

March 7, 2010

**NEW FOR 2010,
10K 'Open' added**

Having received commitments from eleven swimmers already, we are adding a ten kilometer swim to the list of events in the Metropolitan Swimming Open Water / Fran Schnarr Memorial Championships.

This will be an "Open" event held under USA Swimming sanction. Therefore, all entrants must be USA Swimming members. If one is not currently a full/year round member, a "One Event Open Water" registration must be applied for along with the swimmer's entry.

The fee for the 10K is \$15 and the fee for the one event membership is an additional \$10.

Awards will be trophies for first thru third, Female and Male.

Those who are accustomed to swimming our annual 5K are encouraged to consider this new event at the Olympic distance. If you're comfortable at the other, feel free to join us for that instead.

Spread the word that July 11th will see the championships take place on the challenging Huntington Bay triangular course.

For those coming from out of state, the Holiday Inn – Plainview, LI has blocked rooms at \$109 from July 9th thru the 11th.

Bea Hartigan

Master Open Water Championships information and application starts on page 2

Age Group Open Water Championships information and application starts on page 6

2010 FRAN SCHNARR MEMORIAL METROPOLITAN 5K, 10K and AGE GROUP OPEN WATER CHAMPIONSHIPS

HOSTED BY: Metropolitan Swimming, Inc.

Metro Swimming SANCTION #: **100701**

Sanctioned by the Metropolitan LMSC for USMS Inc. Sanction # **060-12**

DATE: Sunday July 11, 2010

PLACE : HUNTINGTON BAY, NY

TIME: 8:00 AM

ELIGIBILITY: All participants **MUST** be members of USA Swimming, US Masters Swimming or a Nat'l Federation.

Female	5K EVENTS	Male
1	Open (USA Swim)	2
9	Masters	10
	10K Events	
11	Open (USA Swim)	12

10K entrants must be USA Swim members, One Event Membership is \$10.00. Form is at "HuntSwim.org"

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 & 10K

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

Age Group & Masters 5K

Medals for First through Third by age group & gender

ENTRY FEES: Masters \$30.00 Event 9, 10

ENTRY DEADLINE: July 3, 2010

USA Swim 5K \$15.00 Age Group **\$10.00**

ABSOLUTELY NO LATE ENTRIES!

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

Mail to:

Hartigan, 27 Huntington Rd, Huntington NY 11743

Bea

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 SWIMS

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 →		2.4 mi. ↑
Exit 40	Northern State P'kway	1.1 mi. ↑
Exit 49	Long Island Expressway	
Huntington Hilton → ⊕		2.3 mi. ↑
Rte. 110 ~ Broad Hollow Road ⇒ ⇒ ⇒		3.3 mi. ↑
Exit 35	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 !	

Age Group Open Water Championships

Sunday July 11, 2010

As part of the annual Fran Schnarr 5k Metropolitan Swimming Open Water Championship we also have three Age Group events:

Girls	Event	Boys
3.	10-Under 1,000 yds	4.
5.	11-12 2,000 yds	6.
7.	13-14 3,000 yds	8.

These events will be swum between two piers, along the beach.

Depending on the number of entries, the events will be combined OR separated.

Awards: will be presented by age and sex, Championship Medals for 1st thru 3rd.

Fee: \$10.00 per swimmer.

Deadline: *in hand* by July 5, 2010

Note: **Each Swimmer** must submit a complete *Individual* entry form, with parental signature, a Coach's signature is **not** sufficient.

Limit: in the interest of safety, there will be a limit of **75** swimmers in each of the Age Group events. Any cuts will be by date received.

Check-in: no later than 7:30 AM

Facility: open at 6:45 AM.

First Race: starts at 8:20 AM

Bathing Caps: will be supplied and *required to be worn*. This is for safety.

Parking: is extremely limited. There will be free parking at Huntington Town Hall with free shuttle buses to the club. If a team comes in a van with *at least* six (6) swimmers aboard, it will be permitted to drive to the Bay Club.

Race Director: Bea Hartigan (631) 271-3349

Mail forms & fees to: Bea Hartigan

27 Huntington Road

Huntington, NY 11743

Enclose check payable to: "Metropolitan Swimming, Inc."

Age Group Entry Form/Waiver

[Please print carefully]

Name	Reg.#
Team	Gender Age day of meet
Phone	e-mail

Entering Event # _____

WAIVER AND RELEASE AGREEMENT (USA SWIM)

In signing this entry form, I affirm I have read the entry material, am in good physical condition as verified by a medical doctor and agree to abide by the conditions set forth in the entry material and USA Swimming Rules. I verify that I am an amateur athlete *registered* with USA Swimming and that in consideration of your accepting this entry, I, intending to be legally bound, do hereby for myself, heirs, executors and administrators, release and forever discharge any and all rights and claims which I or any of us may hereafter have against USA Swimming, Metropolitan Swimming, The Town of Huntington, the Head of the Bay Club, Sponsors or their respective officers, agents, representatives, successors and/or assigns for any and all damages which may be sustained or suffered by me in connection with this meet, whether traveling to, participating in or traveling from said meet.

 Participant's signature Date If under 18, Parent or Guardian Sig. Date

MEDICAL RELEASE

Additionally, if the applicant is under the age of majority in his/her home state, the following must be executed by the parent/guardian thereof:

This is to certify that as of _____ (date) I (print) _____, the **parent - guardian** (circle one) of _____, participating in this competition, give my consent to Metropolitan Swimming and its safety representatives to obtain medical care from any licensed medical physician, clinic or emergency medical service for the above named athlete for illness or injury that could arise from activities in this competition.

 Parent/Guardian Signature Relationship

Note: Each individual under the age of 18 *must* have a parent/guardian sign in *both* places.

Metropolitan Open Water ~ Team Entry Form [A computer printout of the same information is acceptable.]
Female

Team Name- _____

Team code - _____

Coach - _____

Address - _____

Contact Name/Phone _____

Name	Age	Registration #	Event # (check Box)⇒		
1					
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17					
18					
19					
20					

Did You: ___ enclose payment? ___ Print carefully? ___ Attach swimmers' forms?

Mail to: Bea Hartigan, 27 Huntington Rd., Huntington, NY 11743-1702 **Payable to:** Metropolitan Swimming, Inc.

Metropolitan Open Water ~ Team Entry Form

[A computer printout of the same information is acceptable.]

Male

Team Name-

Team code -

Coach -

Address -

Contact Name/Phone

Name	Age	Registration #	Event # (check Box)⇒			
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