

# 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 at "HuntSwim.org"**  
**Include with entry.**

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 5K**

**ENTRY DEADLINE: July 3, 2010**

**USA Swim 5K or 10K \$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

**ENTRY FORM**  
**FRAN SCHNARR MEMORIAL 5K/10K & AGE GROUP CHAMPIONSHIPS**

Enter me in Event # \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Reg.# \_\_\_\_\_

Address \_\_\_\_\_ USA/USMS/ \_\_\_\_\_ (circle one)  
Country

Town \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_ - \_\_\_\_\_

e-mail \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Team \_\_\_\_\_

**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 might arise from activities in this competition.

Parent/Guardian Signature \_\_\_\_\_ Relationship \_\_\_\_\_

~ OR ~

**US MASTERS 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 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 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 the risks inherent in open water swimming and agree to assume those risks.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**REMEMBER~ you MUST include a copy of your Masters Registration Card !**

**Note:** Check if "One Event USA-Swim" registration included.

## 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.*

**N**  
↑

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

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 !	



Lighthouse



West Turn  
40 54.52  
073 25.35

East Turn  
40 54.75  
073 23.61

Start/Finish  
40 54.43  
073 24.48

2.47km

1.36km

1.20km

