

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. Emergency medical facilities located at: South Nassau Communities Hospital Emergency Department in Long Beach (516-870-1010) South Nassau Communities Hospital, 1 Healthy Way in Oceanside, NY 11572 (877-768-8462)
Eligibility	Open to everyone age 18 or older who is comfortable with open water swimming and fairly confident that they 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 swag, and a lavish breakfast spread and beverages to delight everyone's palate!
Course	Course will be swum parallel to shore and clearly marked with large bright buoys for easy sighting and 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	Check-In 7:15-7:45AM • Warm-Up 7:35-7:55AM • Pre-Race Briefing 8:10AM • Awards Ceremony/Breakfast
Wave Starts	8:25AM - Wave 1 - 2 Mile Wetsuit & Non-Wetsuit - Yellow Caps 8:35AM - Wave 2 - 1 Mile Wetsuit & Non-Wetsuit - Pink Caps 8:45AM - Wave 3 - 1/2 Mile Wetsuit & Non-Wetsuit - Red Caps
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 Fees	\$40 EARLY Bird Discount (through Friday June 29); \$50 REGULAR (Saturday June 30 through Tuesday July 24); \$60 LATE (Wednesday July 25 through Tuesday August 7). Entry fee is non-refundable and non-transferable.
Registration	Online at https://runsignup.com/Race/NY/LidoBeach/Sunday12August2018PointLookoutOpenWaterSwim (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 Tuesday August 7 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