

# West Neck Swim 2017

## 2017 WEST NECK SWIM Race Day Event Schedule and Waves

	400 Meter	5K	2 mile	1 mile
Check In	8-8:20 am	8-8:30am	8-8:30am	8-8:30am
Warm up	8-8:20	8-8:30	8-8:30	8-8:30
Race Brief	8:30	9:00	9:00	9:00
Race Chute	8:35	9:10	9:20	9:30
Race Start	8:40 AM	9:15	9:25	9:35
WAVES	Wave 1) 10 and Under	Wave 3) Open	Wave 5) Open	Wave 7) Open
	Wave 2) Open	Wave 4) Age Group	Wave 6) Age Group	Wave 8) Age Group
Awards	Approx 9:00 AM	Post Course Closing	Post Course Closing	Post Course Closing

	CAP Colors	Chute Line-up	Start Time	Swimmer Numbers
Wave 1 400M	Pink	8:35 AM	8:40 AM	101-199
Wave 2 400M Open	Orange	8:45 AM	8:55 AM	201-299
Wave 3 5K Open	White	9:10 AM	9:15 AM	301-399
Wave 4 5K Age Group	Yellow	9:15 AM	9:20 AM	401-499
Wave 5 2 Mile Open	Red	9:20 AM	9:25 AM	501-599
Wave 6 2 Mile Age Group	Green	9:25 AM	9:30 AM	601-600
Wave 7 1 Mile Open	Purple	9:30 AM	9:35 AM	701-799
Wave 8 1 Mile Age Group	Blue	9:35 AM	9:40 AM	801-899

High Tide: 11:17 AM

Low Tide: 5:14 AM

Course Closing: There will be a 30 minute time limit from the finish of the first swimmer applied by age groups for each race