**Swim Defiance**

**Blue Wave Aquatic Club**

**3K and 5K open water swims**

**Sunday, June 21, 2015**

**Sanctioned by PNA for USMS Inc. #362-XXXX**

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

**EVENTS**: 3K swim OR 5K open water saltwater swim

**COURSE**: Re-enact the 1926 Dalco Passage crossing. Both ways 5K triangular course swim and one way 3K linear course. Water temp is est. at 56-60 **o**F. Water jugs provided for rinsing at finish. Metro Parks restrooms at start/finish area and on the Ferry during crossing to 3K start.

**TIME**: Check In opens at 7:00 AM; **Mandatory Competitor Safety Meeting at 7:45 AM;** 5K swim starts at 8:05AM. 3K swim starts at 9:00 AM after ferry ride to Vashon Island.

**RACE DIRECTOR**: Zena Courtney, home 253-927-3695, cell 206-651-0823 zenacourtney@hotmail.com

**ELIGIBILITY**: Open to all 2015 registered USMS swimmers 18 and above as of 6/21/15. Swimmers not registered may sign up online for a $20 One-Event USMS registration. Non-PNA swimmers must provide a copy of their Masters Membership card.

**RULES**: Current USMS rules will govern this event. Neoprene wetsuits and race provided caps are required, unless swimmer has pre-approval from by safety/race directors. Time limits are enforced for both swims: 3K – 2 hour, 5K – 2:55 hours. All swimmers required to use their own personal brightly colored safety buoy or use race provided 36” balloon tied secured to swimmer.

**SAFETY**: Lifeguards and safety boats will monitor the entire course. Body marking required on hands. Competitors must wear the color-coded race caps, safety buoy/balloon, and race chip provided by the host. $20 charge for chips that are lost.

**AWARDS**: T-shirts in male/female styling and caps to all competitors. Special awards in a random drawing while waiting for the last person finishes to participants and volunteers. Custom 1st-3rd place vintage inspired awards will be presented to men and women in age groups 18-24, 25-29 . . . 80+. Post race refreshments will be available.

**ENTRY FEES**: **$75, 9.5% sales tax will be added to entry fee. $15 late charge for race day entries.**

**ONLINE ENTRIES ONLY: *https://www.clubassistant.com/club/meet\_information.cfm?c=1449&smid=6587*, Online registration opens on 4-3-15 and closes at 11:59 pm PDT on 6-19-15**

**RESULTS: Preliminary results available on race day and final results posted at** [**www.swimdefiance.com**](http://www.swimdefiance.com) **the next day.**

**DIRECTIONS: *FROM SEATTLE:***

Take I-5 SOUTH to Tacoma (about 32 miles). Take exit 132B for Washington 16W (WA-16) toward Bremerton. Stay on WA16 for approximately 3 miles to Exit 3/6th Ave toward WA-163 N/Ruston. Turn left onto 6th Ave. Take the 1st right onto N Pearl St. Go 3.2 miles on N Pearl Street to stop sign at Pt. Defiance Park entrance. Continue straight thru stop sign intersection onto N Waterfront Dr. as it curves past Pagoda, stay in middle lane and follow directions to the Zoo. Pass the Zoo turn off/ road becomes Five Mile Rd. Continue straight past Rhododendron Gardens. Turn right onto Owen Beach Rd*,* follow down windy hill. Destination is at bottom. Park in lot by beach except first row where indicated as reserved for Bus.

FROM OLYMPIA: Take I-5 NORTH to Tacoma (about 26 miles). Take exit 132 for S 38th 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 3/6th Ave toward WA-163 N/Ruston. Turn left onto 6th Ave. Take the 1st right onto N Pearl St. Go 3.2 miles on N Pearl Street to stop sign at Pt. Defiance Park entrance. Continue straight thru stop sign intersection onto N Waterfront Dr. as it curves past Pagoda, stay in middle lane and follow directions to the Zoo. Pass the Zoo turn off/ road becomes Five Mile Rd. Continue straight past Rhododendron Gardens. Turn right onto Owen Beach Rd, follow down windy hill. Destination is at bottom. Park in lot by beach except first row where indicated as reserved for Bus.

**LODGING**: Silver Cloud Inn, Tacoma Waterfront, 2317 Ruston Way, Tacoma, WA; ‎(253) 272-1300; [www.silvercloud.com](http://www.silvercloud.com), 5mi

Hotel Murano, 1320 Broadway, Tacoma, WA; (253) 238-8000; [www.hotelmuranotacoma.com](http://www.hotelmuranotacoma.com), 7mi

Best Western Plus, Tacoma Dome Hotel, 2611 East E Street, Tacoma,WA; (800)780-7234; [www.book.bestwestern.com](http://www.book.bestwestern.com); 8mi

**ADDITIONAL INFORMATION**: The 5K electronic chipped swim is on a triangular course that starts in the water at Owen Beach between two orange triangular buoys and proceeds north toward Vashon Island an make two right hand turns around the outside of a two tall yellow cylindrical buoys at 1.5 miles and then heads south back to Owen Beach. The 3K will take a bus from the finish to the Tahlequah State Ferry, walk on and enjoy a 15 minute ride to Vashon Island. Once arrived, they will walk to the beach just west of the Ferry terminal and start in the water and swim out past the left of the two tall yellow cylindrical buoys. All swimmers will finish with a short run up the beach across a timing mat.

