

Asphalt Green Masters One Mile Ocean Swim
Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #062-11
Sponsored by Town of Hempstead, Amstel Light, Vita Coco, Kindbar, and Asphalt Green



DATE: Sunday, July 29, 2012
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 July 29, 2012 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: **All pre-race entries must be processed online at: https://www.clubassistant.com/club/meet_information.cfm?c=1542&smid=3891. registration CLOSSES at 11:59PM ET on Friday, July 27, 2012. Only race-day entries will be paper and incur an additional fee.**

FEES: Online entry fee of \$40 (\$55 for race-day entries). The event proceeds will be donated to the TOH Junior Lifeguard Program and Asphalt Green Swim for the Future Scholarship Fund. No refunds will be issued.
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: 2012 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 _____	Day Tel _____
ATTACH LEGIBLE COPY OF 2009 USMS REGISTRATION	E-Mail _____ Day Tel. _____
CARD HERE Only for race day entries	Date of Birth _____

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

200 NORTH FRANKLIN STREET
HEMPSTEAD, N. Y. 11550-1390
TEL (516) 292-9000

KATE MURRAY
SUPERVISOR



COUNCIL MEMBERS
ANTHONY J. SANTINO

DOROTHY L. GOOSBY
ANGIE M. CULLEN
GARY HUDES
JAMES DARCY
EDWARD A. AMBROSINO
TOWN CLERK
MARK A. BONILLA
RECEIVER OF TAXES
DONALD X. CLAVIN JR.
COMMISSIONER PARKS & RECREATION
JOSEPH A. BENTIVEGNA