

# Swim Defiance, Tacoma, WA / Sunday, July 21, 2019

05:45 AM Swimmer Check In Opens

06:30 AM Mandatory Swimmer Safety Briefing

07:05 AM 5K Race Start, 0.5 knot current (out and back swim)

07:35 AM WA State Ferry leaves to Vashon Island  
(15 minute ferry crossing)

08:00 AM 3K Race Start, 0.2 knot current (one way swim)

10:05 AM 3K and 5K Swimmer cut off time

