

SANCTION:

HOSTED BY: Knoxville Open Water Swimmers (KOWS).

Event Directors: Jack McAfee

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COURSE: “Bridges to Bluffs” is a 10k down current swim in the Tennessee River. Swimmers will begin by jumping from the “Star of Knoxville” Riverboat at Suttree Park. Each swimmer is required to have a kayaker (pilot). The first 5k will take swimmers by the University of Tennessee Neyland Stadium, Thompson Boling Arena, a spectacular downtown skyscape, and below 5 historic bridges. The last 5k will see a transition from a downtown/urban environment to beautiful river bluffs, antebellum homes, and historic Sequoyah Hills Park. A relay option will be available (wetsuit legal). Relay teams will consist of a swimmer and kayaker, transitioning at the 5k mark. Our course is unique -- the exact 5k point is in a spectator friendly and easily accessible location, opposite the University of Tennessee Sorority Village, Armstrong Lockett Civil War Home, the Buck Karns Alcoa Highway Bridge (with pedestrian lane for spectator viewing) and the Cherokee Farms Greenway. The finish will be at the Sequoyah Hills Park, which consists of 87 acres of green space and 4 miles of trails.

REGISTRATION: Registration will open on May 1 via the KOWS website. Registration is capped at 100 (total swimmers). You will be able to submit your projected finish times, your USMS membership number (required), and choose between payment types.

ENTRIES: There are 2 different swimming options for this event. The 10k individual open water swim, or the 10k relay open water swim. The relay is a 10k open water swim divided for swimmers to swap. There is no 5k individual open water swim option! Relays are wetsuit legal. Swimmers participating in the 10k who choose to wear a wetsuit will start last and be ineligible for awards. All 10K swimmers are required to provide a pilot for this race. One pilot per swimmer, no exceptions.

RELAYS: Relays allow swimmers who are not ready for a full 10k to still participate in the event. Each relay will be made up of 2 swimmers, each of whom will swim. The first leg swimmer will jump off the riverboat, while the second swimmer assists the first swimmer via kayak support. At any point, the swimmer and kayaker will switch positions; the second leg swimmer will finish the swim while the first leg swimmer assists the second leg swimmer via kayak support.

ENTRY FEES: \$375 entry for all individual 10k open water swim entries, increasing every 2 months by \$25. The 10k 2-person relay open water swim entry fee is a \$375 per team, increasing \$25 every 2 months. Both relay participants must register. Entry fee covers a pre and post-race meal along with a t-shirt for both the swimmer and pilot.

DEADLINE FOR ENTRIES: Entry deadline for entries is 11:59 p.m. Eastern Standard Time on August 1, 2022 or when the race fills up.

ELIGIBILITY: All swimmers must be registered for 2022 with U.S. Masters Swimming, Inc. If you are not already registered with USMS, you will need a One-Event registration. Per USMS

guidelines, all swimmers must be 18 years of age or older. USMS rules apply to the championship swim.

SEEDING: Each swimmer must submit an estimated finish time for their 10k open water swim. There is a 4 hour cutoff for this event! Swimmers will be assigned a number based on their seeded time and swimmers will start in a time trial fashion with the lowest numbers starting first. Results will be tabulated by gender age groups

SCHEDULE: Check-in will begin at 5:00pm on Saturday, September 21st, 2019 for the mandatory 6:00pm pre-race briefing. If you cannot attend this briefing, do not sign up for the race. It is required per USMS rules. **For anyone who was on the waitlist or who registered after May 16th, your check-in will begin at 11:00am on Saturday, September 21, 2019 for a mandatory 12:30pm pre-race briefing.**

The race will begin at 9:00am on Sunday, September 22nd, 2019 at the Star of Knoxville. Swimmers will begin boarding the riverboat at 8:00am for an 8:45am departure. At 9:00am, swimmers will begin the 10k open water swim by jumping off the riverboat! Following the race, all swimmers, kayakers, and families will be invited to Sequoyah Hills Park for a post-race meal.

INDIVIDUAL AWARDS: The top 3 overall males and females will receive an award. Every swimmer who finishes the race, regardless of place will receive a finisher award. Awards will be locally crafted with a taste of Eastern Tennessee. Shirts will be given to each competitor.