

Square Lake 5K Swim Information

Saturday, July 15, 2023 at 7:30 AM

Square Lake Park, Stillwater, Minnesota

5K Race

Schedule

6:30 – 7:10 AM Body Marking

7:20 AM Mandatory Course Briefing

7:30 AM Wave 1 Start (in water)

7:35 AM Wave 2 Start (in water)

7:40 AM Wave 3 Start (in water)

10:45 AM Awards

Event Host

Minnesota Masters

Facility Host

Square Lake Park, Washington County

Venue Location

15450 Square Lake Trail North, Stillwater, MN 55082

Event Officials

Race Director: Nicki Phillips

Safety Director: Jacquie Strebe

Lifeguard Supervisor: Beth Nymeyer

EMT Personnel:

Rules and Safety:

Current USMS Open Water rules apply. Under USMS Open Water rules, your age is determined as of December 31, 2023, except that you must be at least age 18 years old on July 15, 2023. All participants are required to wear the event-supplied brightly colored swim cap and have their body marked with registration number for safety reasons. All participants are also required to wear a swim buoy at all times during the swim. They should bring their own buoys; although, they can purchase one for \$16 during registration.

Wetsuits

Wetsuits are not allowed, neither are paddles, fins, or snorkels. If these are used, the swimmer will be disqualified.

Swimsuits

Swimmers shall wear swimsuits in one or two pieces. All swimsuits shall be made from textile materials and not contain clasps or zippers. For both men and women, the swimsuit shall not cover the neck and shall not extend past the shoulder nor below the ankles.

Timing Chips:

We are using a chip timing system for this swim. Please make sure that you turn in your timing chip right after you finish the swim. You will be charged for the timing chip if you fail to do so.

If you leave the race early, please turn in your timing chip to the timing chip company and check in with the race director. We don't want to do a lake search for you because you forgot to tell us you left the swim early.

Check-In:

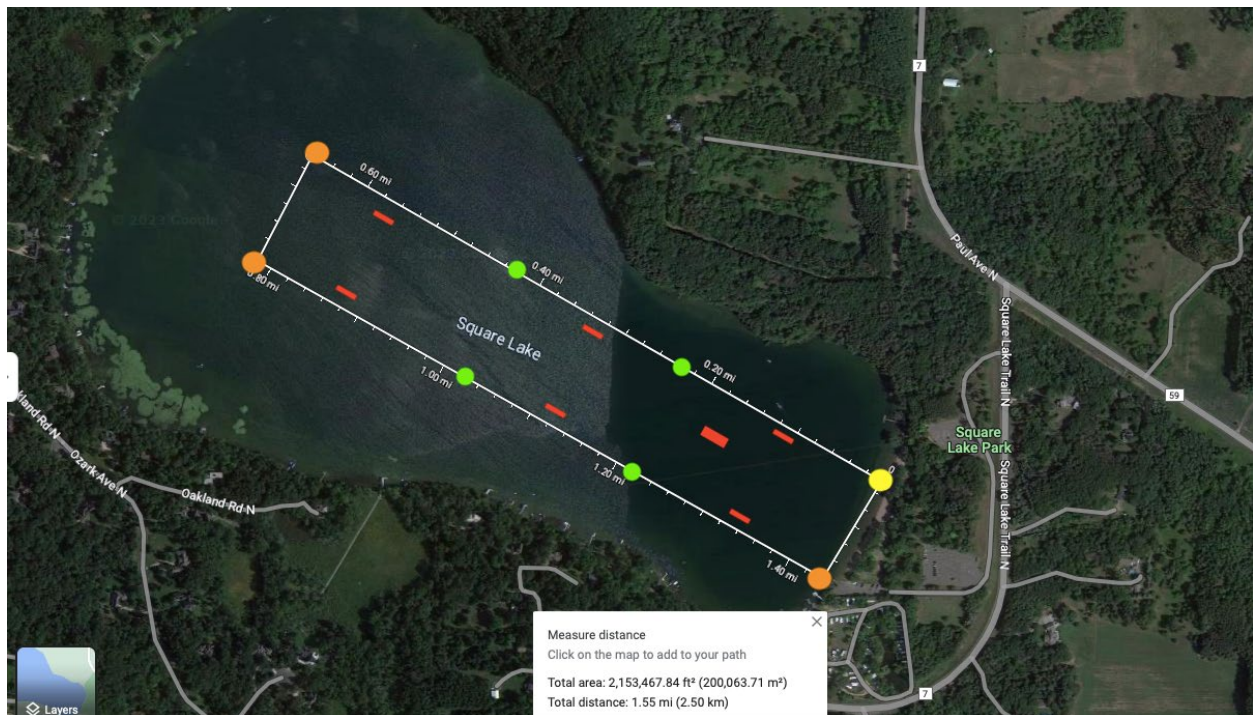
Check-in starts at 6:30 and closes at 7:10. Please arrive early and allow extra time for checking in.

Mandatory Course Briefing:

The mandatory course and safety briefing begins promptly at 7:20 am and all participants are required to attend.

Course:

Rectangular 2.5K course loop marked by buoys, lifeguards on rescue bards, kayaks, and other safety resources. In-water start, swim two loops counter-clockwise around four tetrahedron turn buoys with finish through chute. Course is subject to change as event day conditions warrant.



Online Registration:

Early Entry Fee is \$65.00 (\$20 discount for registered USMS members or \$45) for entries received by 11:59 PM CT June 3, 2023.

Regular Entry Fee is \$75.00 (\$20 discount for registered USMS members or \$55) for entries received by 11:59 CT July 9, 2023

Late Entry Fee is \$95 (\$20 discount for registered USMS members or \$75) for entries received by 6:00 PM July 14, 2023

Race Day Entireties:

NO RACE DAY ENTRIES! NO EXCEPTIONS! NO TRANSFERS. NO DEFERRALS. NO REFUNDS.

Inclement Weather:

Event may be delayed or cancelled due to extreme weather or other emergency as determined by the race director, safety director, or venue host.

T-Shirts:

T-shirts are an add-on to this race. You will be able to order a t-shirt within the registration process through June 30, 2023. A limited number will be available July 15 for purchase on a first come, first served basis.

T-shirts are \$15 during registration and \$20 on July 15. MN Masters takes Venmo.

Awards:

Top 3 awards will be given for each 5-year age group for each gender starting with 18-24, 25-29, etc. Awards for non-binary will be given to the top 6 overall.

