

Point Lookout One Mile Masters Ocean Swim
Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #069-11
Sponsored by Amstel Light, Town of Hempstead, Vita Coco and Asphalt Green



DATE: Saturday, August 1, 2009
TIME: Check-in: 6:45AM; Start: 8:00AM
LOCATION: Town Park @ Point Lookout (site of the 2001 National One-Mile USMS National Championships)
RACE DIRECTOR: Bob Kolonkowski rpk248@netzero.com
ELIGIBILITY: Open to USMS registered swimmers 18 years & older as of August 1, 2009 who can complete the course in one (1) hour or less.
COURSE: Will be determined on race day depending on tides, currents, and wind direction.
SAFETY: Safety services provided by the Town of Hempstead Lifeguard Patrol. All participants are required to wear a swim cap (provided). A one-hour cutoff time will be enforced. No personal escorts are permitted. No wetsuits, tri-suits or other swim aids permitted. Water temperature range: 68-74 degrees Fahrenheit.
ENTRIES: Entries must be RECEIVED by Tuesday July 28 with a copy of your 2009 USMS registration card. Race day entries until 7:30AM.
MAIL TO: Patrick Cantrell @ Asphalt Green
 555 East 90th St. New York, NY 10128

FEES: Entry fee of \$35. (\$45. for late or race-day entries) Payable to: Asphalt Green. A portion of event Proceeds will be donated to the TOH Junior Lifeguard Program and Asphalt Green Swim for the Future Scholarship Fund.
AWARDS: T-shirts and swim caps for all swimmers, custom awards to top three male and female swimmers overall and ten male and female swimmers in each age group: 18-24, 25-29 etc. Award ceremony and refreshments presented after the race.
RULES: 2009 United States Masters Swimming rule book. *Race director and Chief Lifeguard reserve the right to cancel, or modify this event due to unsafe conditions.*
DIRECTIONS: Long Island Expressway or Northern State Parkway to Meadowbrook Parkway south to Loop Parkway to end. Go straight across Lido Blvd. to Town Park at Pt. Lookout. *Free Parking before 7:00 AM.* By train: LIRR to Long Beach station; \$5 taxi (10 min). If you are coming by train please contact the race director to insure you make the start.

Print Your Last, & First Name _____ ATTACH LEGIBLE COPY OF 2009 USMS REGISTRATION CARD HERE	Day Tel _____ E-Mail _____ Day Tel. _____ Date of Birth _____ LIRR Travel: yes/no _____
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USMS LIABILITY 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 all 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, INC., THE LOCAL 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 all the risks inherent in Open Water swimming and agree to assume those risks."

SIGNATURE _____ DATE _____

TOWN OF HEMPSTEAD
 DEPARTMENT OF
 PARKS & RECREATION

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 HEMPSTEAD, N. Y. 11550-1390
 TEL (516) 292-9000

 KATE MURRAY
 SUPERVISOR



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