I Swam The Oahe Dam

Stay Calm and Just Keep Swimming

August 15, 2015

Sanctioned by the SD-LMSC for USMS, Inc.

USMS Sanction #

**Race Details:**

* Approximately 2.4 mile open water shoreline swim across the face of the Oahe Dam. Water temperatures range from 72-78 usually at that time of year. Water is so clear you can see small fish if swimming close to the shore.
* Mandatory safety personnel and officials meeting at 8:45am.
* Mandatory swimmers meeting and announcements at 9am.
* 9:30am Start race
* Pre-registration fee $40 for USMS members, $55 for non-members – Online registration at http:www.allsportcentral.com
* $60 Race day registration for both members or non-members – 8:00am-9:am on August 15th, 2015
* All participants registering by August 4th will receive an event shirt, shirt not guaranteed after this date.

**Parking:** Parking will be available at the starting side of the swim. Transportation will be available to shuttle swimmers back to the parking area at the conclusion of the race.

**Age Group Divisions:**  18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59…etc.

**Awards:** Wet suits will be in a separate division. Awards will be given for overall female and male winners in both divisions. Also top finishers in each age group will receive an award. All participants will receive a finisher’s medal.

**Safety:** Swim caps will be provided at check in. It is mandatory that these caps be worn. Safety crafts and lifeguards in kayaks will patrol the course. There will be no individual escorts.

**Location:** The open water swim is on Lake Oahe across the face of the Oahe Dam. The course will begin at the west side of the Dam near boat ramps. Swimmers will start in the water, in waves if numbers require it. The course will follow the shoreline of the dam moving east towards the intakes of the dam. Swimmers will finish with a short run up the beach to the finish line. Buoys will be located on the outer perimeter of the course approximately every 1/4 mile. Support boats will also line the perimeter of the course for safety and assistance as needed.

**Race Director:** Please contact Jenny Hodges at (605)222-9413 or nifferannehodges@yahoo.com with any questions or for more information.