

2009
FRAN SCHNARR MEMORIAL
METROPOLITAN 5K and AGE GROUP
OPEN WATER CHAMPIONSHIPS

HOSTED BY: Metropolitan Swimming, Inc.

Metro Swimming SANCTION #: 090702

Metropolitan LMSC SANCTION #: 069-NN for USMS Inc.

DATE: Sunday July 12, 2009

PLACE : HUNTINGTON BAY, NY

TIME: 8:00 AM

ELIGIBILITY: All participants MUST be members of USA Swimming, US Masters Swimming or Nat'l Federation.
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5K EVENTS

Female		Male
1	Open (USA Swim)	2
9	Masters	10

RACE DESCRIPTION: Triangular course on Huntington Bay marked with inflatable orange buoys and/or anchored sailboats, swum counter clockwise, marks rounded counter-clockwise. The *finish* requirements to be given at the pre-race briefing.

AGE GROUP EVENTS

3	10-Under - 1,000	4
5	11-12 - 2,000	6
7	13-14 - 3,000	8

AWARDS

5k

Open and Masters: Trophies to Top 3 Females & Males in each.

Age Group & Masters

Medals for First through Third by age group & gender

ENTRY FEES: Masters \$30.00

ENTRY DEADLINE: July 3, 2009

USA Swim 5K \$15.00

Age Group \$10.00

ABSOLUTELY NO LATE ENTRIES !

Payable to: **Metropolitan Swimming, Inc.**

Mail to: **Bea Hartigan, 27 Huntington Rd, Huntington NY 11743**

NOTES: It is required that all competitors be at the pier by 7:00 AM for check-in and briefing. Meet Swim caps will be provided **and** required to be worn for safety and identification purposes.

Swimmers are **not required** to have individual escort craft but are encouraged to have them, **provided** they are non-motorized. Only Meet officials and/or authorized safety personnel are permitted aboard the designated safety patrol craft.

TERMINATION: After the first Male and first Female have completed a **5k** event, all swimmers still on the course one hour later will be picked up by the escort craft. In the interest of safety, the Meet Safety Officer and/or the Meet Director reserve the right to end competition at any time either considers conditions warrant.

RELEASE AND WAIVER INFORMATION: Each competitor must complete and sign the release form attached and if under 18, must have a parent or legal guardian sign also. **NO ONE WILL BE PERMITTED TO SWIM WITHOUT SUBMITTING A PROPERLY COMPLETED FORM.** A coach's signature is **not** sufficient. **MASTERS** swimmers must attach a photo-copy of their current membership cards. **ABSOLUTELY NO LATE ENTRIES.**

Reproduce the form as often as you need/wish.

PLEASE NOTE: The Bay Club has been gracious enough to once again permit us to use their facility. It is therefore important that we not abuse their property. Please see directions and instructions.

DIRECTIONS: *Please be advised that **FREE** shuttle service will be provided from the Huntington Town Hall parking lot. We need to keep the few parking spaces at the club available for the officials and Kayakers. NO parking is permitted on the street in the incorporated village.* Please see map attached.

For information: Bea Hartigan (631) 271-3349; <Bea10k@yahoo.com>

DIRECTIONS FOR METROPOLITAN/FRAN SCHNARR 5K SWIM

*Please be advised that **FREE** shuttle service will be provided from the Huntington Town Hall parking lot. We need to keep the few parking spaces at the club available for the volunteer kayakers. There is **NO** parking permitted on the streets.*



	Rte 25-A (Main Street)	Chalet Motor Inn □
Rte. 110 ~ NY Ave. ⇒ ⇒ ⇒	→ ½ mi. Town Hall (#100) Parking	← Rte. 110 = 3.2 mi. 3.2 mi. ↑
	Rte 25 (Jericho Tpke)	
Bertucci's → □ Exit 40		2.4 mi. ↑
	Northern State P'kway	
Exit 49		1.1 mi. ↑
	Long Island Expressway	
Huntington Hilton → ⊕		2.3 mi. ↑
Rte. 110 ~ Broad Hollow Road ⇒ ⇒ ⇒ Exit 35		3.3 mi. ↑
	Southern State P'kway	

Parking will be VERY limited at the Bay Club. Parking permits will be issued for officials and escort kayakers ONLY ! We have made arrangements to provide FREE shuttles service from the Huntington Town Hall parking lot on 25-A (Main Street) ½ mile east of Rte. 110. Town Hall is on the right, opposite Old First Church. The parking lot is in the back. You must be registered in the swim to avail yourself of this service. First Bus at 06:15, Last at 07:20.

Please also note that the Village of Huntington Bay does not permit parking on any of the Village roads.

Grateful Appreciation to our local Supporters:

Halesite Fire Department	Canterbury Ales
Centerport Fire Department	Cold Spring Harbor FD
Town of Huntington	Huntington Bay Constable
USCG - Eaton's Neck	USCG Auxiliary
Suffolk County PD Marine Bureau	Towne Bus/WE Transport
and our hosts, The Head of the Bay Club !	