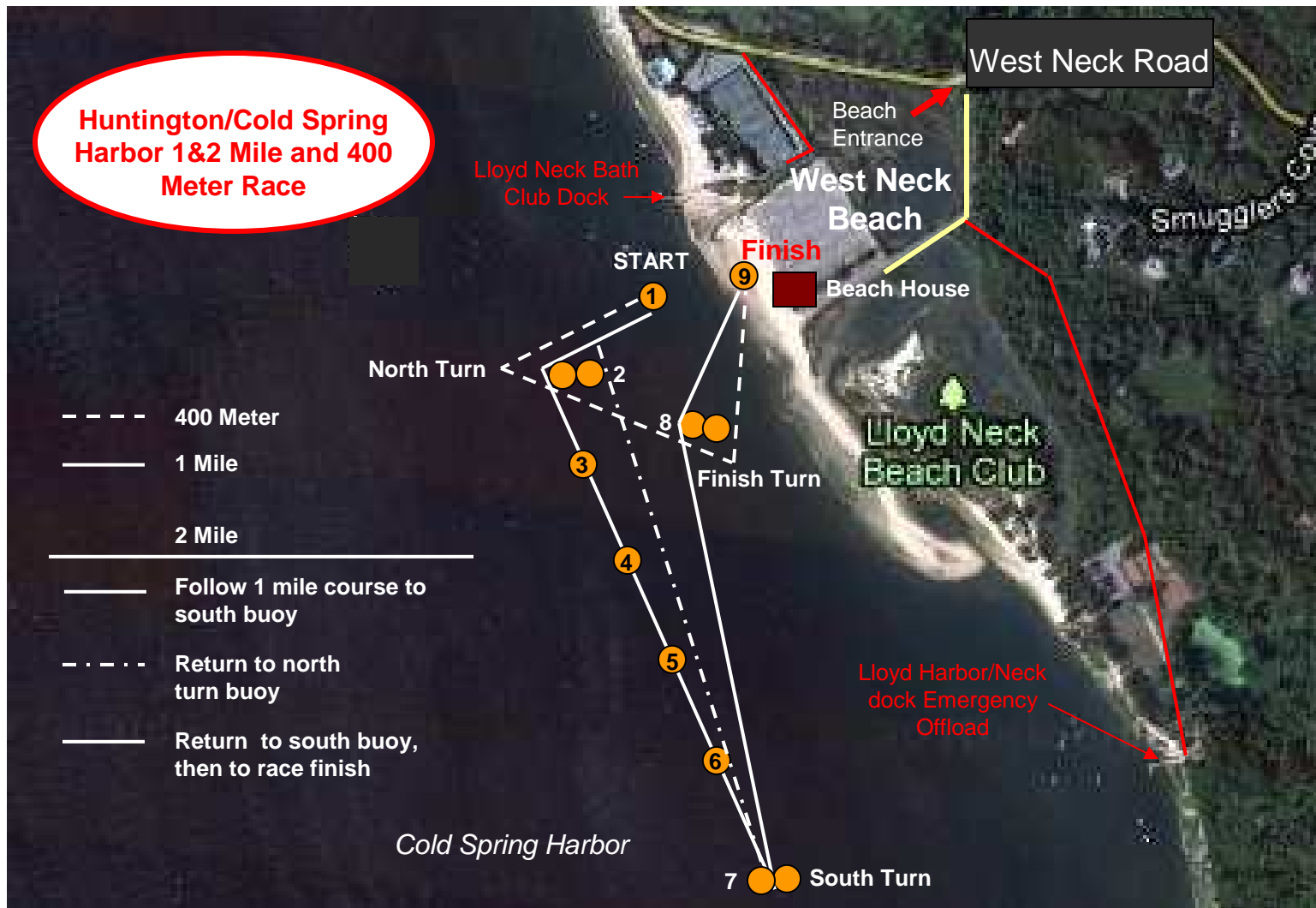


Course and Race Instructions

West Neck Beach, Huntington NY



Huntington/Cold Spring Harbor 1&2 Mile and 400 Meter Race



400 Meter Race: From Start to North double buoy turn on Left shoulder to FINISH double buoy turn on Left shoulder to Finish

1 Mile Race: From Start to North double buoy turn on Left shoulder to SOUTH double buoy turn on Left shoulder to FINISH double buoy turn on **RIGHT** shoulder to Finish

2 Mile Race: From Start to North double buoy turn on Left shoulder to SOUTH double buoy turn on Left shoulder back to North double Buoy turn on **Left** shoulder back to South double buoy turn on Left shoulder to FINISH double buoy turn on **RIGHT** shoulder to Finish



Huntington/Cold Spring Harbor 1 & 2 Mile and 400 Meter Races

Race Day Event Schedule and Waves

	400	2 mile	1 mile
Check IN	7-7:30 am	7-7:45am	7-7:45am
Warm up	7-7:30	7-7:30	7-7:30
Race Brief	7:40	8:05	8:05
Race Chute	7:50	8:10	8:20
Race Start	8:00 AM	8:20	8:30
WAVES	1	Wave 2) 18 and over	Wave 4) 18 and over
		Wave 3) 17 and under	Wave 5) 17 and under
Course Closing		9:55	9:20
Awards	Approx 8:30	Post Course Closing	Post Course Closing

	CAP Colors	Chute Line-up	Start Time	Swimmer Numbers
Wave 1	Yellow	7:50 AM	8:00 AM	101-199
Wave 2	White	8:10 AM	8:20 AM	201-299
Wave 3	Green	8:10 AM	8:25 AM	301-399
Wave 4	Purple	8:20 AM	8:30 AM	401-499
Wave 5	Blue	8:20 AM	8:35 AM	501-599