**Asphalt Green Masters One Mile Ocean Swim & Colonies Zone Open Water Championships**

***Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction # 065-W002***

**Sponsored by the Town of Hempstead, and Asphalt Green**

  

**DATE:** Sunday, August 2, 2015

**TIME:** Check-in: 6:45AM; Start: 8:45 AM

**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 July 26, 2015 who can complete the course in one (1) hour or less. Non USMS members will have to take out a one-day (OEVT) USMS registration ($20) which is provided in the event registration process. It is recommended that all swimmers register with USMS for a full year ($45.) **COURSE:**Point to point**. West to East (high tide 9:36 am)  
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:**        All pre-race entries must be processed online <https://www.clubassistant.com/club/meet_information.cfm?c=1542&smid=6759>

Registration CLOSES at 11:59PM ET on Friday, July 31, 2015. Only race-day entries will be paper and incur an additional fee **FEES:**               Entry fee of $50. ($65. for late or race-day entries) Payable to: Asphalt Green. A part of the 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 ***all*** male and female swimmers in each age group: 18-24, 25-29 etc. Award ceremony and refreshments presented after the race **RULES:** 2015 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 (10 minutes cab ride to race venue).

Web site: <https://sites.google.com/a/adelphi.edu/asphalt-green-one-mile-ocean-swim/>

**TOWN OF HEMPSTEAD DEPARTMENT OF PARKS & RECREATION**

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