

Sunday 12 August 2018 Point Lookout Town Beach 1/2 Mile • 1 Mile • 2 Mile Open Water Swim Events

Race Venue	Town of Hempstead Town Park at Point Lookout (516-431-3900), 1300 Lido Boulevard, Lido Beach, NY 11561. https://toh.li/facilities/beaches-and-pools/beaches .
Amenities	Restrooms, showers, food and beverages, picnic area; short walk from promenade/check-in area to water.
Directions	Drive southbound on Meadowbrook Parkway to Exit 10 (toward Long Beach) onto Loop Parkway. Take Loop Parkway to end. At the traffic light you will be facing the Point Lookout Town Park entrance. MTA LIRR to Long Beach station (10 minute cab ride; 4.3 miles from race venue) www.mta.info/lirr .
Safety	Safety services and race supervision provided by the Town of Hempstead and the experienced Point Lookout ocean lifeguards. In the event of severe inclement weather or dangerous water conditions, chief lifeguard will determine if course should be modified or race canceled. Medical and emergency facilities located at: South Nassau Communities Hospital (516-870-1010) Emergency Department in Long Beach South Nassau Communities Hospital (1-877-768-8462), 1 Healthy Way, Oceanside, NY 11572
Eligibility	Must be 18 years of age or older to participate, comfortable with open water swimming, and fairly confident that you can complete swim distance within time limit.
Divisions	1/2 Mile, 1 Mile and 2 Mile with both wetsuit and non-wetsuit participation options and award divisions.
Suit & Gear	In non-wetsuit division, all swimsuits must be textile material, may not contain clasps, zippers or fasteners of any kind, and may not cover the neck nor extend past the shoulders or ankles. A second swim cap may be worn beneath event cap. Ear plugs, nose clips and wristwatches are permitted. No fins or flotation devices allowed.
Awards	First place overall male and female in each division, and top six male and female age group awards (18-24, 25-29, 30-34, 35-39, 40-44, and so forth by five-year increments) in each division. No duplication of awards.
Goodies	Each participant receives commemorative event souvenirs, a generous goodie bag filled with product samples, discount coupons and more, and a lavish variety of breakfast goodies and beverages to delight everyone's palate!
Course	Course will be swum parallel to shore and clearly marked with large, brightly colored buoys for easy navigation. In-water start with a short land finish. 1/2 Mile: One loop; 1 Mile: One loop; 2 Mile: 2 loops of 1 Mile course.
Water	High tide 8:54AM. Water temperature range 72-76°F. See water temperature data link at: https://www.seatemperature.org/north-america/united-states/point-lookout-august.htm
Schedule	7:20-8:00AM Check-In • 7:40-8:00AM Warm-Up • 8:10AM Mandatory Race Briefing • 9:30AM Awards Ceremony
Wave Starts	8:25AM Wave 1 Yellow 2 Mile Wetsuit & Non-Wetsuit 8:35AM Wave 2 Green 1 Mile Wetsuit & Non-Wetsuit 8:45AM Wave 3 Orange 1/2 Mile Wetsuit & Non-Wetsuit
Time Limits	2 Mile = 80 minutes finish by 9:45AM; 1 Mile = 40 minutes finish by 9:15AM; 1/2 Mile = 20 minutes finish by 9:05AM. Any swimmer(s) still in the water after time limit will be removed from the course.
Timing	All swimmers receive an electronic ankle timing chip (wear on outside of wetsuit), along with a brightly colored swim cap (must be worn during entire swim). Professional timing services provided by JustFinish.
Entry Limit	Maximum 250 participants accepted on a first-received basis.
Entry Fee	\$40 EARLY Bird (thru 06/29/18); \$50 REGULAR (06/30/18 thru 07/24/18); \$60 LATE (07/25/18 thru 08/06/18). Entry fee is non-refundable and non-transferable.
Registration	Online registration only via RunSignUp. All major credit cards accepted; processing fee incurred. No paper, snail mail, fax, email or race-day entry.
Deadline	Registration ENDS at 11:59PM on Monday, August 6 or when participant limit is reached, whichever comes first.
Results	Results will be posted within 48 hours at www.excelswimming.com and at www.justfinish.net .
Questions	Direct inquiries to Event Director Lisa Baumann at excelswimming@aol.com .

Laura A. Gillen, Supervisor, Town of Hempstead • Daniel Lino, Commissioner, Parks & Recreation
Justine Anderson, TOH Aquatics Coordinator • Michael Romano, Point Lookout Chief Lifeguard

Sunday 12 August 2018 Point Lookout Open Water Swim Entry Form

FIRST & LAST NAME: _____ Gender: M F

AGE on Sunday, August 12, 2018: _____ DATE OF BIRTH (mm/dd/yyyy): ____/____/____

E-Mail: _____ Tel: (____)____-____

Mailing Address (street - include apartment #, suite # or floor if applicable; city, state & zip code):

Emergency Contact Person (must be an adult - age 18 & older - other than yourself):
Name: _____ Tel: (____)____-____ Relationship: _____

List any prescriptions you are taking and/or medical conditions you have that we should be aware of:

Provide prior open water race experience (swim distance, time, year), or 1500 long course meter pool time, or indicate none:

Select your Open Water Swim Distance & Race Category:

- 1/2 Mile WETSUIT 1 Mile WETSUIT 2 Mile WETSUIT
 1/2 Mile NON-wetsuit 1 Mile NON-wetsuit 2 Mile NON-wetsuit

Non-refundable & non-transferable Entry Fee is as follows:

<u>FEE</u>	<u>REGISTRATION DATES</u>
\$40	EARLY BIRD through Friday, June 29
\$50	Regular Saturday, June 30 - Tuesday, July 24
\$60	LATE Wednesday, July 25 - Monday, August 6

This event is sanctioned by USA-Triathlon. If you are not a current USA-Triathlon member, you will be charged a one-day license fee of \$15.00 at checkout to comply with insurance mandates.

Print and retain your online registration confirmation as proof of race registration. Additional event-related information will be sent via email to registered swimmers prior to race day.