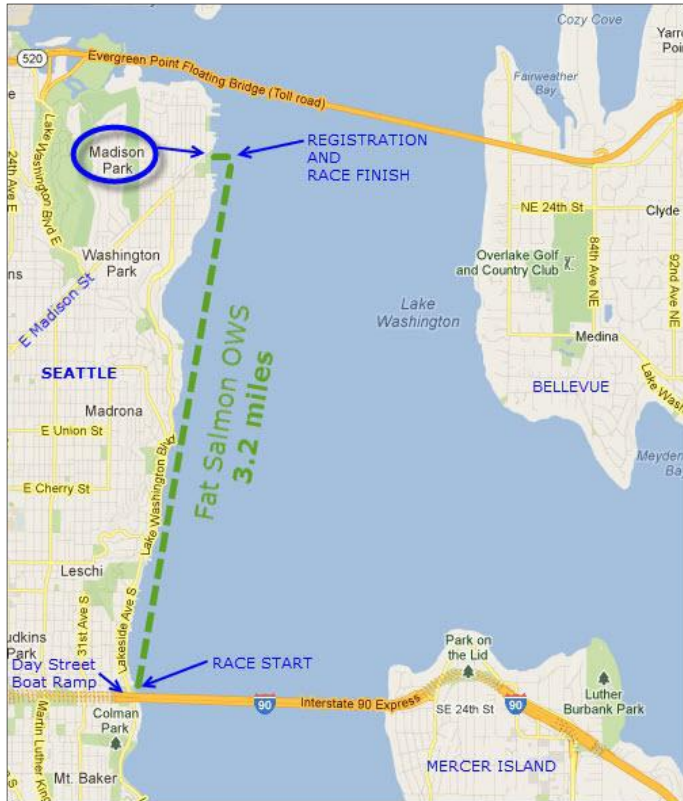


Fat Salmon Open Water Swim
SWIM DISTANCES: 3.2 miles
DAY AND DATE: Saturday July 15th, 2023
SANCTIONED BY PNA for USMS Inc. # 36x-xxxx
HOSTED BY: Orca Swim Team

LOCATION: Lake Washington from Day Street Boat Ramp under I-90 to Madison Park Beach (1900 43rd Ave E, Seattle WA) along the western shore of the lake along a straight line marked by buoys every half mile.

COURSE: In water start immediately offshore from Day Street Boat Ramp, finish across timing mats on shore at Madison Park Beach; participants will need to ascend 4 stairs at the completion of this race. Water temperatures are typically in the high 60s or low 70s during the summer but can vary significantly; be prepared for a cold swim.



TIME:

- 6:00 AM Swimmer Check in opens**
- 7:00 AM Swimmer Check in closes**
- 7:05 AM Mandatory swimmer Safety Briefing**
- 7:20 AM Swimmers depart for Day Street Boat Ramp (1402 Lakeside Ave S, Seattle, WA) via carpools**
- 8:15 AM Race start; swimmers will be sent off in 5 separate waves scheduled every 3 minutes.**

RACE DIRECTOR:

Jim Lasersohn
425.686.9619
racedirector@fatsalmonswim.com

ELIGIBILITY: Open to all 2023 registered Masters swimmers (USMS or MSC) age 18 and above as of 7/15/2023. Competitors not masters registered may sign up for a \$20 One-Event USMS registration. FINA or Canadian masters swimmers must provide proof of masters registration valid for 7/15/2023 upon registering for this event or pay the \$20 One-Event USMS registration.

RULES: Current USMS rules will govern this event. Wetsuits and full-body swimsuits are allowed in the wetsuit division. No additional devices to help speed, pace, buoyancy, or endurance are allowed (such as webbed gloves, fins, snorkels, etc.). **Swimmers will have 2 hours to complete this event; Swimmers who are not on pace to complete the swim within 2 hours will be pulled from the course at designated times and locations along the race course.**

SAFETY: Lifeguards and safety boats will monitor the entire course. All participants MUST attend the safety meeting. Kayaks will assist with escorting swimmers along course and will provide assistance in event of an emergency.

AWARDS: Awards will be available for the top three finishers in all USMS age groups (5-yr) by sex, in both divisions. Your age as of December 31, 2023 determines your age group for awards. Each registered participant will be given one event t-shirt, size to be selected during the event registration.

ENTRY FEES:

- \$75 (by May 29th)
- \$85 (May 30th – June 15th)
- \$95 (June 16th – July 9th)
- \$105 Late Registration / Day of Race (if offered/available)

ENTRY DEADLINE: Online entry only! Registration expected to open by May 1st; regular registration closes on July 9th at 11:59pm Pacific Time. If space permits, late registration and day of race registration may be offered

ONLINE ENTRY: (link to be provided here later)

RESULTS: Posted in person at race site; will be electronically posted to www.fatsalmonswim.com within a few days after the race.

DIRECTIONS: Check-in + safety meeting at Madison Park Beach (1900 43rd Ave E Madison St.); from I-5 exit at Madison St and continue east until you reach the lake (43rd Ave).

TRANSPORTATION / PARKING / CARPOOLING: There is limited parking in the area so carpooling is encouraged as much as possible. **Swimmers are responsible for their own transportation from the check-in location at Madison Park Beach to the race start at Day Street Boat Launch (3 miles).** We will encourage the formation of carpools at the conclusion of the pre-race safety meeting.

COVID-19 PRECAUTIONS: We will conduct the event in accordance with local health guidelines related to preventing the spread of COVID-19 if applicable. Attendees should be prepared to comply with these guidelines such as face covering requirements should they be necessary.

ADDITIONAL INFORMATION: Please stay after the event and support the great Madison Park businesses that help sponsor this event! Sponsoring organizations can be found on our website at <http://www.fatsalmonswim.com>