



Swim Defiance

3K and 5K Open Water

Sunday, July 21, 2019

PNA/USMS Sanction:

368-WXXX

Host: Blue Wave Aquatics

LOCATION: Owen Beach, Point Defiance Park on Commencement Bay, Tacoma, WA 98407

EVENTS: 3K swim (w/Julie Memorial Swim) OR 5K swim

COURSE: Re-enacts the 1926 Dalco Passage crossing. Out and back 5K triangular course swim OR one-way 3K linear course. Water temp is estimated at 54-59°F. Water jugs provided for rinsing at finish. Metro Parks restrooms and change tents/portable toilets at start/finish area.

TIMELINE: 5:45-6:30AM: Check-In

6:30 AM: Mandatory Competitor Safety Meeting near start

7:05 AM: 5K swim starts

8:00 AM: 3K swim starts after 7:35AM WA State Ferry

RACE DIRECTOR: Zena Courtney, cell 206-651-0823, swimdefiance@bluewave-aquatics.com

ELIGIBILITY: Open to all 2019 registered Masters swimmers (USMS or MSC) 18 and older as of Jul 21, 2019. Competitors not registered may sign up for a \$25 One-Event USMS registration. GSS points awarded.

RULES: Current USMS rules will govern this event. Neoprene wetsuits, swim safe buoy and race provided caps are required, unless swimmer has pre-approval, email race director for wetsuit exemption form. Time limits are enforced as follows: 3K – 2 hr. limit, 5K – 3 hr. limit.

SAFETY: Certified Lifeguards/Tacoma Maritime Institute/Law Enforcement safety boats will monitor the entire course. Body marking required on hands.

Competitors must wear a high visibility swim buoy (purchase info on website), the color-coded race cap, wetsuit & race chip provided. Lost chip charge of \$20.

AWARDS: Custom participant award and cap to all competitors. A random drawing of merchandized prizes for participants and volunteers will be held while waiting for the last person to finish. Custom event awards for male and female in each event. 1st-3rd place vintage medals will be presented to men and women in age groups 18-24, 25-29, etc. Scrumptious pre/post race refreshments and extra sponsor kudos for recycle and beach pick-ups!

ENTRY FEES: \$12 Early Bird Discount: Apr 14-May 31
\$80 - 3K short course swim, includes ferry fee, 1 Jun-18 Jul
\$80 - 5K long course swim, 1 Jun-18 Jul

Add \$15 for day of race entries w/copy of 2019 USMS registration card. Short sleeve perf. tee available for purchase. \$28-XS thru XL/ \$30 - 2XL&3XL

ENTRY DEADLINE: Race registration closes at 11:59 pm Pacific on Thursday, 7/18/2019. 300 max swimmers

ONLINE ENTRIES ONLY: Opens 04/15/2019

https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=11763

RESULTS: Preliminary results available on race day and final results posted at <http://www.swimdefiance.com>.

DIRECTIONS: FROM SEATTLE: Take I-5 SOUTH to Tacoma. Take exit 132B for WA-16 west toward Bremerton. Stay on WA16 for approximately 3 miles to Exit 3 for 6th Ave toward WA163 N/Ruston. Turn left at end of off ramp onto 6th Ave. Take the 1st right onto N Pearl St. Go 3 miles on N Pearl Street to stoplight at N51st Street. Turn left on N51st, go 0.5 mi and follow bend to right as it become Mildred Street. Continue straight onto Mildred St for 0.2 mi. to top of hill. Turn right at stop sign on Mildred St./Five Mile Drive. Go 0.1 mi to next stop sign, turn right at stop sign to stay on Five Mile Drive. Go 249 ft. and turn left at next stop sign to stay on Five Mile Dr. for 0.3 mi, Turn left at next stop sign to continue on Five Mile Road for 0.5 mi, Turn right onto Owen Beach Rd. **NO PARKING in CARPOOL spot.**

FROM OLYMPIA: Take I-5 NORTH to Tacoma (about 26 miles). Take exit 132 for S38th St. Keep left at the fork, follow signs for Washington 16W (WA-16)/Gig Harbor/Bremerton for 1.0 mi. Keep left to continue on WA-16 west for about 3.0 mi to Exit 3 for 6th Ave toward WA-163 N/Ruston. Continue using Seattle directions. (blue text).

LODGING: Info on website: www.swimdefiance.com

RACE DETAILS: The 5K electronic chipped swim is a triangular course that starts in the water at Owen Beach at 7:05AM by designated buoy, proceeds north toward Vashon Island to beach just East of ferry terminal, makes two right hand turns around the outside of two 5ft. yellow cylindrical buoys at 1.5 miles, and then heads south back to Owen Beach. The 3K swimmers will carpool from the finish area to walk on the 7:35AM Tahlequah (WA State Ferry), and enjoy a 15 minute ride to Vashon Island/use toilets onboard. Upon arrival, they enter water at the beach just west of the ferry terminal for the start at approximate 8:00AM. All swimmers will finish at Owen Beach with short run across a timing mat.

