

Portland Bridge Swim: Sellwood Bridge to St. Johns Bridge

Sunday July 7, 2019

Hosted by Portland Bridge Swim

Sanctioned by Oregon Masters Swimming for U.S. Masters Swimming #

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 12 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 66–74 degrees Fahrenheit.

WATER QUALITY: Portland's Bureau of Environmental Services tests *E. coli* levels at several points along the course on a regular basis and posts the results on their website. The race will only take place if bacterial levels are below EPA and DEQ standards, and most recent test results are discussed in the pre-race briefing.

TIDES & START TIME: Low tide on July 7, 2019 is 7:10 am, and high tide is at 10:19 am. The swim will start at 7:30 am and all swimmers must be out of the water by 2:30 pm.

ELIGIBILITY: This event is open ONLY to 2019 USMS members (or foreign equivalents) who are at least 18 years old. Solo swimmers must be full USMS members at the time of registration. If needed, relay swimmers may purchase a USMS full membership for \$45 or a one-event membership for \$21 with registration.

ENTRY & REGISTRATION: Individuals and 3-person relays are invited to enter. All entries MUST be received by 4:59 pm on Sunday, June 30, 2019. 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 100 entrants- one entry consists of either a 3-person relay team or a solo swimmer. **All solo and relay swimmers must complete a qualifying swim in order to enter.** 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	\$300
Entry: 3-person relay	\$450
Kayak Rental	\$70

CANCELLATION POLICY: Swimmers who do not compete are not eligible for refunds. If the swim is canceled up to 60 days prior to race day, 50% of entry fees will be refunded. If the swim is canceled less than 60 days prior to race day, no fees will be refunded.

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. Earphones and snorkels are also not allowed. Swimmers must wear the cap provided in their swim packet. Swimmers must notify race organizers by Monday, July 1 if the cap cannot be worn for medical reasons.

QUALIFYING SWIM:

- (1) To qualify for individual entry, swimmers must show that they have completed a 5000-meter (5500-yard) swim faster than 1hr 40 min, within the 18 months before the swim.
- (2) To qualify for relay entry, all relay swimmers must show that they have completed a 1500-meter (1650-yard) swim faster than 35min, within the 18 months before the swim.
- (3) Pool or still-water (ie. not current-assisted) open water swims will be accepted for qualification. This swim does not have to take place in a competition, but registration requires the location of the swim and the signature of an observer.

- (4) If you make a mistake in your entry, we will make a good-faith effort to get your correct qualifying swim information. However, swimmers who cannot provide appropriate qualifying time information WILL NOT BE PERMITTED TO SWIM and their entry fee will not be refunded.

Swimmers who cannot complete one mile in open water in 35 minutes should NOT enter, either individually or in a relay.

SEEDING: The race will take place in 4 waves, starting with wave 1 and finishing with wave 4. The slowest solo swimmers will be seeded in wave 1, the fastest solo swimmers will be seeded in wave 3, and relays will be seeded in wave 4.

CUT-OFF TIME: For safety coverage, swimmers & relays on the course who have not completed six miles within 4 hours of race start (note: later waves have less than 4 hours) will be stopped, transported off the course, and listed as DNF in the results. Swimmers who have not completed the race within 8 hours of race start 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 relay transfer points and finish. Swimmers are required to have an escort in a non-motorized craft (kayak, SUP) in a life vest and equipped with an additional life vest for the swimmer. Escorts kayaker will be provided with additional race-specific safety materials. Swimmers MUST wear the brightly-colored swim cap provided and must follow all announced safety rules without exception.

ESCORTS: Swimmers & relays must provide their own escort boater. For swimmer safety, motorized boats and other escort craft are not permitted on the course.

KAYAK RENTALS: Kayaks, provided by Alder Creek Kayaks, are available for rental as an option at registration. Kayak rental includes boat, paddle, two life jackets, delivery at the start, and pick-up at the finish.

RELAYS: Relays shall consist of three swimmers, of either or both sexes. 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 Swan Island by the Daimler Headquarters (N. Anchor St. & N. Channel Av.).

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

SCHEDULE: Sunday, July 7, 2019

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

TRANSPORTATION: From the finish, a shuttle will be available to transport swimmers and kayakers back to Sellwood Park. With the exception of the rental kayaks above, swimmers are responsible for transporting their kayaks.

AWARDS: Awards will be awarded to first-place male, female, and relay first-place finishers in both swimwear categories. All individual & relay finishers will receive a 2019 Portland Bridge Swim medal.

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 & relay swims are featured swims for the Oregon Open Water Series.

EVENT WEBSITE: www.portlandbridgeswim.com

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