

JOIN US AT THE
Sunday 31 July 2016 Fifth Huntington
Cold Spring Harbor Open Water Swim
.....a USA-Swimming sanctioned event.....

Ideal north-shore, protected-bay swim venue
Electronic champion-chip timing for accurate results
Easy navigation - lots of big, bright easy-to-see buoys
Commemorative beach towels for all event participants
Plenty of in-water lifeguard, kayak and boat safety support
Both wetsuit and non-wetsuit participation and award divisions
Overall plus top three awards by gender, age group and division
Post-swim awards ceremony with food and beverages

Charity event to benefit the Huntington Y Learn To Swim Scholarship Fund

OPEN DIVISION

Adults, masters swimmers, triathletes, open water, health & fitness enthusiasts
1 Mile, 2 Mile & 5K distances with wetsuit & non-wetsuit options to choose from

AGE GROUP DIVISION

Youth who are 2016 members of USA-Swimming
400 meter, 1 Mile, 2 Mile & 5K swim distances; NO wetsuits permitted



Registration CLOSSES 11:59PM on Monday, July 25, 2016
Complete information with online registration link at:
www.excelswimming.com/WestNeckSwim.htm