

"SWIM-Off to Summer"

Open water challenge
Saturday, June 5th, 2021

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Parking

You may park in the main lot at [Shady Oak Beach](#) (5200 Shady Oak Road, Minnetonka, MN 55343) Overflow parking is directly across the street. Be careful crossing the street!

Schedule (the day of)

8:00-8:45 a.m. Packet pickup at the pavilion (get timing chip and body marked too)

8:30 a.m. Open water swimming Q & A (by Beth Nymeyer)

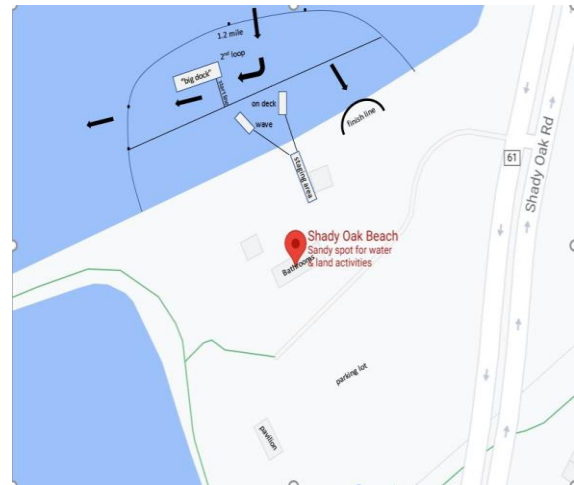
8:50 a.m. Course talk and review (by Race Director)

~9:00 a.m. Wave #1 (elites) 1.2 mile distance

(Waves #2, #3, etc. will go off approximately every 2-3 minutes)

10-11:00 a.m. Race Expo & swap meet

10:30 a.m. Awards and door prizes



Packet Pickup

Packet pickup is from 8:00-8:45 a.m. on race morning. It will be at the pavilion on the hill on the west end of the parking lot. In your race packet bag, you will find:

1. Swim cap-You will be given either a white cap ("triathlete") or a red cap ("swimmer") based on what you self-identified as when you registered; This will help the fans, spectators, and your fellow competitors know which "team" you're on.
2. Timing chip (wear it around your ankle)
3. Raffle ticket for a chance to win gift certificates and race entries after the race
(Must be present to win; simply write your name on it and place in one of the containers at the pavilion)
4. Hammer Fizz tablets and gels
5. Race calendar for 2021
6. Green wrist band (for those that requested 1st wave of the Half and Olympic)

Timing Chips & Body Marking

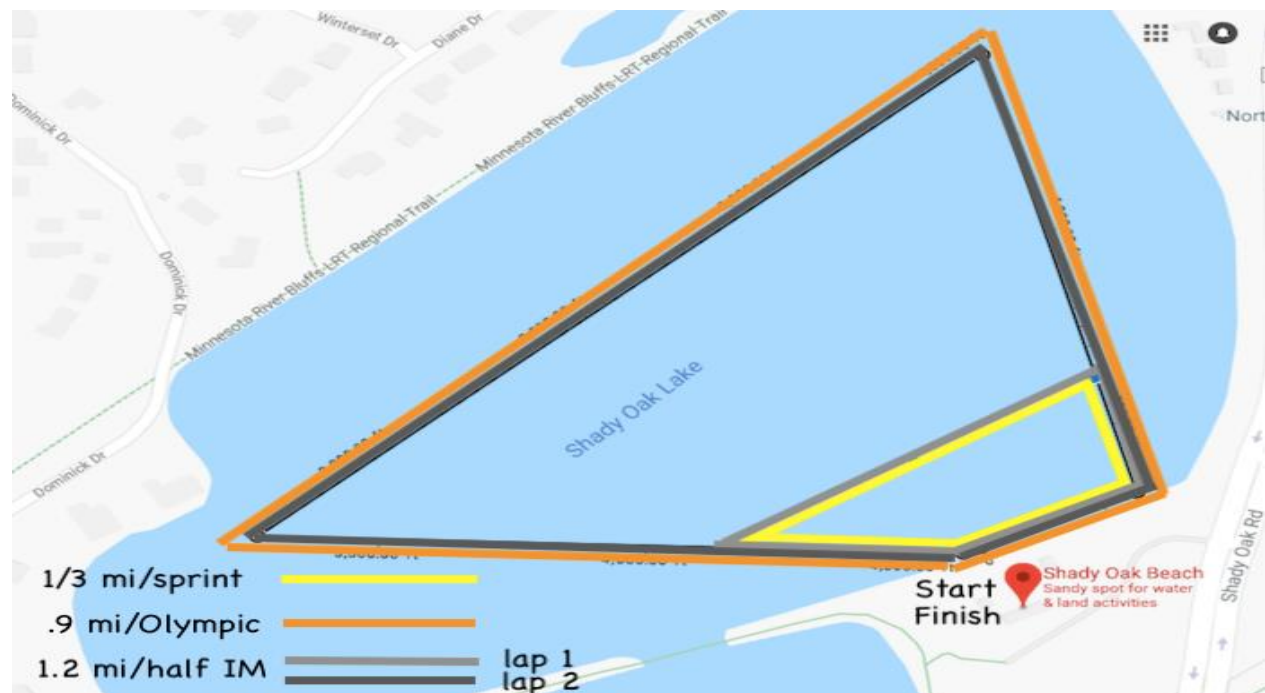
Body Marking-Our volunteers will mark your race/bib number on your right hand and your wave number (with a circle around it) on your left hand.

Timing Chips- Your timing chip will be in your race packet; place it around your ankle. Pickle Timing is the official race timer; results will be posted online ASAP

Swim Course

The swim course consists of 2 different length loops. One is .9 mile (Olympic distance) and one is .3 mile (Sprint distance). Those doing the 1.2 mile distance (Half IM) will do both loops offered to reach the 1.2 mile distance, beginning with the .9 mile loop. All loops are done in a clockwise manner, starting in the water and finishing on the beach (by the volleyball poles)

Beginning with Wave #1, swimmers will enter the "Staging Area" and line up on the stairs by the lifeguard shack. Then, they will cross over a timing mat **(TO LET US KNOW WHO ALL IS ENTERING THE WATER FOR SAFETY REASONS)** proceed into the "On Deck Area". Finally, they will cross under the lane line into the deep-water section and await the start signal. As each wave is sent off, the subsequent wave will move into the that area.



Awards and Prizes

Based on current registration numbers, we will be awarding “bottle trophies” (at least) as follows:

- .3 mile SPRINT distance (overall male and female)
- .9 mile OLYMPIC distance (top 3 males and females)
- 1.2 mile HALF IM distance (top 7 males and females)

Door prize and raffle items open to everyone, just for registering

Door Prizes: gift cards to Elmore Swimming and Gear West

(FREE) Raffle Prizes: race entries to: Chisago Tri, Moose Lake Tri, Lake Mtkka Tri, Gear West Liberty Tri, Gear West ½ Marathon, TimberMan, GraniteMan Big Lake, GraniteMan Clearwater, CycleHealth Kids Tri, and a MN Masters Swim Meet

Race Expo and Swap Meet

We are expecting several race directors to be on site answering questions about their events to help you plan your summer. All morning, between 8 and 11 a.m., they will have tables set up near the pavilion, so go check them out before and after the race!

If you have any gear you're interested in selling, we will have a space set up for bikes, helmets, wetsuits, etc. Clean out those closets and garages!!

Post-Race Food and Drinks

We are going to keep things simple this year (for obvious reasons), so no BBQ. But, we will have bananas, oranges, and (individual bags of) cookies for after the race, and...lots of ICE COLD water on hand. Plus, we'll have a special treat for you at the finish line! Next year, we hope to bring back the full menu and have a proper postrace celebration.

COVID Protocols/Expectations

As you are probably aware of, the Governor of MN loosened up restrictions and guidelines regarding COVID. This event is outdoors, which is even better. We simply ask that you:

1. Stay home if you're not feeling well, are showing COVID related symptoms, or (and this should one be obvious) have recently tested positive for COVID. It's just not worth it!
2. Contact us to let us know if you test positive for COVID with a week after participating in our event.
3. Keep a little space between you and others; limit the hugs and high fives, etc
4. Fans/spectators are allowed, but try to keep your entourage to a reasonable amount

Contact Us

If you need to contact us for any reason, please email at doobie@usa.com