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.

Audio/Visual: Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms. **USA-Swimming Rules 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, host facilities, event sponsors, and event committees for any injury occurring as a result of the event. It is understood that USA Swimming, Inc. and 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in Open Water swimming and agree to assume those risks."

Event Day Schedule:

Attendance at pre-race briefing is mandatory for all swimmers

7:00-7:30AM Swimmer Check-in for all distances
7:00-7:20AM Warm up for 10 & Under
7:00-7:30AM Warm-Up for all other ages
7:30AM **Pre-Race Briefing** by course start for 10 & under 400 meter swim
7:35AM **Race chute line up** for 10 & under 400 meter swim
7:40AM **START** of 10 & under 400 Meter Swim
8:00AM **Pre-Race Briefing** by course start for One Mile, Two Miles, and 5K
8:10AM **Race chute line up** for 5K Swim **Open**
8:15AM **START** of 5K Swim **Open**
8:15AM **Race chute line up** for 5K Swim **Age Group**
8:20AM **START** of 5K Swim **Age Group**
8:20AM **Race chute line up** for 2 Mile Swim **Open**
8:25AM **START** of 2 Mile Swim **Open**
8:25AM **Race chute line up** 2 Mile **Age Group**
8:30AM **START** of 2 Mile Swim **Age Group**
8:30AM **Race chute line up** for 1 Mile Swim **Open**
8:35AM **START** of 1 Mile Swim **Open**
8:35AM **Race chute line up** for 1 Mile Swim **Age Group**
8:40AM **START** of 1 Mile Swim **Age Group**

Deck Changing: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

Officials: Event Referee: George Fleckenstein. Administrative Official: Kris Tilos. Officials wishing to volunteer should contact Event Organizers Colleen Driscoll or Rob Ripp by Friday, June 6, 2014.

Timing: Electronic timing chips 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 timing chip will be assessed a \$30 charge.

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
2014 HUNTINGTON/COLD SPRING HARBOR
400 Meter, 1 Mile, 2Mile & 5K Open Water Swim Races

Print Full Name _____ DOB ____/____/____
Street Address _____ Age (as of 06/22/14) _____
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) 5K Swim (13 & up)

Mail entries will not be accepted. Any problems contact Colleen Driscoll.

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 - 2023 and 2024.

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ENTRY FEES AND DEADLINES:

10 & Under 400 Meter Swim \$15.00 \$ _____
11-12, 13-14 and 15-18 \$25 \$ _____

ONLINE registration CLOSES at 11:59PM ET on Tuesday, June 17, 2014. Register online at: <https://www.pending>

Fees are non-refundable and non-transferable. Your credit card will reflect a charge from "Pending"

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EMERGENCY CONTACT PERSON & MEDICAL INFORMATION:

Name _____ Relationship _____

Phone (____) _____ - _____

Important Medical Information and/or Conditions: _____

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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, 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: _____

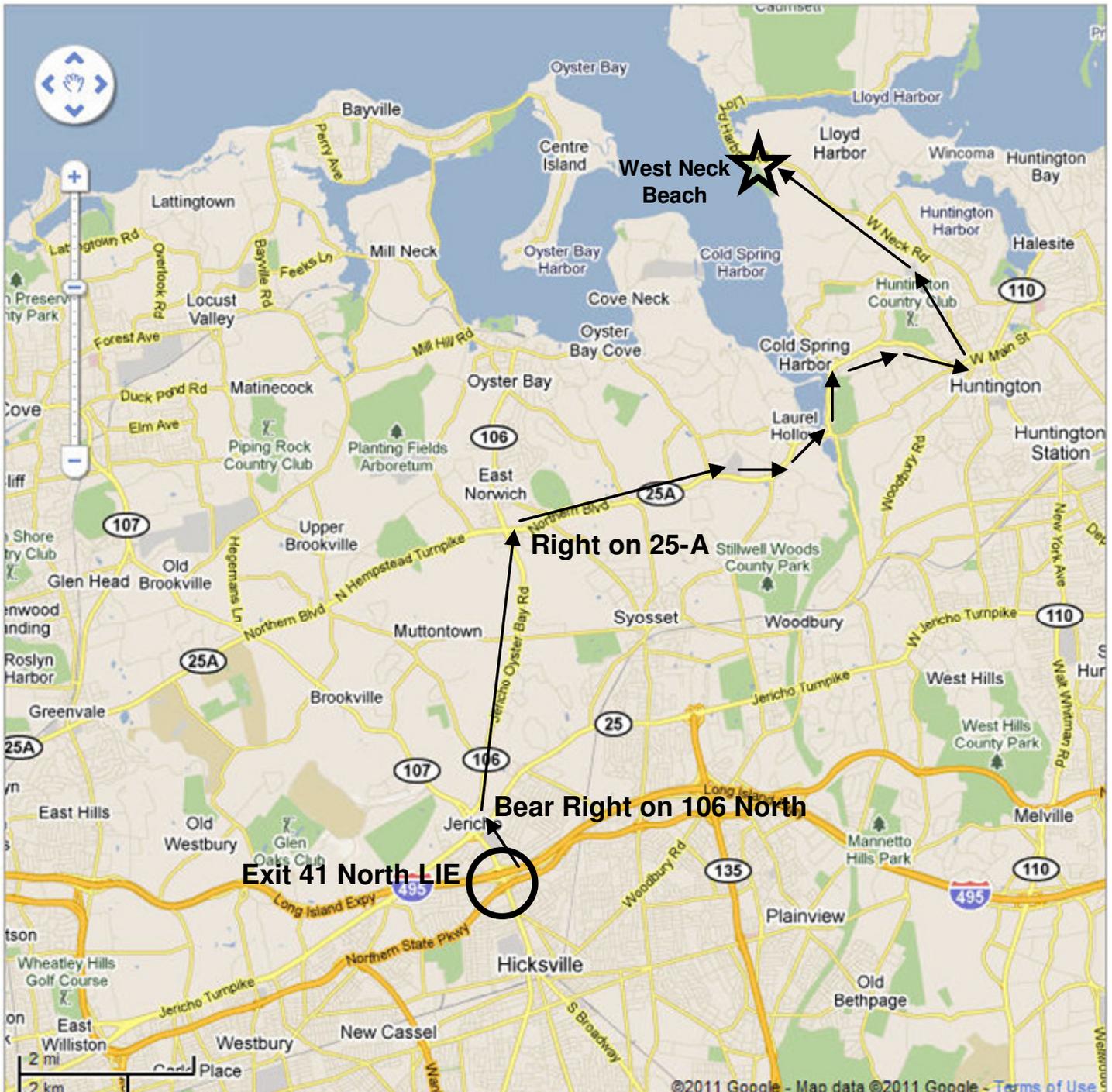
Signature: _____ Date: _____
signature of parent or legal guardian if race applicant is a minor

>> ONLINE registration CLOSES at 11:59PM on Tuesday, June 17, 2014 <<

DRIVING DIRECTIONS

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

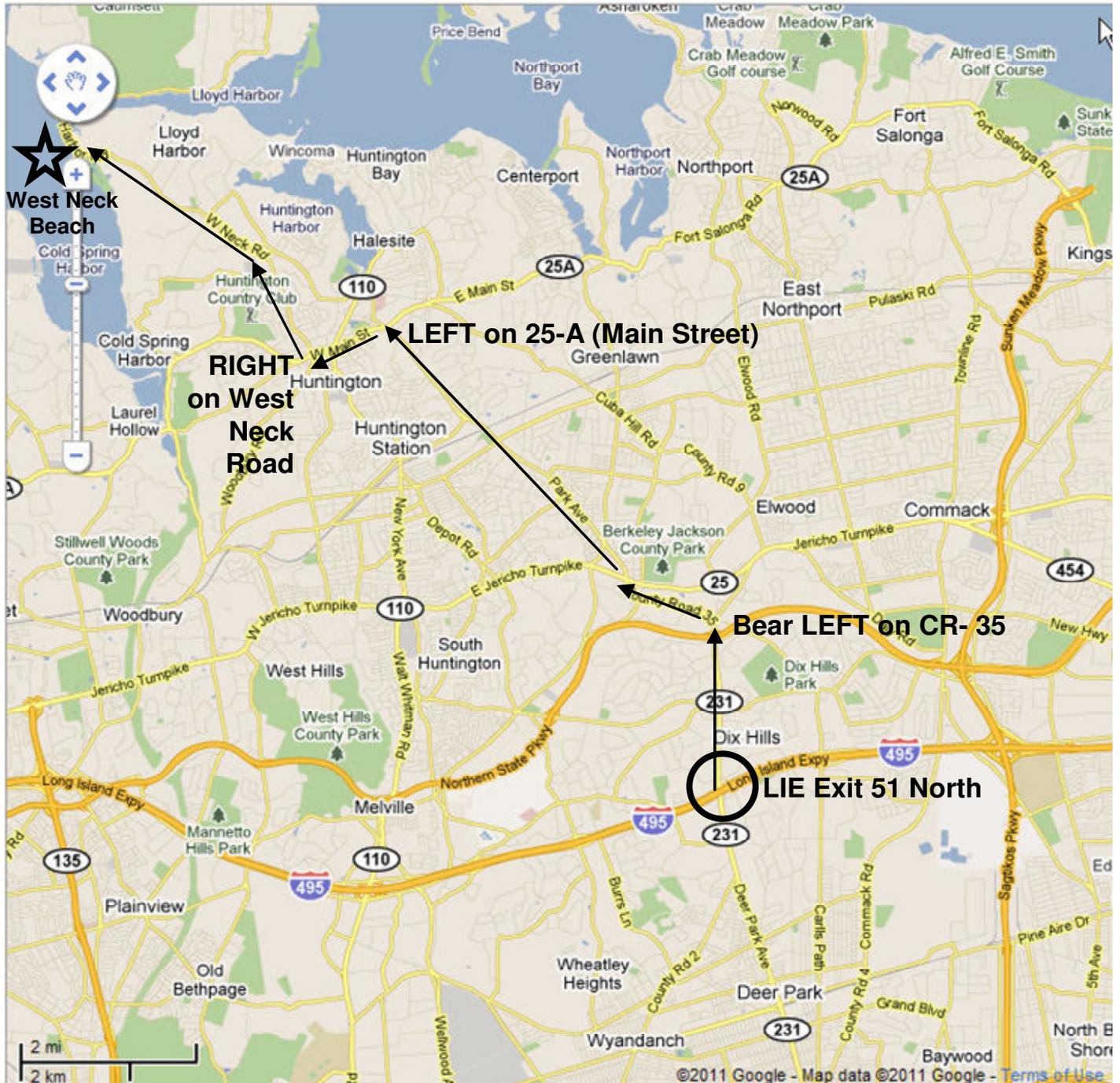
LI Expressway (I495) to **EXIT 41 NORTH** Routes 106/107. **BEAR RIGHT** at fork and continue NORTH on Route 107 Jericho/Oyster Bay Road to Route 25A/Northern Boulevard. **TURN RIGHT** onto **25A/Northern Boulevard** and drive eastbound. About five (5) miles (past Cold Spring Harbor Lab) at bottom of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

