



Portland Bridge Swim: Sellwood Bridge to St. Johns Bridge Sunday July 22, 2012

Hosted by Tualatin Hills Barracudas

Sanctioned by Oregon Masters Swimming for U.S. Masters Swimming #W008
Operating under Permit from Portland Parks & Recreation and the U.S. Coast Guard

LOCATION & COURSE: The course is approximately 11 miles (17 km) with the current on the east side of the Willamette River through downtown Portland, Oregon. The individual swim & relay will start at Sellwood Riverfront Park (SE 7th Av. & Miller St.) south of the Sellwood Bridge, pass under all 11 of Portland's bridges on the Willamette River, and finish at Cathedral Park (N. Edison & Pittsburg Av.) west of the St. Johns Bridge. Water temperature is expected to be 66–72 degrees Fahrenheit.

WATER QUALITY: With completion of Portland's Big Pipe project, rain is no longer a risk to water quality. We are in touch with the city water quality monitor, and Willamette Riverkeeper has scheduled a test of bacterial levels on Friday, July 20. We will be in touch with them through the summer to ensure that levels are safe. Their results will be provided at www.portlandbridgeswim.com.

TIDES & START TIME: High tide on July 22 will be at 8:51 am and low tide will be at 5:58 pm. To take advantage of the tide and to avoid as much boat traffic as possible, the swim will start at 7:00 am.

ELIGIBILITY: This event is open ONLY to 2012 USMS members (or foreign equivalents) who are at least 18 years old. A legible copy of your USMS card or foreign equivalent MUST accompany your entry. If needed, you may purchase a USMS full membership for \$45 or a one-event membership for \$18 with your entry.

RULES: Current United States Masters Swimming rules apply. There will be a separate awards category for Category II swimwear, which includes wetsuits. Propulsive devices, such as fins & paddles, and flotation aids, such as pull-buoys, are not allowed.

ENTRY & REGISTRATION: Individuals and 3-person relays are invited to enter. All entries MUST be received by July 13. Due to organization & safety needs, late or day-of-race entries will NOT be accepted—please don't even ask.

ENTRY LIMITS: The Portland Bridge Swim is limited to the first 80 entrants and relays with the completed qualifying swim. We will maintain a waiting list in case early entrants drop out.

ENTRY FEES: Fees include the swim and post-swim snacks & drinks for all swimmers & kayakers.

Entry: Individual	\$125
Entry: 3-person relay	\$180
Kayak Rental	\$50

QUALIFYING SWIM: To qualify for entry, swimmers must show that they have completed a minimum 5000-yard swim faster than 1:45, or farther swim at similar pace, within the 15 months before the swim. Pool or open water swims will be accepted. This swim does not have to take place in a competition, but requires the signature of an observer. Swimmers who cannot complete one mile in open water in 35 minutes should NOT consider entering. *Hint:* Kill two birds with one stone—swim the USMS 5-km postal swim and submit a copy of that swim as your proof of qualification for this swim.

CUT-OFF TIME: For safety coverage, swimmers & relays on the course who have not completed six miles in four hours will be stopped, transported off the course, and listed as DNF in the results.

SAFETY—OUR PRIMARY CONCERN: Safety boats will monitor the entire course and medical personnel will be on site at the finish. Swimmers are required to have a support kayaker in a life

vest and equipped with an additional life vest for the swimmer. Each kayaker will be provided with a two-way radio for event & safety communications and an orange flag to alert boaters to the presence of swimmers. Swimmers MUST wear the brightly-colored swim cap provided, must have their race number on their arms, and must follow all announced safety rules without exception.

KAYAKS: Swimmers & relays must provide their own escort kayaker. For swimmer safety, no other escorts are permitted; we are trying to minimize boat traffic—particularly powerboats—on the course near the swimmers.

Kayaks—provided by Next Adventure—are available for rental scheduling up until one week before the event. Rental Deadline: July 15. Kayak rental includes boat, paddle, two life jackets, delivery at the start, and pick-up at the finish.

TRANSPORTATION: From the finish, a shuttle van will be available to transport swimmers and kayakers back to Sellwood Park. Swimmers are responsible for transporting their kayaks if those kayaks are not provided by Next Adventure.

RELAYS: Relays shall consist of three swimmers, of either or both genders. At each exchange, physical contact in the water must be made between the two swimmers.

Relay swimmers must provide their own transportation to & from the relay exchange points, listed below. See the event website for maps & information about directions & parking.

Leg #1—3 miles: Sellwood Riverfront Park to the Public Pier by the OMSI submarine (1945 SE Water Ave.).

Leg #2—4 miles: OMSI Pier to Swan Island by the Daimler Headquarters (N. Anchor St. & N. Channel Av.).

Leg #3—4 miles: Swan Island to Cathedral Park.

SCHEDULE: Sunday, July 22, 2012

5:30-6:30 am	Check-in at Sellwood Park
6:30 am	Pre-race meeting
7:00 am	Swim start
8:51 am	High tide
11:00 am	Individual swimmers & relays who have not reached mile 6 will be stopped & transported to the Swan Island relay exchange point.
2:00 pm	Awards at finish in Cathedral Park
3:00 pm	Individual swimmers & relays who have not reached the finish will be stopped & transported to the race finish.

AWARDS: Male, female, and relay first-place finishers in both swimwear categories will be awarded custom Willamette River trophies designed by Create Plenty. All individual & relay finishers will receive a certificate of completion.

RESULTS: Results will be available after the race, and will be posted at www.swimoregon.org and on the event website.

OREGON SERIES: Both the individual swim & the relay swim are featured swims for the Oregon Open Water Series.

EVENT WEBSITE: www.portlandbridgeswim.com

EVENT DIRECTOR: Marisa Frieder
marisa@portlandbridgeswim.org, 503-454-6766



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ENTRY FORM

EVENT INFO:

	<u>Fee</u>	<u>Paid</u>
Swim entry—Individual	\$125	_____
Swim entry- 3 person relay	\$180	_____
Kayak Rental from Next Adventure	\$50	_____
USMS Membership required. Purchase one if you need one; pay now and complete the form at the swim check-in.		
Add a USMS Full Membership for \$45 <u>OR</u>	\$45 or	
Add a USMS One-Event Membership (good for this race day) for \$18	\$18	_____
	FEE TOTAL	_____

INDIVIDUAL SWIMMER INFO:

Name: _____ 2011 USMS Number: _____
Address: _____ Phone: (____) _____
City: _____ State: _____ Zip: _____ Birthdate: _____ Age: _____ Sex: _____
E-mail: _____ USMS Club: _____ Local Team: _____

QUALIFYING SWIM INFO:

 If you use a longer swim to qualify, please attach distance, time, & supporting details.

5000-yard Time (1:45 or faster): _____ Date & Place of Performance: _____

Observer Name (printed): _____ Observer Phone or E-mail: _____

Observer Signature: _____ [Note: Observer info is not required if part of official event results]

RELAY INFO:

 Each relay swimmer must complete & submit all items required in the Entry Form.

Relay members: _____, _____, _____

WAIVER: "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including the possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGE, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

SIGNATURE: _____ **DATE:** _____

INCLUDE Completed Entry Form with Signed Waiver, Copy of USMS Card, & Check (payable to THB)

**MAIL entry to Tualatin Hills Barracudas, 16055 SW Walker Rd. #126, Beaverton OR 97006 or
E-MAIL entry to marisa@portlandbridgeswim.com.**

DEADLINE: ENTRIES & PAYMENT MUST BE RECEIVED BY JULY 13, 2012!