

METRO FRAN SCHNARR MEMORIAL 5K OPEN WATER SWIM CHAMPIONSHIP

HOSTED BY: Metropolitan LSC Swimming, Inc.

Sanctioned by the Metropolitan LMSC for USMS Inc. Sanction #068-08

LOCATION: HUNTINGTON BAY, NEW YORK

ELIGIBILITY: All participants MUST be current members of USA-Swimming OR United States Masters Swimming.

Date: Sunday 13 July 2008

Pre-Race Briefing: 7:10AM

Place: Huntington Bay, NY

AWARDS: TROPHIES for first through third place overall male and female Masters swimmers.

MEDALS for first through third place by gender in each five-year age group.

Commemorative event shirts to the first 100 event registrants.

VENUE DESCRIPTION: Triangular course in Huntington Bay marked with large inflatable orange buoys. The course will be swum counter-clockwise; turn marks will also be rounded counter-clockwise. Turns will be anchored sailboats with orange buoys in the rigging. The finish requires all participants to touch the target at the north end of the pier.

IMPORTANT: All competitors will swim from the Bay club dock to the start - a distance of about 100 yards. All participants must complete check-in and be at the beach by 7:10AM for pre-race briefing.

ENTRY FEES: \$20 EARLY BIRD IF RECEIVED BEFORE Sunday 1 June.

\$30 if RECEIVED from Sunday 1 June through final entry deadline.

Absolutely NO late entries!

Final ENTRY DEADLINE: RECEIVED by 12:00noon on Saturday 5 July 2008

Check or Money Order made payable to: Metropolitan Swimming, Inc.

Mail to: Bea Hartigan, 27 Huntington Rd, Huntington, NY 11743

NOTE: Event swim caps will be provided and required to be worn. The cap may be worn over your own cap, but NO silicone caps are permitted as per Open Water Championship Rules.

Wetsuits: This is a championship, therefore NO wetsuits permitted. If a swimmer wishes to PARTICIPATE wearing a wetsuit, he or she will be ineligible for awards or to score points. Participant must notify both the event director and head referee of intent to wear a wetsuit PRIOR to event start.

The first 5K Masters wave will start at 8:15AM with subsequent waves starting at five-minute intervals.

Individual escort craft are not required but are encouraged, provided they are non-motorized.

Only event officials and/or authorized safety personnel permitted aboard designated safety patrol craft.

FEEDS: Water will be available at each turn. Lunch and fluids will be available at the finish.

TERMINATION: Course CLOSES ONE HOUR after the first male and female masters swimmers have finished. Any additional swimmers remaining on the course will be picked up by escort craft. In the interest of safety, the event safety officer and/or event referee reserve the right to end competition at any time either considers conditions warrant.

Further information: Bea Hartigan Tel: 631-271-3349 or E-Mail: Bea10k@yahoo.com

**DIRECTIONS for 2008 Metro LSC Fran Schnarr Memorial
& USMS 5K Open Water Swim Championship**

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| | N ↑ | |
| | ← all E-W routes = NYC 30 miles | |
| | Rte 25-A (Main Street) | |
| Rte. 110 ~ NY Ave. ⇒ ⇒ ⇒ | → ½ mi. Town Hall (#100) (Shuttle Parking in back) | 3.2 mi. ⬆ |
| | Rte 25 (Jericho Tpke) | |
| Bertucci's ζ | | 2.4 mi. ⬆ |
| | Exit 40 | |
| | Northern State P'kway | |
| | | 1.1 mi. ⬆ |
| | Exit 49 | |
| | Long Island Expressway | |
| Huntington Hilton → Ⓜ | | 2.3 mi. ⬆ |
| Rte. 110 ~ Broad Hollow Road ⇒ ⇒ ⇒ | | 3.3 mi. ⬆ |
| | Exit 32 | |
| | Southern State P'kway | |

To check traffic conditions, dial to AM 880 WCBS 'on the eights' or AM 1010 WINS 'on the ones', e.g. CBS at 5:18 or WINS at 5:11.

Parking is very limited at the Bay Club, and there is no parking permitted on the roads in the Incorporated Village of Huntington Bay. Permits for parking at the Club will be issued to kayakers, officials and swimmers who have at least four (4) swimmers in a vehicle.

All others will be provided FREE shuttle service from the Huntington Town Hall parking lot which is ½ mile east of Route 110 on Main Street (Rte 25-A). Town Hall is opposite the Old First Church on the south side of the road. Parking is in the rear.

Please do not leave valuables in your car or on the shuttle.

With grateful appreciation to our local supporters:

Halesite Fire Department
Cold Spring Harbor Fire Department
Town of Huntington
Suffolk County Police Dept. Marine Bureau

Canterbury Ales
Huntington Bay Constable
US Coast Guard - Eaton's Neck
US Coast Guard Auxiliary

and to our hosts - The Head of the Bay Club