Swam That 10K Marathon

Description:

Swimmers will swim a closed 2.5K coarse in Emerson Bay, West Lake Okoboji. Start and end will be at Emerson bay beach front with volunteers to assist swimmers if necessary. Each swimmer will need to be a member of "US Masters Swimming" OR "USA Swimming" for insurance purposes. This will be a sanctioned event so that each individual swimmer will carry insurance through the governing body. ID numbers will be verified against registration records. Each swimmer will be required to supply a kayak spotter or notify that they are unable in which one will be supplied for them. Kayak spotter will have additional life jacket. Fire and rescue and rescue divers will be on site for safety and support. A buoy line will be set up so that swimmers will remain within coarse parameters..

Buoy locations will be near the following points providing a total coarse distance of 2.5K.

43.35670, -95.174689

43.3636, -95.16366

43.36456, -95.167822

Each kayak spotter will be required to wear a life jacket.

All USMS Sanctioning guidelines will be followed so that the event will be both safe and insured. Please see the following links to refer to the guidelines.

<http://www.usms.org/admin/lmschb/owgto_sanctions.pdf>

<http://www.usms.org/rules/part3.pdf>