

# METROPOLITAN SWIMMING ~ FRAN SCHNARR MEMORIAL 5K OPEN WATER CHAMPIONSHIPS

HOSTED BY: Metropolitan Swimming, Inc.

Sanctioned by Metropolitan LMSC, SANCTION # 067-06b for USMS Inc.

PLACE : HUNTINGTON BAY, NY

ELIGIBILITY: All participants **MUST** be members of USA Swimming *OR* US Masters Swimming.

**Date:** Saturday, July 14

**Pre-race Briefing:** 7:10 AM

**Place:** Huntington Bay, NY

**Final Entry Deadline:** July 6, 2007 by 12:00 Noon

**Rules:** 2007 USMS Rules & Regs.

**AWARDS:** trophies for First, Second and Third Overall Male & Female Masters Swimmers.

**ATTENTION Masters** ~ medals for 1<sup>st</sup> thru 3<sup>rd</sup> by sex/5 yr. age groups.

Event shirts to first 100 registrants.

**RACE DESCRIPTION:** The triangular course will be in Huntington Bay and marked with inflatable orange buoys. The course will be swum counter clockwise and turn marks will be rounded counter-clockwise. The turns will be anchored sail-boats with orange buoys in the rigging. The *finish* requires all finishers 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. It is required that all competitors be at the beach by 7:10 AM for pre-race briefing and check-in.

**ENTRY FEES:** Earlybird rec'd by 6/1 = \$20, in hand after 6/2= \$30.

**Absolutely NO late entries!**

Final ENTRY DEADLINE: July 6, 2007

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** silicon caps are permitted under Open Water championship rules.

**Wet-suits:** Again, this is a championship, so wet-suits are not permitted. Any swimmer wishing to wear one will not be permitted to score or be eligible for awards.

The 5k Masters first wave will start at 8:15 am with subsequent waves starting at 5 minute intervals thereafter.

Swimmers are **not required** to have individual escort craft but are encouraged to have them, **provided** they are non-motorized. Only Meet officials and/or authorized safety personnel are permitted aboard the designated safety patrol craft.

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

**TERMINATION:** After the first Male and first Female have completed their races, all swimmers still on the course one hour later will be picked up by the escort craft. In the interest of safety, the Meet Safety Officer and/or the Meet Referee reserve the right to end competition at any time either considers conditions warrant.

**Further information:** Bea Hartigan, (631) 271-3349 OR <Bea10k@yahoo.com>

**Directions and parking:** Please see next page. Parking at the Bay Club is very restricted.

**RELEASE, WAIVER and ENTRY: NO ONE WILL BE PERMITTED TO SWIM WITHOUT SUBMITTING A PROPERLY COMPLETED FORM. USMS swimmers must attach a legible photo-copy of their 2007 USMS registration cards. ABSOLUTELY NO LATE ENTRIES -**

Reproduce the form as often as you need/wish.

Name				Club
Address				Phone
Town	State	ZIP	Email	
USMS Reg #	Age	DOB	Sex	

For wave designation/seeding purposes, please supply at least one instance in each of the 'experience' areas below:

Previous Open Water Swims	Meet	Date	Distance	Time

Recent 1,650 or 1,500 Time	Meet	Date	Distance	Time

**US MASTERS RELEASE**

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of the risks inherent in open water swimming and agree to assume those risks."

Signature \_\_\_\_\_

Date \_\_\_\_\_

**REMEMBER~ you MUST attach a copy of your 2007 USMS Registration Card !**

Earlybird fee \$20.00 \$ \_\_\_\_\_  
**\$30.00** \$ \_\_\_\_\_  
 Total enclosed \$ \_\_\_\_\_

**Received:**  
 On or before 6/1/2007  
 After 6/2

Mail Entry/Release Form and Payment to:

Bea Hartigan

27 Huntington Road

Huntington, NY 11743

(631) 271-3349

<Bea10k@yahoo.com>

Absolutely NO entries after July 6th

**Make check payable to:**

**"Metropolitan Swimming, Inc."**

**DIRECTIONS FOR 2007 Metro USMS 5k CHAMPIONSHIPS**



← all E-W routes = NYC 30 miles

		<b>Rte 25-A (Main Street)</b>
<b>Rte. 110 ~ NY Ave.</b> ⇒ ⇒ ⇒		→ ½ mi. Town Hall (#100) (Shuttle <b>Parking</b> in back) 3.2 mi. ◆
		<b>Rte 25 (Jericho Tpke)</b>
	Bertucci's ζ Exit 40	2.4 mi. ◆
		<b>Northern State P'kway</b>
	Exit 49	1.1 mi. ◆
		<b>Long Island Expressway</b>
Huntington Hilton → ⊕		2.3 mi. ◆
<b>Rte. 110 ~ Broad Hollow Road</b> ⇒ ⇒ ⇒		3.3 mi. ◆
	Exit 32	<b>Southern State P'kway</b>

To check traffic conditions, dial to AM 880 WCBS 'on the eights' or AM 1010 WINS 'on the tens', for example; CBS at 5:18 or WINS at 5:10.

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 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.

Grateful Appreciation to our local Supporters:

Halesite Fire Department  
Cold Spring Harbor Fire Department  
Town of Huntington  
Suffolk County PD Marine Bureau

Canterbury Ales  
Huntington Bay Constable  
USCG - Eaton's Neck  
USCG Auxiliary

and our hosts, The Head of the Bay Club