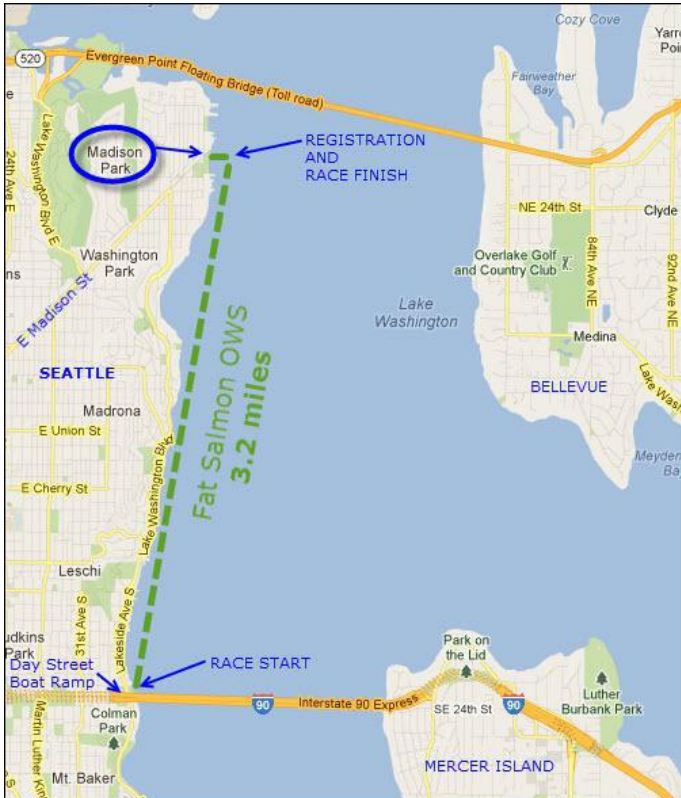


Fat Salmon Open Water Swim
SWIM DISTANCES: 3.2 miles
DAY AND DATE: Saturday July 13th, 2019
SANCTIONED BY PNA for USMS Inc. # 369-W002
HOSTED BY: Orca Swim Team

LOCATION: Lake Washington from Day Street Boat Ramp under I-90 to Madison Park Beach (1900 43rd Ave E, Seattle WA) along the western shore of the lake along a straight line marked by bouys ever ½ mile.

COURSE: In water start immediately offshore from Day Street Boat Ramp, finish across timing mats on shore at Madison Park Beach; participants will need to ascend 4 stairs at the completion of this race. Water temperatures are typically in the high 60s or low 70s during the summer but can vary significantly; be prepared for a cold swim.



TIME:

- 6:00 AM Swimmer Check in opens**
- 7:00 AM Swimmer Check in closes**
- 7:05 AM Mandatory swimmer Safety Briefing**
- 7:20 AM Swimmers depart for Day Street Boat Ramp (1402 Lakeside Ave S, Seattle, WA) via carpools**
- 8:15 AM Race start; swimmers will be sent off in 5 separate waves scheduled every 3 minutes.**

RACE DIRECTOR:

Jim Lasersohn
425.686.9619
racedirector@fatsalmonswim.com

ELIGIBILITY: Open to all 2019 registered Masters swimmers (USMS or MSC) age 18 and above as of **7/13/2019**. Competitors not masters registered may sign up for a \$27 One-Event USMS registration. FINA or Canadian masters swimmers must provide proof of masters registration valid for 7/13/19 upon registering for this event or pay the \$27 One-Event USMS registration.

RULES: Current USMS rules will govern this event. Wetsuits and full-body swimsuits are allowed in the wetsuit division. No additional devices to help speed, pace, buoyancy, or endurance are allowed (such as webbed gloves, fins, snorkels, etc.). **Swimmers will have 2 hours to complete this event; Swimmers who are not on pace to complete the swim within 2 hours will be pulled from the course.**

SAFETY: Lifeguards and safety boats will monitor the entire course. All participants **MUST** attend the safety meeting. Kayaks will assist with escorting swimmers along course and provide assistance in event of an emergency.

AWARDS: A whole salmon will be awarded to the fastest male and female swimmers in both the wetsuit and non-wetsuit divisions. Other awards will be available for the top three finishers in all USMS age groups (5-yr) by sex, in both divisions. Your age as of December 31, 2019 determines your age group for awards. Each registered participant will be given one event t-shirt, size to be selected during the event registration.

ENTRY FEES:

- \$70 (by May 31st)
- \$80 (June 1-30)
- \$90 (July 1-7)
- \$100 (July 8- 13) if available.

ENTRY DEADLINE: Online entry only! It opens May 1st by 6am Pacific time or earlier; regular registration closes on July 7th at 11:59pm Pacific Time. If space permits, late registration and day of race registration may be offered

ONLINE ENTRY: [Click Here](#)

RESULTS: Posted in person at race site; will be electronically posted to www.fatsalmonswim.com as they are collated.

DIRECTIONS: Check-in + safety meeting at Madison Park Beach (1900 43rd Ave E Madison St.); from I-5 exit at Madison St and continue east until you reach the lake (43rd Ave).

TRANSPORTATION / PARKING / CARPOOLING: There is limited parking in the area so carpooling is encouraged as much as possible. **Swimmers are responsible for their own transportation from the check-in location at Madison Park Beach to the race start at Day Street Boat Launch (3 miles).** We will encourage the formation of carpools at the conclusion of the pre-race safety meeting.

ADDITIONAL INFORMATION: Please stay after the event and support the great Madison Park businesses that help sponsor this event! Sponsoring organizations can be found on our website at <http://www.fatsalmonswim.com>