







34<sup>th</sup> DAM Lake Berryessa Swim

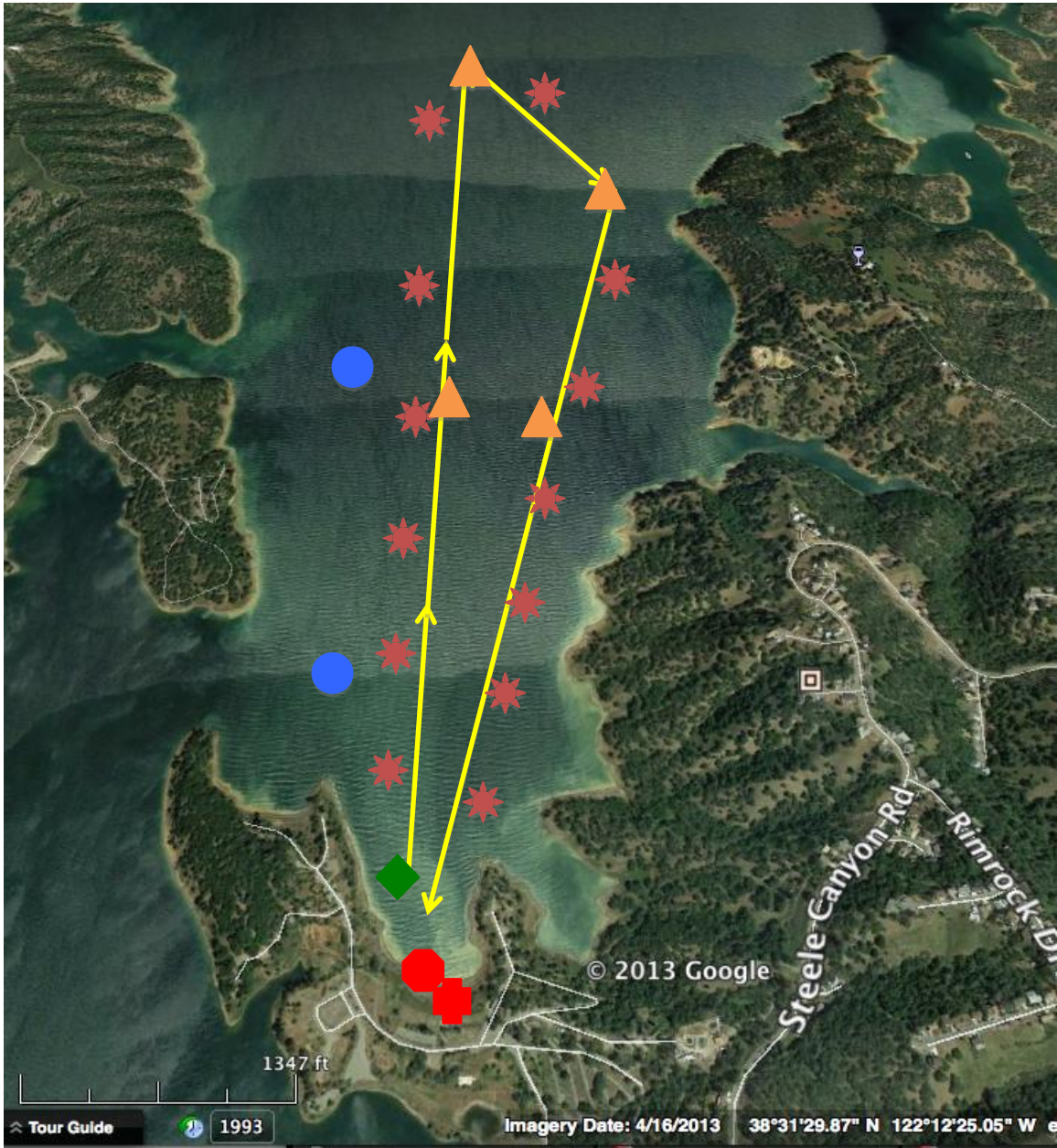
# Course Maps







1-mile Course



- |   |  |   |
|---|--|---|
|  Turn buoy |  Paddle craft |  Patrol Boat  |
|  Start     |  Finish       |  Medical area |

2-mile course



- |   |  |   |
|---|--|---|
|  Turn buoy |  Paddle craft |  Patrol Boat  |
|  Start     |  Finish       |  Medical area |

# Event Plan

Saturday, June 4, 2016

- 7:00 AM Gates open, participants admitted
- 7:30 AM Check-in and race day registration open
- 8:45 AM Safety and Technical Meetings with swimmers, coaches, officials
- 9:00 AM Water safety volunteers deploy to the course
- Swims proceed as follows:

Wave #	Description	Start Time/Approx Cutoff Time
1	10&U Girls & Boys 500 yd	9:15 a.m. / NA
2	15&U Girls & Boy USA Swimming 2-mile	9:30 a.m. / 11:30 a.m.
3	18-39 Men – USMS 2-mile, Category 1	9:45 a.m. / 11:40 a.m.
4	18-39 Women – USMS 2-mile, Category 1	9:50 a.m. / 11:55 a.m.
5	40&O Men – USMS 2-mile, Category 1	9:55 a.m. / 11:55 a.m.
6	40&O Women – USMS 2-mile, Category 1	10:00 a.m. / 12:15 p.m.
7	Men & Women – USMS 2-mile, Category 2	10:05 a.m. / 12:20 p.m.
8	15&O Girls & Boys USA-S 1-mile	11:15 a.m. / 12:45 p.m.
9	11-14 Boys USA-S 1-mile	11:20 a.m. / 12:50 p.m.
10	11-14 Girls USA-S 1-mile	11:25 a.m. / 1:00 p.m.
11	18-39 Men – USMS 1-mile, Category 1	11:40 a.m. / 12:55 p.m.
12	18-39 Women – USMS 1-mile, Category 1	11:45 a.m. / 1:00 p.m.
13	40&O Men – USMS 1-mile, Category 1	11:50 a.m. / 1:05 p.m.
14	40&O Women – USMS 1-mile, Category 1	11:55 a.m. / 1:10 p.m.
15	Men & Women – USMS 1-mile, Category 2	12:00 p.m. / 1:15 p.m.



# Technical Meeting Agenda

June 4, 2016

Attendance is recommended for athletes and coaches

1. Introduction of Officials
2. Description of the course
  - a. Water temperature and quality reports
  - b. Course buoy colors and separation
  - c. Turn buoys must be passed on the left (that is, the right side of the swimmer must pass completely around the left side of each buoy)
  - d. The approach to the finish may have underwater vegetation and may also be rocky. The mud can be thick near shore as well
3. Open water swimming tips
  - a. Breathe bi-laterally to help swim in a straight line
  - b. Sight every 8-10 arm strokes. Count! It will keep your mind occupied!
  - c. Sight on a landmark, not necessarily the buoys (they can be hard to see if it's wavy)
  - d. If you get nervous, tread water or float on your back and relax. But, try to get out of the way of oncoming swimmers first!
  - e. Signal Safety Monitors by waving one arm high in the air
  - f. You're allowed to stand up, but not to walk along the course
  - g. You're not allowed to touch the stationary buoys or the Water Safety Paddle Craft (holding the tow buoy is allowed, but you cannot advance while holding it)
4. Start and finish protocols
  - a. You must enter the start corral through the gate - this activates the timing system! If you do not pass through the gate, you will not get an official time, and will not be eligible for awards, no exceptions!
  - b. You must start in the water, but pushing off is allowed. There may be underwater weeds and rocks, and the bottom can be muddy
  - c. You must exit the swim through the finish chute to record your time. Return your timing chip at the finish line! If you lose your chip in the water, inform the Head Timer immediately or you will not receive an official time AND you will be billed for the cost of replacing the chip!
  - d. You must have the following body markings: upper arms (both!) and upper back (both sides!)
5. HAVE FUN!

# Safety Meeting Agenda

June 4, 2016, 8:45am & 10:30am

Attendance is required for all athletes

1. Introduction of Officials
2. Water Quality and Conditions
  - a. Temperatures:
  - b. Hazards - underwater vegetation, rocks, mud
3. Safety Procedures
  - a. If you need assistance or see someone who needs assistance, signal a Safety Monitor by waving one hand in the air. Stay where you are until the Escort Craft arrives. Do not try to assist another swimmer! Lifeguards and other safety personnel are available and will assist swimmers in distress.
  - b. If you abandon the race, you must inform the Head Timer and return your chip. This is your responsibility. I will personally call your emergency contact if I don't know where you are and you probably don't want that person to be scared out of their wits, so please inform the Head Timer! You should also report to the medical tent to be safe.
  - c. If you are towed or returned to shore by Safety Monitors, you must report to the medical tent immediately for evaluation. No exceptions! You do not have to receive medical treatment, but you must inform the medical personnel that you do not wish to receive medical treatment. Safety Monitors are not medical personnel. Your timing chip will be collected in the medical tent.
  - d. If the race must be abandoned, the Patrol Boat will give two long blasts of the horn. If you hear this signal, proceed to the nearest shore. Once on shore, make your way back to the Finish area to return your timing chip. This is our monitoring system, so please return the chips! If you don't return your chip, I will personally call your emergency contact if I can't reach you and you probably don't want that person scared out of their wits, so remember to return your timing chip!