

## Course Instructions

**400 Meter Race:** Start to North YELLOW Triangle turn buoy on Left shoulder to Finish DOUBLE YELLOW Triangle turn buoy on Left shoulder to Finish Chute Line

**1 Mile Race:** Start to North YELLOW Triangle buoy on Left shoulder to SOUTH YELLOW turn buoy on Left shoulder to Finish DOUBLE YELLOW Triangle turn buoy on **RIGHT** shoulder to Finish Chute Line

**2 Mile Race:** Start to North YELLOW Triangle turn buoy on Left shoulder to South YELLOW turn buoy on Left shoulder back to North YELLOW turn buoy on Left shoulder back to South YELLOW turn buoy on Left shoulder to Finish DOUBLE YELLOW triangle turn buoy on **RIGHT** shoulder to Finish Chute Line

**5K Race:** Start to North YELLOW Triangle turn buoy on Left shoulder, 3 X to South YELLOW turn buoy on Left shoulder back to North YELLOW turn buoy on **Left** shoulder; after 3 returns to the North Turn buoy go **SOUTH** to Finish DOUBLE YELLOW triangle turn buoy on Left shoulder to Finish Chute Line

## Course Map 2014

West Neck Beach, Huntington NY



## Course Patrol

The course will be stationed and patrolled by the following:

Volunteer Kayaks:  
Approximately 20

Volunteer Lifeguards  
Approximately 8-10

Cold Spring Harbor FD Lead  
Patrol and Rescue Boat and  
Jet Ski

Atlantic Steamer Fire  
Department (Oyster Bay)  
Patrol Boat

Oyster Bay Harbor Master  
Patrol Boat

Huntington Harbor Master  
Patrol Boat

Start, North and South Turn  
Boats for Race Officials

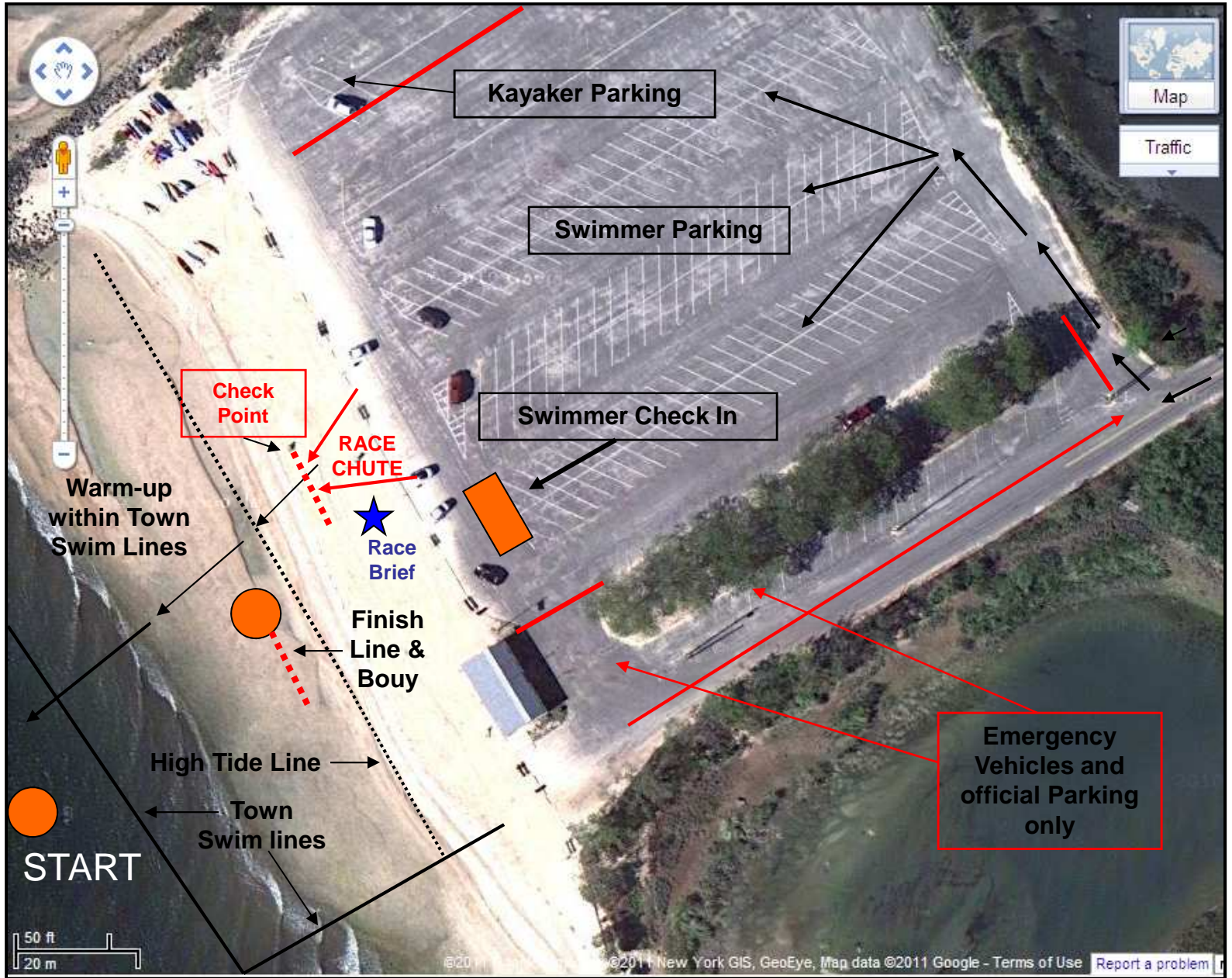
The race course will be  
permitted by the Town of  
Huntington and the United  
States Coast Guard

## Course Patrol Map 2014

West Neck Beach, Huntington NY



# West Neck Beach, Venue Diagram Start and Finish 2014





## 2014 Huntington/Cold Spring Harbor OWS Race Day Event Schedule and Waves

	400 Meter	5K	2 mile	1 mile
Check In	7-7:30 am	7-7:30am	7-7:30am	7-7:30am
Warm up	7-7:20	7-7:30	7-7:30	7-7:30
Race Brief	7:30	8:00	8:00	8:00
Race Chute	7:35	8:10	8:20	8:30
Race Start	7:40 AM	8:15	8:25	8:35
<b>WAVES</b>		Wave 2) Open	Wave 4) Open	Wave 6) Open
	Wave 1) 10 and Under	Wave 3) Age Group	Wave 5) Age Group	Wave 7) Age Group
Course Closing		10:30	9:55	9:25
Awards	Approx 8:30	Post Course Closing	Post Course Closing	Post Course Closing

	CAP Colors	Chute Line-up	Start Time	Swimmer Numbers
Wave 1 400M	Pink	7:35 AM	7:40 AM	101-199
Wave 2 5K Open	White	8:10 AM	8:15 AM	201-299
Wave 3 5K Age Group	Yellow	8:15 AM	8:20 AM	301-399
Wave 4 2 Mile Open	Red	8:20 AM	8:25 AM	401-499
Wave 5 2 Mile Age Group	Green	8:25 AM	8:30 AM	501-599
Wave 6 1 Mile Open	Purple	8:30 AM	8:35 AM	601-600
Wave 7 1 Mile Age Group	Blue	8:35 AM	8:40 AM	701-799

High Tide: 7:55 AM

Low Tide: 2:14 PM

Course Closing: There will be a 30 minute time limit from the finish of the first swimmer applied by age groups for each race