

SATURDAY, JULY 11, 2009 LONG ISLAND OPEN WATER SWIMFEST

- PRESENTED** By the Town of Oyster Bay, the Metropolitan LMSC for United States Masters Swimming, Inc., the Greater Long Island Running Club, and Runner's Edge.
- LOCATION** Long Island Sound (Stehli & Remsen Beaches) in the Town of Oyster Bay. For MapQuest race venue location and driving directions, use "Oak Neck Beach Road, Locust Valley, NY 11560" address.
- PARKING** Participants will receive a temporary event morning parking permit upon entering venue parking lot, which must be clearly displayed on vehicle dashboard/front windshield. Vehicle may be ticketed or towed if permit is not displayed.
- SWIM DISTANCES** Multiple participation options and open water swim distances. A terrific tune-up for the Runners Edge Tobay Triathlon!
200 Yards - YOUTH Non-Wetsuit and Wetsuit combined category
1.5K Swim - TEEN, ADULT OPEN & ADULT USMS/Masters Non-Wetsuit & Wetsuit separate divisions
3.0K Swim - TEEN, ADULT OPEN & ADULT USMS/Masters Non-Wetsuit & Wetsuit separate divisions
- SWIM COURSE** Course will be clearly marked with numerous large brightly colored open water swim buoys. No personal escorts or flotation devices permitted. Safety and supervisory services provided by the Town of Oyster Bay lifeguard corps. Race Committee and Chief Lifeguard reserve the right to modify course or cancel event due to unsafe conditions.
- AGE GROUPS** YOUTH 10 & younger and 11-13; TEEN 14-17; ADULT OPEN & ADULT USMS/Masters 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, and so forth in five-year age brackets.
- ENTRY LIMIT** Entries will be limited to 300 total participants on a first-come, first-served basis.
- AWARDS** Trophies for Overall Top Three in Youth, Teen, Adult OPEN & Adult USMS/Masters. Medals for Age Group Top Three in Youth, Teen, Adult OPEN & Adult USMS/Masters. Ribbons for Age Group 4th to 6th place in Youth, Teen, Adult OPEN & Adult USMS/Masters. No duplication of overall and age group awards. No awards will be mailed after conclusion of event.
- REGISTER/FEEES** Online event registration available at www.gliirc.org/events.php. Click on MONTH arrow to go to JULY, and then click on July 11th date for event information and registration link. Paper mail-in entry (PDF) also posted online.
\$35 - Youth & Teen (\$30 Town of Oyster Bay resident discount)
\$45 - Adult OPEN & Adult USMS/Masters (\$40 Town of Oyster Bay resident discount)
Payable by credit card with online registration (confirmation printout), or by check or money order payable to **AQUAFIT** with mail-in paper entry. **MAIL** applicable forms/fees to: AQUAFIT, 734 Franklin Avenue #383, Garden City, NY 11530. Include a stamped, self-addressed envelope for confirmation of mail-in entry receipt. Entry fees are non-refundable.
- DEADLINE** Online and mail-in entry receipt **registration ENDS at 6:00PM on Thursday, July 2, 2009**, unless 300 participation limit has been reached prior to this date. Include all personal contact information should we need to reach you to resolve an entry discrepancy. No LATE, telephone, facsimile or emailed entries can be accepted.
- WETSUITS** May be rented from Runners Edge (Tel 516-420-7963), 242 Main Street, Farmingdale, NY 11735.
- TIMING/RESULTS** Electronic chip timing and instant results provided by JustFinish, Inc.
- RACE DAY SCHEDULE**
6:15-7:15AM - CHECK-IN at race venue (receive electronic timing chip, swim cap, wave start assignment & goodie bag)
7:30AM - MANDATORY PRE-RACE BRIEFING
7:40AM - START (separate swim wave divisions with staggered start times)
8:30AM - Breakfast and refreshments
9:30AM - Awards Ceremony
- QUESTIONS** Direct inquiries to Race Coordinator Lisa Baumann via email at aquafitinc@aol.com or by phone at 516-294-7946.



