

# "SWIM-Off to Summer"

Open water challenge  
Saturday, June 4<sup>th</sup>, 2022

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## Parking

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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)

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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)

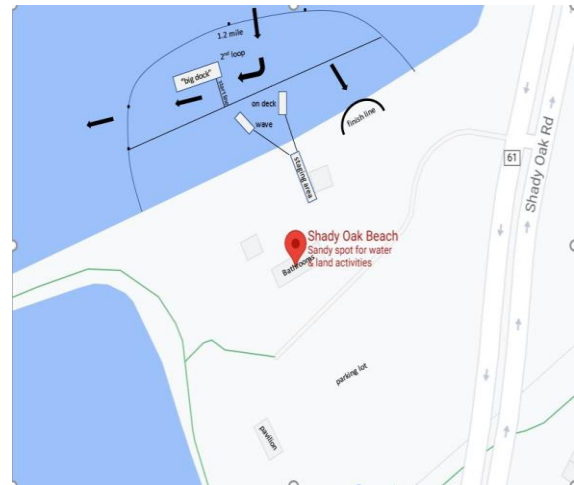
8:50 a.m. Course talk and review (by Race Director)

~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

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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. Hammer Fizz tablets and gels
4. Race calendar for 2022

## Timing Chips & Body Marking

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**Body Marking**-Our volunteers will mark your race/bib number on your right hand and your wave number on your left hand.

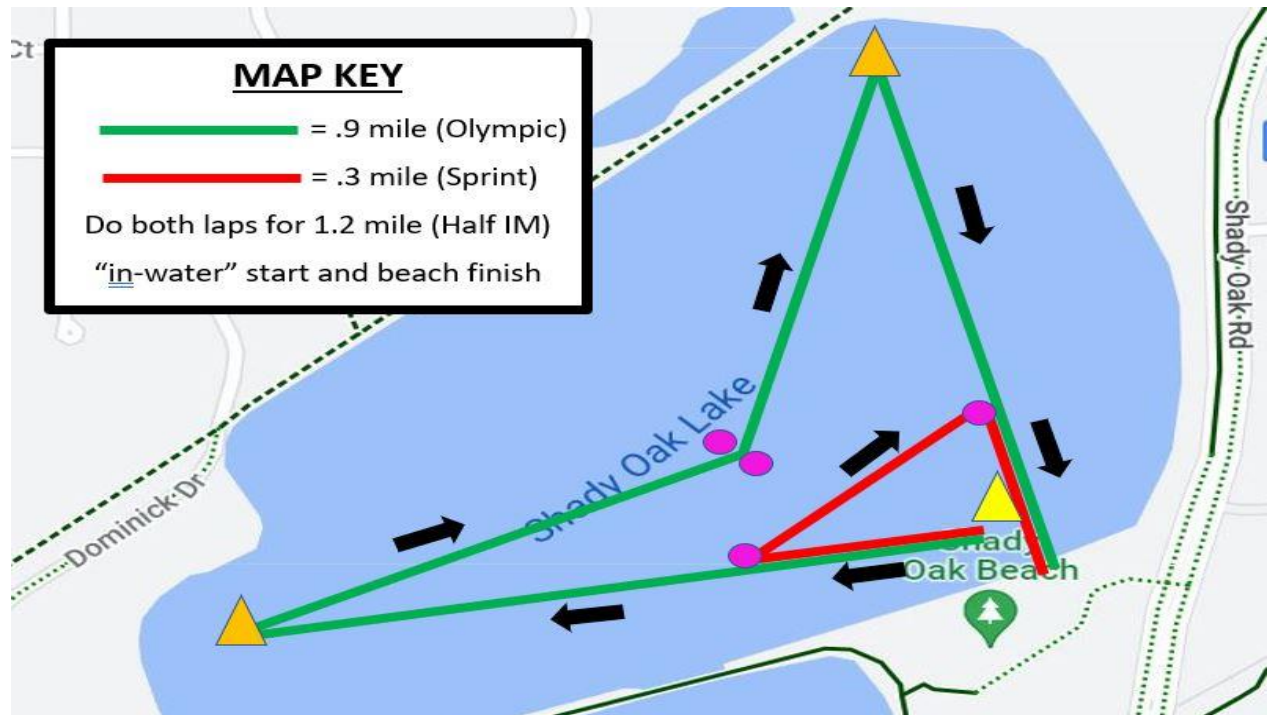
**Timing Chips**- Your timing chip will be in your race packet; place it around your ankle. Pickle Timing is the official race timer; results will be posted online ASAP

# Swim Course

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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

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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 7 males and females)

**Door prize and raffle items:** Use the tab from your timing chip envelope

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

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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

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We are going bring back the post race BBQ/potluck. Bring something to share. We will have bananas, oranges, and...lots of water on hand.

## Contact Us

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If you need to contact us for any reason, please email at [doobie@usa.com](mailto:doobie@usa.com)