

## Thursday 24 August 2017 Open Water Swim at TOBAY SOUTH

6:35PM Meet · 6:45PM Prompt Start Time · Low Tide 7:12PM

**This open water swim practice is OPEN to ALL current Excel members**

Excel Coaches: Jackie Fahey cell 516-417-1951 & Lisa Baumann cell 516-242-2535

Tobay Beach is located 3-4 miles east of Jones Beach and Wantagh Parkway on the north side of Ocean Parkway. If you are approaching from the west, u-turn to access the bay. There is no entrance or parking fee after 4:00PM. Walk in through the main/central entrance to rendezvous on the beach by lifeguard stand. Restrooms available and outdoor showers to rinse off under.

Bring your swim suit, white or brightly colored swim cap, two pairs of goggles (clear & tinted), wetsuit (if you plan to wear one) and Body-Glide, towel, and flip flops to wear down to the water.

Swim will be held in light rain, but not in a downpour, dense fog, thunder or lightning. In the event of inclement weather, a cancellation email will be issued 75-90 minutes prior to swim start time with notices posted on the Excel website and on the Excel Swimming Facebook page.

