

**Sunday 29 July 2018 Excel Supervised Open Water Swim Practice  
at West Neck Beach (north of Huntington Village by Lloyd Harbor)  
Low Tide at 7:10AM (water will flow from right-to-left, north-to-south)  
Direct advance inquiries to Lisa via email at [excelswimming@aol.com](mailto:excelswimming@aol.com)  
Direct any last-minute, early morning questions to Lisa 516-242-2535  
> > > 7:45AM Rendezvous for 8:00AM Start Time < < <**

**West Neck Beach (Quentin Sammis Beach) location:** For GPS purposes use **450 West Neck Road, Lloyd Harbor 11743**. Shortly after the Seminary on your right, you will see **West Neck Beach entrance sign on your LEFT**.

Restrooms and showers are available. Bring your swim suit, white or brightly colored swim cap, two pairs of goggles (tinted for bright sunshine and clear for cloudy conditions), a wetsuit (if you plan to wear one) and Body-Glide, towel, and flip-flops to wear down to the water (especially on a LOW TIDE day). Consider bringing your bike or running shoes for a pre- or post-swim ride or run. Caumsett State Park is located just north of West Neck Beach and is an excellent triathlon training venue. Open water swim will be held in light rain, but NOT in a downpour, or dense fog, thunder or lightning. In the event of inclement weather, a cancellation email will be issued at least 45 minutes prior to swim start with notices posted on the Excel website and the Excel Facebook page.

**FREE - NO CHARGE - for all CURRENT members** of Excel who are enrolled in summer open water swim practices.

**\$5.00 cash guest fee** for CURRENT members of Excel who are NOT enrolled in summer open water swim practices.

**\$10.00 cash guest fee per open water swim practice** for NON-members of Excel. Friends are WELCOME to join us!

**Driving directions from the West:** Take the LIE/495 to Exit 41 Routes 106/107 North. Bear RIGHT at fork to continue north on Route 107 Jericho/Oyster Bay to Route 25A Northern Boulevard. Turn RIGHT onto 25A Northern Blvd. and drive east for about five (5) miles. Just past Cold Spring Harbor Lab at bottom of hill, bear LEFT to continue on 25A. Continue east 1-2 miles through Village of Cold Spring Harbor to Huntington Village. At bottom of hill (St. Patrick's on right) in Huntington Village turn LEFT onto West Neck Road (CitiBank on corner) and drive north to beach on left. See map below for additional reference.

**Driving directions from the East:** Take LIE/495 to Exit 51 North. Turn RIGHT onto Deer Park Ave and drive north about 2 miles. After Northern State Pkwy underpass, bear LEFT (Dix Hills Fire Dept on right) & continue north about a 1/2 mile. Cross Route 25/Jericho Turnpike (Deer Park Ave becomes Park Ave). Continue north on Park Ave about 2 miles and cross RR tracks. Four traffic lights after RR tracks at bottom of hill turn LEFT onto Route 25A Main Street (Village Green on left). Continue west on Route 25A Main Street passing YMCA & Town Hall into Huntington Village. Three traffic lights after Starbucks turn RIGHT onto West Neck Road (CitiBank on corner) and drive north to beach.

