

"SWIM-Off to Summer"

Open water challenge
Saturday, June 4th, 2022

Contents

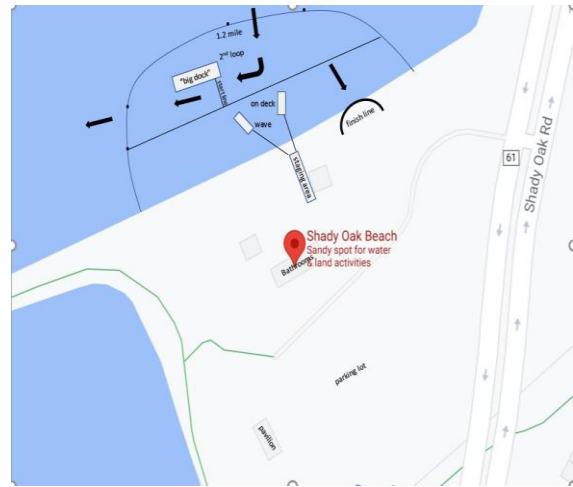
Parking	1
Schedule (the day of).....	2
Packet Pickup.....	2
Timing Chips & Body Marking.....	2
Awards and Prizes.....	3
Race Expo and Swap Meet	4
Post-Race Food and Drinks.....	4
Contact Us.....	4

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 of SwimAdventure, LLC)
- 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 minutes)
- 10-11:00 a.m. Race expo, swap meet, and BBQ
- 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 (or you can use your own)
2. Timing chip (wear it around your ankle)
3. Hammer gel sample
4. Race calendar for 2022

Timing Chips & Body Marking

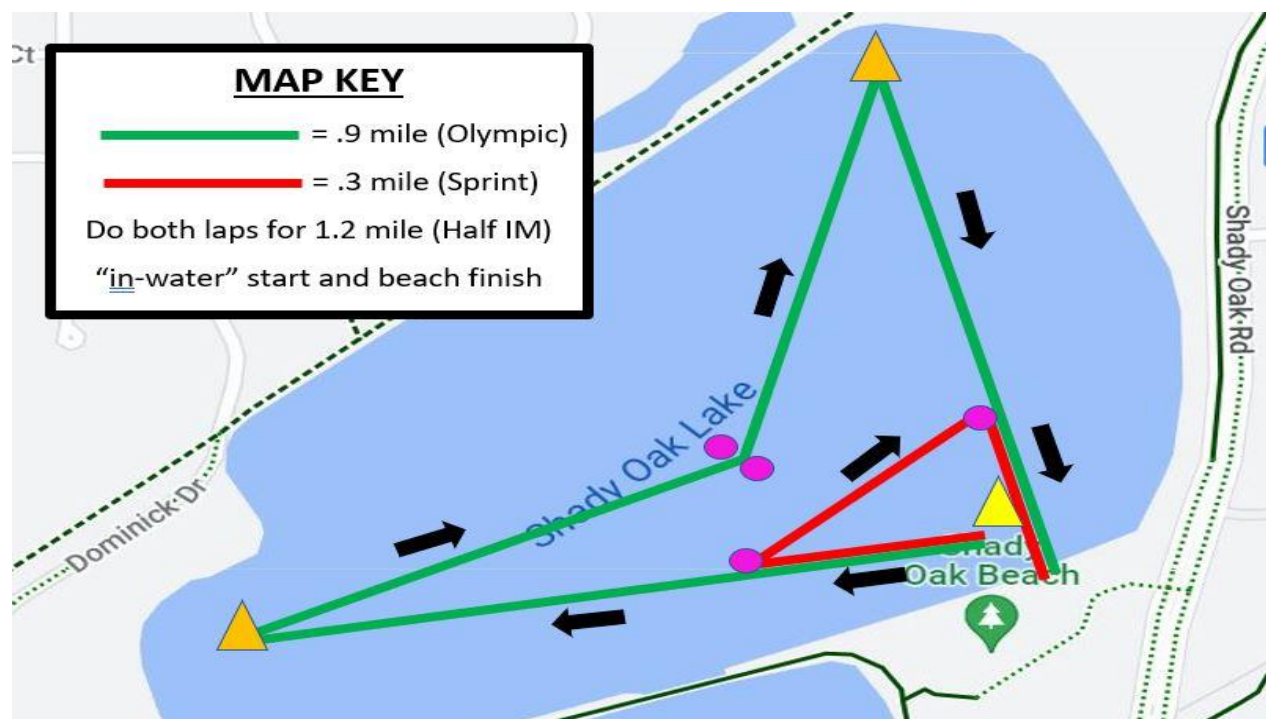
Body Marking: Our volunteers will mark your race/bib number on your hand along with your wave number with a circle around it.

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 .3 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". 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 (top 3 male and female)
- .9 mile OLYMPIC distance (top 5 males and females)
- 1.2 mile HALF IM distance (top 10 males and females)

Door prizes/raffle items: Use the tab from your timing chip envelope to put in the container of the race you'd like to try to win

Door Prizes: gift cards to Elsmore Swimming and Gear West

(FREE) Raffle Prizes: race entries to numerous Twin Cities events

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. After the race, they will have tables set up near the pavilion, so go check them out!

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 bringing back the post-race BBQ/potluck. We will be grilling up all-beef hot dogs, turkey burgers, and Beyond Meat veggie burgers. Bring something to share. Here's a [signup link](#) for ideas!

Contact Us

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