



## 37<sup>TH</sup> DAM LAKE BERRYESSA SWIM

**Saturday, June 1, 2019**

**Youth and Adult, 1-mile and 2-mile open water races**

**USMS Middle Distance (2 mile) Open Water National Championship**

**Sanction:** Sanctioned by Pacific Masters Swimming for US Masters Swimming. (#389-????)

Sanctioned by Sierra Nevada Swimming for USA Swimming (#pending)

**Location:** Steele Canyon Campground, Lake Berryessa, Napa, CA

**Course:** 1-mile, and 2-mile single loop

**Host:** Davis Aquatic Masters. **Event website:** [DAM Lake Berryessa Swim](http://DAMLakeBerryessaSwim.com)

**Facebook:** [fb-DAMLake Berryessa Swim](https://www.facebook.com/DAMLakeBerryessaSwim)

**Meet Info:** Race Director: Stuart Kahn [berryessa@damfast.org](mailto:berryessa@damfast.org) Safety Director: Jeff Heiser

Referee: Mary Kahn

Starter: Jeff Anderson

**Timing and Scoring:** [Big Sky Endurance Sports](http://BigSkyEnduranceSports.com), Reno, NV

**Rules:** This event will be governed by 2019 USMS and USAS Rules for Open Water Swimming. Swimmers may not make deliberate contact with craft, craft operators, and/or physical features, other than the bottom, on or near the course, during the swim. Participants in the 2 mile National Championship event will be required to show photo ID during race day check-in.

**Conditions/Safety:** Expected water temperature is 65-70 degrees F; air temperature average is 70-80 degrees F. Each course is patrolled by safety craft. Individual escorts are not allowed. All swimmers must wear the provided swim cap and follow all USMS rules. Mandatory safety briefings will be held at 8:50 a.m. and at 11:00 a.m. at the information kiosk. The Event Safety Plan will be posted at the registration desk on race day and is available prior to race day by request from [berryessa@damfast.org](mailto:berryessa@damfast.org).

**Start:** Deep water, wave starts (see below) **Finish:** Onshore

**Course:** 1-mile, and 2-mile single loops, freshwater lake. **Course cutoff times** are 1 hour for the 1 mile races and 2 hours for the 2 mile races.

**Eligibility:** This event is open to USMS and USAS registered swimmers or members of an equivalent FINA organization. To register for the event, you must provide proof of current membership. You may register for a USMS or USAS One-Day Event Membership during the online entry process. However, one-day event

membership participants are **NOT** eligible for the National Championship event.

**Entry deadline:** Online registration closes Wednesday, May 29, 2019 at 11:59 PM (Eastern time); paper entries must be received by Thursday, May 23, 2019.

**Entries:** USMS online entries open March 1, 2019, at: [2019 USMS Berryessa registration](#). USAS online entries open March 1, 2019. For a paper entry form, email [berryessa@damfast.org](mailto:berryessa@damfast.org).

**Fees:**

<b>Regular (ends 5/29/2019)</b>		<b>Race Day (6/1/2019)</b>	
USMS \$40	1 mile	USMS \$50	1 mile
USMS \$45*	2 mile	USMS \$55*	2 mile
USMS \$65*	Both Swims	USMS \$75*	Both swims
*- 2 mile fees include USMS National Championship surcharge			
USAS \$30 1 or 2 mile		USAS \$40 1 or 2 mile	
USAS \$50 Both swims		USAS \$60 Both swims	

\$5 USMS Insurance surcharge (once per USMS swimmer)

Additional \$3.50 processing fees are applied to online entries.

Entry fees are non-refundable and non-transferable.

Online entry is paid by credit card to "ClubAssistant.com Events"

**Fees include:**

- Swim cap
- Official Berryessa Mug (guaranteed only for first 300 Regular entrants. Race Day mugs subject to availability.
- Post Race refreshments
- Online Race Results

**Awards:** Distinctive USMS medallions will be presented to the top 10 swimmers in each group and gender for the Middle Distance (2 mile) National Championships.

Separate awards will be presented to the top 3 swimmers in each age and gender group for each of the other events (1 mile and USAS) except the Combined. The top 3 overall male and female finishers in the combined event will receive a separate award.

**Other Event Details:**

Snacks, water, and sports drink will be provided to all competitors

Commemorative t-shirts (\$15) may be purchased during online or mail-in registration.

Limited quantities of merchandise and meals may be available for purchase at the event.

Lodging: Primitive (no water or electricity) campsites are available at Steele Canyon, call Amber at [1-707-966-9179](tel:1-707-966-9179) for reservations. Full hookup camping sites are available at Pleasure Cove Marina (<http://goberryessa.com>, click on "Forever Resorts Marinas"). Nearest hotels are in Napa, Vacaville, or Fairfield.

### Anticipated timeline:

**Check-in and Race Day registration open at 7:30 a.m. Check-in and Race Day registration close at:**

8:55 a.m. for USA-Swimming 2 mile

9:05 a.m. for USMS, Category 1, 2-mile

9:30 a.m. for USMS, Category 2, 2-mile

11:05 a.m. for USA-Swimming 1-mile

11:15 a.m. for USMS, Category 1, 1-mile

11:35 a.m. for USMS, Category 2, 1-mile

(note: Category 1=non-wetsuit or approved FINA swim suit. Category 2=wetsuit or unapproved FINA swim suit)

### Swim Schedule

Wave	Age Group	Event	Start Time	Close Time
1	13 & Up Boys	USA-S 2-mile	9:10 a.m.	11:10 a.m.
2	13 & Up Girls	USA-S 2-mile	9:15 a.m.	11:15 a.m.
3	18-39 Men	USMS 2-mile, Category 1	9:20 a.m.	11:20 a.m.
4	18-39 Women	USMS 2-mile, Category 1	9:25 a.m.	11:25 a.m.
5	40-54 Men	USMS 2-mile, Category 1	9:30 a.m.	11:30 a.m.
6	40-54 Women	USMS 2-mile, Category 1	9:35 a.m.	11:35 a.m.
7	55 & Up Men	USMS 2-mile, Category 1	9:40 a.m.	11:40 a.m.
8	55 & Up Women	USMS 2-mile, Category 1	9:45 a.m.	11:45 a.m.
9	Men & Women	USMS 2-mile, <b>Category 2</b>	9:50 a.m.	11:50 a.m.
10	11 & Up Boys	USA-S 1-mile, Category 1	11:20 a.m.	12:20 p.m.
11	11 & Up Girls	USA-S 1-mile, Category 1	11:25 a.m.	12:25 p.m.
12	18-39 Men	USMS 1-mile, Category 1	11:30 a.m.	12:30 p.m.
13	18-39 Women	USMS 1-mile, Category 1	11:35 a.m.	12:35 p.m.

14	40-54 Men	USMS 1-mile, Category 1	11:40 a.m.	12:40 p.m.
15	40-54 Women	USMS 1-mile, Category 1	11:45 a.m.	12:45 p.m.
16	55 & Up Men	USMS 1-mile, Category 1	11:50 a.m.	12:50 p.m.
17	55 & Up Women	USMS 1-mile, Category 1	11:55 a.m.	12:55 p.m.
18	Men & Women	USMS 1-mile, <b>Category 2</b>	12:00 p.m.	1:00 p.m.

DAM is a 501(c)(3) organization that supports local swimming related organizations and swimmers with donations and scholarships. All proceeds support the DAM mission.