

Sunday, August 6, 2017 West Neck Swim Open Water Races
400 Meter, 1 Mile, 2 Mile & 5K Info & Entry Form for USA-Swimming Registered Athletes
Sanctioned by Metropolitan Swimming, Inc. for USA-Swimming · Sanction #170801



- Presented:** By Metropolitan Local Swimming Committee.
- Location:** West Neck Beach, Huntington, Long Island, New York (3 miles north of Main Street in Huntington Village).
- Venue:** Race headquarters located at the Town beachfront. Outdoor showers and restroom facilities are on site. There are no locker rooms. Check-in and awards ceremony 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 complete event information and updates, go to www.excelswimming.com/WestNeckSwim.htm.
- Technical Mtg:** Coaches must attend a meeting on **Saturday, August 5** at 6:00PM at West Neck Beach. Direct any inquiries to Colleen Driscoll at thewestneckswim@gmail.com or **516-459-3814**.
- Eligibility:** Open to all 2017 USA-Swimming/Metropolitan Swimming Inc. registered ATHLETES. All swimmers participating in this event must be registered by event day. Age determination date for this event is Sunday, August 6, 2017.
- Disability:** Swimmers with disabilities are encouraged to participate. Contact Colleen Driscoll if you need special considerations. Disabled athlete (or athlete's coach) is also responsible for notifying the event referee of any disability prior to competition.
- Entry Deadline:** Online event registration **CLOSES at 12:00 NOON ET on TUESDAY, AUGUST 1, 2017.**
- Entry Fees:** **\$15.00 for 10 & Under 400 Meter Swim; \$25.00 for all other age group swim distances (1 Mile, 2 Mile and 5K).** **Only online registration is available.** No "deck" entries accepted. Your credit card statement will reflect a charge from "Active.com". Entry fee is non-refundable and non-transferable.
- Entry Limit:** Swimmers may participate in **one (1) event only.** NO WETSUITS MAY BE WORN.
- Divisions:** 10 & Under: 400 meters; 11-12: ONE mile 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. 67-74°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 cutoff time limit from the finish of the first swimmer applied by age group divisions. Any swimmer who does not complete the swim course within the time limit will be asked to exit the water and scored as a "DNF" (Did Not Finish).
- Rules:** 2017 USA-Swimming Rules and Regulations apply. **The USA Swimming Code of Conduct is in effect for this event.**
- Event Director:** Rob Ripp phone **631-335-4629** and e-mail rob.ripp@verizon.net.
- Awards:** Awards presented to the top three (3) finishers by gender in each age group with special awards presented to the overall male and female finishers in each race division. Awards ceremony will be held on the beachfront.
- Results:** Results will be posted at www.metroswimming.org and www.excelswimming.com/WestNeckSwim.htm.

- Coaches:** In accordance with Metropolitan Swimming Inc. policy, only 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. Oyster Bay Harbor Master along with the Huntington Harbor master will patrol the course. The United States Coast Guard will also patrol the course with a Safety Boat. The United States Coast Guard Auxiliary Unit will provide up to four personal watercraft and qualified personnel to assist at the event. Lifeguards and kayaks will monitor the course. A safety boat (Huntington Harbor Master) will keep boat traffic away. The Huntington Community First Aid Squad EMT personnel will be on-site. Any emergencies will be taken to Huntington Hospital which is located 4.2 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.
- 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., Excel Swimming Ltd., their agents or representatives, host facilities, event/meet directors, safety and or all officials, volunteers, and any event sponsors, and event committees for any injury occurring as a result of the event. It is understood that USA Swimming, Inc., Metropolitan Swimming, Inc. and Excel Swimming Ltd. 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
8:00-8:30AM	Swimmer Check-in for all distances
8:00-8:20AM	Warm up for 10 & Under
8:00-8:30AM	Warm-Up for all other ages
8:30AM	Pre-Race Briefing by course start for 10&U and Open 400 Meter
8:35AM	Race chute line-up 400 Meter Swim 10 & Under
8:40AM	START 400 Meter Swim 10 & Under
8:45AM	Race chute line-up 400 Meter Swim OPEN
8:55AM	START 400 Meter Swim OPEN
9:00AM	Pre-Race Briefing by course start for One Mile, Two Miles and 5K
9:10AM	Race chute line-up 5K Swim OPEN
9:15AM	START 5K Swim OPEN
9:15AM	Race chute line-up 5K Swim Age Group
9:20AM	START 5K Swim Age Group
9:20AM	Race chute line-up 2 Mile Swim OPEN
9:25AM	START 2 Mile Swim OPEN
9:25AM	Race chute line-up 2 Mile Swim Age Group
9:30AM	START 2 Mile Swim Age Group
9:30AM	Race chute line-up 1 Mile Swim OPEN
9:35AM	START 1 Mile Swim OPEN
9:35AM	Race chute line-up 1 Mile Swim Age Group
9:40AM	START 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 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, July 14, 2017.

Timing: Finish line video and electronic timing chips will be used. Each swimmer will wear an electronic timing chip on an ankle bracelet to automatically record his or her overall finish time.

Questions: Direct inquiries to Colleen Driscoll thewestneckswim@gmail.com or 516-459-3814. Event information will be sent out by email to all registered swimmers prior to race day.

Only ONLINE registration accepted. No paper, mail-in, e-mail or late entries accepted.

SUNDAY, AUGUST 6, 2017 WEST NECK SWIM

400 Meter, 1 Mile, 2 Mile & 5K Open Water Swim Races

ONLINE REGISTRATION LINK:

<http://www.active.com/huntington-lloyd-harbor-ny/water-sports/swimming-registrations/west-neck-swim-usas-2017>

> ONLINE REGISTRATION CLOSES AT 12 NOON ET on TUESDAY, AUGUST 1, 2017 <

Following is the information you will need to input when registering online...

Print Full Name _____ DOB ____/____/____

Street Address _____ Age (as of 08/06/2017) _____

City _____ State ____ Zip _____ Gender (circle one): M F

Phone (____) _____ - _____

E-Mail Address _____

USA-Swimming 2017 Registration # _____ USA-Swimming Club: _____

LSC Name (i.e. MR Metro, NJ New Jersey, CT Connecticut): _____

Select (check one) swim distance/division: 400 Meters (10 & under) One Mile (11 & older) Two Miles (11 & older) 5K (13 & older)

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

ENTRY FEES: \$15.00 for 10 & under 400 Meter Swim; \$25.00 for all other age group swim distances (11 & older 1 Mile and 2 Miles; 13 & older and OPEN 1 Mile, 2 Miles and 5K). Entry fee is non-refundable and non-transferable. Your credit card will reflect a charge from "Active.com".

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., Excel Swimming Ltd., 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., Metropolitan Swimming, Inc., and Excel Swimming Ltd. 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 LINK:

<http://www.active.com/huntington-lloyd-harbor-ny/water-sports/swimming-registrations/west-neck-swim-usas-2017>

> ONLINE registration CLOSES at 12 NOON ET on Tuesday, August 1, 2017 <