



Sunday, August 28, 2016

**Open Water Event Registration Information**

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Hosted By: Michin' Accomplished

**Location:** Old Mission Harbor at Haserot Beach located on the Old Mission Peninsula in Traverse City, Michigan.

**Sanctioning Bodies:** World Open Water Swimming Association

**Event Director:** Courtney Greening (231) 590-0430

**Event Timeline:**

6:00 am	Event Set-up/Set Course Buoys
6:45 am	Registration Open/Check-in/Body Markings
7:30 am	Safety Personnel & Watercraft Meeting
7:30 am	Warm-up Area Open
7:45 am	Motorized and Non-motorized Watercraft on Course
7:45 am	Registration Closed
8:00 am	Warm-up Area Closed
8:10 am	Pre-race Participant Meeting on Beach (MANDATORY)
8:25 am	Stage 2-Mile Participants
8:30 am	Start 2-Mile Swim
8:35 am	Stage 1-Mile Participants
8:40 am	Start 1-Mile Swim
10:30am	Course Cleared of Participants/Collect Buoys
10:40am	Awards
11:00am	End Event/Event Cleanup

**About Haserot Beach:** Old Mission Harbor, of Haserot Beach, is located approximately 20 miles north of the heart of Traverse City on the Old Mission Peninsula. The Old Mission Peninsula offers scenic views of East and West Grand Traverse Bays, wineries, orchards and farms. You will find that the area is abundant with swimmable blue waters, welcome to our home!

## Break a Wave Course Diagram:



### Race Distances:

1-Mile Swim: In-water start, one loop rounding at the .5 mile buoy with an on-beach finish.

2-Mile Swim: In water start, one loop rounding at the 1 mile buoy with an on-beach finish.

### ADDITIONAL RACE DETAILS:

**Water Temperature:** Expected to be 62°-70°F.

**Safety:** The course will be protected by motorized and non-motorized watercraft. Certified lifeguards will be positioned on the course to provide emergency assistance to participants as needed. In addition, medical staff and EMS will be onsite and located on the beach. In the case of inclement weather or any other factors that may arise, the event director, safety director and event referee may modify the starting times or cancel the event. There will be NO REFUNDS for cancellation of the event due to weather or water quality issues that are out of our control.

**Pre-Race:** A MANDATORY pre-race participant meeting will take place at 8:10am on the beach. All participants are required to attend in order to be knowledgeable of the emergency procedures, safety protocol and course set-up.

**Equipment:** Swim caps will be provided to all participants and MUST BE WORN DURING THE RACE. The 1-mile participants will wear green caps and the 2-mile participants will wear yellow caps. Participants allergic to latex should plan to purchase a silicone cap matching the color of the corresponding race cap, or plan to wear a silicone cap beneath their provided race cap. Wetsuits are permitted, however awards for participants who wear a wetsuit will recognize the overall top 3 female and 3 male participants, not per age group.

**Check-In:** Event check-in will take place at the registration table on the beach, see diagram for location. During check-in, participants will be issued a race cap and an identification card. Please note that the identification card MUST BE WORN INSIDE/UNDERNEATH YOUR RACE CAP in order for your time to be properly recorded. Upon finishing the swim, the identification card will be handed in to the finishers table to record each swimmers finish order, place and time.

**Eligibility:** The race is open to all individuals 18 years and older, with exception of the 1-mile event, which will offer a 14-17 age category. ALL participants will be required to sign the Break a Wave waiver release form before participating in the event. Participants in the 14-17 age group division will additionally be required to have their head coach complete the Coach Approval for Minor Form stating that the swimmer is of appropriate skill level to participate in the 1-mile event. Please contact the event director for an email copy of the Coach Approval for Minor Form.

**Time Limit:** Participants remaining in the water after 10:30 am will be assisted off the course.

**Entries:** Entries will be limited to 200 participants. Online entries will be accepted until 11:59 pm Wednesday, August 24th, 2016, or until the event limit is reached. Online entries will be accepted by RaceWire software. Race Day Entries will be allowed as long as the event limit has not been reached.

**Results:** Results will be available on-site upon completion of the event on the results board, see diagram for location. Results will also be available online at the Michin' Accomplished events website.

