

2007 USMS 10K Open Water National Championships

Sanction # 067-06a

Official Entry Form

Huntington, New York

Saturday, July 14, 2007

Note: Severe weather fallback is July 15, 2007 Check <www.Metroswimming.org>

Individual Entry information:

Name: _____

Street Address: _____

City: _____ State _____ ZIP _____

Ph. () _____ Cell () _____

Emergency Contact: _____ Phone: _____

2007 USMS Registration #: _____

DOB: ____/____/____ Age: _____ (on Race day) Gender M F
mm dd yy Club _____

E-mail : _____

Relationship to you: _____

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 NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEE, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEET 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 _____

I will attend pre-race briefing & reception ___ Yes ___ No.

Team Entry

A CLUB may nominate three or four members per team to compete in the team event. The entry fee for the team event is \$5.00 per swimmer. To take part in team competition, a swimmer must also be entered in the individual event. A Mixed Team may have no more

than two male and two female swimmers. You must designate your teams, by 7:30 race day. The top three appropriate gender swimmers will be used for scoring each category. The top three Male Teams, Female Teams, and Mixed Gender Teams, will each receive awards. Scoring is based on overall placement, with lowest score winning.

Earlybird fee \$30.00 \$ _____ In hand: by 6/1/2007
OR \$35.00 \$ _____ Between 6/2 and 6/21
OR \$40.00 \$ _____ Between 6/22 and 7/6
Team Member + \$5.00 \$ _____ Make check payable to:
Total enclosed \$ _____ "Metropolitan Swimming, Inc."

Mail Entry/Release Form and Payment to: Bea Hartigan
27 Huntington Road
Huntington, NY 11743-1702
(631) 271-3349
<Bea10k@yahoo.com>
Absolutely NO late entries

You must include a copy of your 2007 USMS Registration Card!

**USMS 10K National Championships
July 2007**

Team Event designations:

USMS Club

Team Name

Names	M/F	Race #	Time	Place
1.				
2.				
3.				
4.				

USMS Club

Team Name

Names	M/F	Race #	Time	Place
1.				
2.				
3.				
4.				

USMS Club

Team Name

Names	M/F	Race #	Time	Place
1.				
2.				
3.				
4.				

USMS 10K Open Water National Championships

Huntington, New York Saturday, July 14, 2007

Date

Sat July 14, 2007 *Fallback for severe weather - Sun. July 15th*
Please provide cell phone # OR Check <www.Metroswimming.org >

Race Time

Check-In: 7:00 a.m.. **Final** Briefing 7:40 a.m. Race begins: 8:00 a.m.

Eligibility

The race is open to all swimmers currently registered with USMS.
A copy of your 2007 USMS registration card MUST be included.

Rules

2007 USMS Rules and Regulations will govern this event.

Entry Fees *Early bird = before 6/1* \$30.00. OR, in hand as follows:

6/2 to 6/21 = \$35.00; 6/22- 7/6 = \$40.00; Team member: \$5.00.
Absolutely NO entries after July 6th!

Entry Deadline

Entries must be IN HAND by Friday, July 6, 2007. *See above*

Pre Race Meeting

There will be a pre-race meeting on Fri., July 13, at Halesite Fire Department at 7:00 p.m., WHICH INCLUDES a pasta reception. You MUST indicate your intention to attend on your entry form. Price included in entry fee.

Entry Limit

Swimmers may enter one individual and one team event only. A maximum of 400 swimmers (200 Male and 200 Female) may compete.

Awards

USMS National Championship medals will be presented for the top eight men and women in each age group. Awards will also be given to the designated members of the top three teams in Male, Female and Mixed categories.

Location

The course is in Huntington Bay, on the north shore of Long Island, NY.

Course

Start and finish at The Bay Club. Twice around an elongated triangle laid on an East-West axis. The course is in salt water, average temperature is 72degrees F.

Escort Craft. Swimmers are encouraged to enlist skilled, *hand powered*, escorts. As in previous years, there will be a limited number of guide kayakers.

Hosted by Metropolitan Swimming, Inc. USMS Sanction# 067-06a

Termination

For each wave of the 10K swim, after the first male and female have finished, the remaining swimmers will have two hours to complete their swims. Any swimmers still on the course after those respective times will be picked up by race committee boats, starting with the participants farthest out. Swimmers who are within 200 meters of making the final turn off the Bay Club will be permitted to finish.

Parking

Parking is very limited on site. There will be shuttle buses from the Huntington Town Hall, 100 Main St., which takes 5-6 minutes to reach the Bay Club. Athletes have priority on these seats until 8:30.

Lodging

Chalet Inn – 2.5 mi \$97, 2-night min. 20 rooms until 5/13. (631) 757-4600 “10K Swim”.
Holiday Inn, Plainview – 7.5 mi \$119, 25 rooms until 6/12 (516) 349-7400, 1-800-HOLIDAY. Be sure to use Group Code “SWM”.

Note: There are a limited number of neighbors who have volunteered to HOST swimmers. For full information contact the meet director noted below.

Transportation

All major airlines serve the greater New York City metropolitan area.
Airports are: LaGuardia 30 miles away; JFK 35 Miles away and Newark-Liberty 50 miles away. Also, Islip/MacArthur is about 20 miles away.

Trains

Long Island RR from Penn Station, NYC and JFK <www.mta.info>
Take train to **Huntington**. Taxi service is at station.

Rental Cars

Available at airports above. Savings can be had by traveling to the Huntington area and getting a car locally. Enterprise, (631) 424-8300, would be happy to meet a train.

Information

Bea Hartigan - for maps, directions, lodging, entry questions, etc.
27 Huntington Road, Huntington, NY 11743-1702
(631) 271-3349 <Bea10k@yahoo.com>

Other

Metropolitan Swimming is also conducting a 5K on the same date for USA & USMS swimmers with the first wave starting 10 minutes after the 10K.
The USA 5k has been named a “USA Grand Prix Qualifier” swim.
Shorter events will be held for 14-Unders along the shoreline.

DIRECTIONS FOR 2007 USMS 10K NATIONAL CHAMPIONSHIPS



← all E-W routes = NYC 30 miles

		Rte 25-A (Main Street)	Chalet Inn ■
	⇒ ⇒ ⇒ Rte 110 ~ NY Ave	→ ½ mi. Town Hall (#100) (Shuttle Parking in back)	← Rte. 110 + 3.2 mi.
(end)			3.2 mi. □
		Rte 25 (Jericho Tpke)	
Rte 135 ⇒⇒⇒			2.4 mi. □
Exit 36	Exit 40	Northern State P'kway	
			1.1 mi. □
Exit 44	Exit 49	Long Island Expressway	
	⇒ ⇒ ⇒ Rte 110		5.6 mi. □
Exit 30	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', for example; 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 10K swimmers who have at least **3** 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
Chalet Inn, Centerport

Canterbury Ales
Huntington Bay Constable
USCG - Eaton's Neck
USCG Auxiliary
Holiday Inn, Plainview

and our hosts, The Head of the Bay Club