

Portland Bridge Swim: Sellwood Bridge to St. Johns Bridge

Sunday July 12, 2020

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 12, 2020 is 5:51 am, and high tide is at 10:52 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. If needed, you may purchase a USMS one-event membership for \$21 with your entry or you can purchase a full membership directly from USMS.

ENTRY & REGISTRATION: Individuals and 3-person relays are invited to enter. All entries MUST be received by 4:59 pm on Sunday, July 5, 2020. 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 7 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 12, 2020

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 2020 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

EVENT DIRECTOR: Marisa Frieder,
portlandbridgeswim@gmail.com, 503-454-6766



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ENTRY FORM

EVENT INFO:

	<u>Fee</u>	<u>Paid</u>
Swim entry—Individual	\$300	_____
Swim entry—3-person relay	\$450	_____
Kayak Rental from Alder Creek Kayaks	\$70	_____
T-Shirt (optional): Circle your size: Small Medium Large Extra Large	\$20	_____
Pre-race Pasta Feed	\$25	_____
USMS Membership required. Purchase one if you need one; pay now and complete the form at the swim check-in.		
Add a USMS One-Event Membership (good for this race day) for \$21	\$21	_____
	FEE TOTAL	_____

INDIVIDUAL SWIMMER INFO:

Name: _____ 2020 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.

Distance, 5000 m/5500 yds: _____ Yards or Meters?
Time, 1:40 or faster: hours:minutes:seconds if available _____ Open Water or Pool?
Date of swim: _____

RELAY INFO: Each relay swimmer must complete & submit their own copy of the entry form, omitting the Qualifying Swim.

Relay members: _____, _____, _____

Kayaker Info:

Emergency Contacts for everybody...

DEADLINE: ENTRIES & PAYMENT MUST BE RECEIVED BY July 5, 2020!



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	