**Steve Belson Memorial Masters Ocean Mile Swim**

***Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction # 067-W001***

**Sponsored by the Metropolitan LMSC and the Steve Belson Memorial Schplarship Fund**



  

**DATE:** Saturday, August 5, 2017

**TIME:** Check-in: 6:45AM; Start: 8:00 AM

**LOCATION:** Beach 95th Street, Rockaway Beach, NY

**RACE DIRECTOR:** Bob Kolonkowski   rpk248@netzero.com

**ELIGIBILITY:** Open to USMS registered swimmers 18 years of age or older 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 ($47.) **COURSE:**½ mile west, turn marker buoy return ½ mile east **(high tide 6:58 AM)**

**SAFETY:** Safety services provided by volunteer lifeguard staff.  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 race entries must be processed online. **No race day entries.**

<https://www.clubassistant.com/club/meet_information.cfm?c=1356&smid=9083>

Registration CLOSES at 11:59PM ET on Thursday, August 3, 2017. Entry fee of $55. ($75. For entries after July 17) Payable to the Metropolitan LMSC. Event proceeds will be donated to the Steve Belson Memorial 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. A postrace party will take place at Uma’s restaurant after the on beach awards.

**RULES:**2017 United States Masters swimming rule book. ***Race directors reserve the right to******cancel, or modify this event due to unsafe conditions***

**DIRECTIONS*: From midtown Manhattan*: take Queens Midtown Tunnel to 495 (LIE) East to exit 19 Woodhaven Blvd. use the right lane to follow signs for Rockaways stay on Woodhaven Blvd (9 miles) to Cross Bay Bridge straight onto 95 St and the boardwalk. Free parking on 95 St cross from the boardwalk. *From Belt Pky (Brooklyn):*  take Belt east toward Kennedy Airport take exit 11s South toward Rockaways cross Marine Pky Bridge use the middle lane to stay on Beach Channel Drive toward Cross Bay Pky to Beach 95th Street From Southern Pky (Nassau) take SSP east to Belt Pky past Kennedy to exit 17 S merge onto Cross Bay Blvd to Bridge to Beach 95th Street. The A subway train also has service to the Rockaways.**

