

2005
FRAN SCHNARR MEMORIAL
METROPOLITAN 5K and AGE GROUP
OPEN WATER CHAMPIONSHIPS

SPONSORED BY: Metropolitan Swimming, Inc.

Metro Swimming SANCTION #: 050703

Metropolitan LMSC SANCTION #: 065-06 for USMS Inc.

DATE: Sunday July 10, 2005

PLACE : HUNTINGTON BAY, NY

TIME: 8:15 AM

ELLIGIBILITY: All participants MUST be members of USA Swimming <i>OR</i> US Masters Swimming.
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CATEGORIES: **5k** *Open ~ Male and Female* ---- *Masters ~ Male and Female*

AWARDS: trophies for First, Second and Third in each category.

Meet tee-shirts to first 100 registrants.

AGE GROUP EVENTS

1 & 2	10-Under - 1,000	3 & 4	11-12 - 2,000	5 & 6	13-14 - 3,000
		AWARDS:	Medals 1 st -3 rd		

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.

It is required that all competitors be at the pier by 7:15 AM for check-in and briefing.

ENTRY FEES: Masters \$30.00

ENTRY DEADLINE: July 2, 2005

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

NOTE: 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 the race, 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 below for directions and instructions.

DIRECTIONS: TO THE BAY CLUB (The Head of the Bay Club) in Huntington Bay, NY. *Please be advised that **FREE** bus 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. There is **NO** parking permitted on the streets.* 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.*

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	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 ⇒ ⇒ ⇒		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 Town of Huntington USCG - Eaton's Neck Suffolk County PD Marine Bureau Family Service League	Canterbury Ales Cold Spring Harbor FD Huntington Bay Constable USCG Auxiliary Helen Keller Services for the Blind
and our hosts, The Head of the Bay Club !	