**Point Lookout Masters Ocean Mile Swim**

***Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction # 066-W002***

**Sponsored by the Metropolitan LMSC and the Town of Hempstead**

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**DATE:** Sunday, July 31, 2016

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

**LOCATION:** Town Park @ Point Lookout, NY

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

**ELIGIBILITY:** Open to USMS registered swimmers 18 years & older as of July 31, 2016 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:**Out and Back, (depending on tidal currents) **(high tide 5:59 am, outgoing tide east to west)  
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 race entries must be processed online. **No race day entries.** [**https://www.clubassistant.com/club/meet\_information.cfm?c=1542&smid=7966**](https://www.clubassistant.com/club/meet_information.cfm?c=1542&smid=7966)

Registration CLOSES at 11:59PM ET on Friday, July 29, 2016. Entry fee of $45. ($65. For entries after July 10) Payable to: the Metropolitan LMSC. Event proceeds will be donated to the TOH Junior Lifeguard Program and Asphalt Green Swim for the Future 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 **RULES:** 2016 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 (15 minutes cab ride to race venue).

Town of Hempstead Department of Parks and Recreation

200 North Franklin St. Hempstead, NY 11550

Supervisor, Anthony J. Santino

Council Members: **DOROTHY GOOSBY, GARY HUDES, BRUCE BLAKEMAN, ERIN KING SWEENEY, ANTHONY D’ESPOSITO, EDWARD AMBROSINO,**

**TOWN CLERK: NASRIN AHMAD, RECEIVER OF TAXES: DONALD CLAVIN JR. COMMISSIONER OF PARKS & RECREATION: MICHAEL ZACCOLO**