



Eleventh Charles River One Mile Swim: Timeline and Program

Saturday, June 18, 2022
Rain Date: Saturday, June 19, 2022

- 5:00am: Start set-up
- 6:30am: Volunteer check-in opens
- 6:45am: Swimmer check-in opens
 - Cap (by wave), chip, body marking
 - Giveaways (shirt, sticker)
 - Bag check
- 7:00am: Safety Meeting at the River Dock
 - Led by Certified Safety Director Pat Costello
 - For all Safety Personnel (Kayakers, Lifeguard, Safety Launch Crew, EMS)
- 7:20am: Swimmer check in closes
- 7:40am Pre-Race Swimmer Meeting
- 7:50am: Swimmers move single file to dock, over timing pad
 - 8:00am Wave One Starts
 - 8:03am Wave Two Starts
- 8:40am: Begin pulling Wave One swimmers per race director's discretion
- 8:43am: Begin pulling Wave Two swimmers per race director's discretion
- 9:00am: All swimmers MUST be out of the water
- 9:30am (or earlier): Awards ceremony and Raffle (see related document)

Race Details

1. *Course Entry*

- Wave 1 (yellow, fast) enters dock (with volunteer leading them)
- Wave 1 counted upon entering the dock
- Wave 1 swimmers jump in immediately
- Wait 10 seconds after last Wave 1 swimmer jumps in
- Wave 2 enters the dock (with volunteer leading)
- Wave 1 starts, 8:00
- Wave 2 counted upon entering the dock
- Wave 2 waits on dock
- Wave 1 starts
- Wave two enters water
- Wave two starts, 8:03

2. *Award Distribution* (30 total awards)

- First Place Woman
- First Place Man
- Women/ Men 18-29
- Women/Men 30-39
- Women/ Men 40-49
- Women/Men 50-59
- Women/Men 60+
- First Place in Age Group: Pint Glass and Gift Certificate (no double prizes for overall winners)
- Second and Third Place in Age Group: Pint Glass

3. *Raffle and Special Recognition Awards*

- See attached

Swimmer Briefing: 7:40am

- Thank sponsors & volunteers
 - Department of Conservation and Recreation
 - Community Boating
 - Charles River Canoe and Kayak: Prizes!
 - AllSports Events: Chip Timing
- Safety: If able to do so, take your cap off and wave
- Start: MAKE SURE YOUR TIMING CHIP IS SECURELY ATTACHED TO YOUR WRIST. LOST TIMING CHIPS WILL INCUR A \$50 fee.
- Mass start in water in two waves
- With your assigned wave, enter feet first from the RIGHT side of the dock.
- Race course: Clock-wise, triangle shaped course, 2 large buoys, must keep buoys on right (if not disqualified). Second leg has intermediary buoys to facilitate sighting.
 - Up river to Mass Ave bridge.
 - Head to the base of the Longfellow Bridge
 - Head back to the dock: Look for the orange tarp
- Finish: Tag the timing pad by reaching up and hitting it with the hand on which your chip is attached. After you tag, MOVE OUT OF THE WAY and swim to a ladder to get out.
- At the 43 minute mark, swimmers who are not reasonably close to finishing the swim will be escorted directly back to the dock at the discretion of the race director. These swimmers will be assigned a DNF instead of a finishing time. This is a safety related concern due to the need to reopen boat traffic on the river.
- Double Check Now for Your Timing Chips. This ensures accurate times and helps us to account for all swimmers at the finish of the race.
- After exiting the water via the ladders, please return your timing chip immediately in the designated bins (volunteers will be available to help).
- Start: When I clear you to do so, wave one (yellow caps/ #s 1-100) may line up, single file to enter the dock. Our volunteers will assist you in making a straight line. This is how you will check in to the swim via your timing chip. Everyone will walk over the timing pad, one at a time.
- Once all wave one swimmers have entered the water, wave two swimmers (orange caps/ #s 101-200) may line up, single file, to enter the dock.