



40th ANNUAL DONNER LAKE OPEN WATER SWIM

2020-1 to 3 Mile Open Water National Championship

2.7 MILES

SATURDAY, AUGUST 15, 2020 8:30 AM

Water temp. : 65-68° Truckee, CA. Altitude: 5933 ft.

Sanctioned by: United States Masters # pending



LOCATION: Donner Lake, Truckee, CA. Located 35 miles west of Reno, NV and 100 miles east of Sacramento, CA. via Interstate 80. The start is at the east end of the lake by Donner Memorial State Park; the finish is at West End Beach.

WARNING: Participants should be adequately trained for this competition, which combines high altitude, cool water temperatures, and a lengthy swim. Previous experience in similar conditions is highly recommended.

ENTRIES: This event is open to 450 swimmers. No refunds, transfers or deferrals for your entry! Entry fees are \$85 per person if you pre-register; \$100 per person, for registration on race day. Registration opens June 1st at 8am. Registration for this event will only be available at www.clubassistant.com, All swimmers must sign the USMS waiver liability form. **No mail in entries will be accepted.** Online registration closes Saturday, August 1, 2020.. If the Donner Lake Open Water Swim sells out before race day, there will be NO race-day registration.

CHECK-IN: Check-in will begin at 6:30 AM and close at 8:00 AM. Pre-race instructions will take place at 8:15 AM.

SHIRTS: Shirts and sweatshirts will be available for sale.

TIMING: Timing for this event will be provided by **Lynn Mentzer**.

COURSE: Straight, point-to-point, 2.7 miles. Expect water temperature 65 – 68 degrees. Altitude is 5933 ft.

SWIM PROCEDURES: Pre-race instructions at 8:15 AM followed by a beach start. The race will start at 8:30. **A 2 hour 30 minute time limit will be STRICTLY enforced.** If you fail to finish the race within the time limit, you will be disqualified and removed from the water. There are **NO EXCEPTIONS**; you will be removed from the water after 2 hours and 30 minutes.

SWIMWEAR: Only category 1 suits will be allowed as defined U.S. Masters Swimming Rule book, rule number 303.4.1, page 70 (<https://www.usms.org/-/media/usms/pdfs/volunteer%20central/rule%20book/2019/part%203.pdf?la=en&hash=4A3822DB6936370F5103947AA1D7179C71089DC8>)

No category II swimwear/wetsuits or swimmers with personal escorts will not be allowed at the swim.



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DIVISIONS: Masters divisions 18-24, 25-29, 30-34, etc.; male and female. No entrants under 18 years of age are permitted.

AWARDS: Awards will be awarded to the top three finishers in each age group. All entrants will receive an official race cap and post-race refreshments and snacks.

PARKING: This is a point-to-point swim with parking available in designated parking areas at the start and at the finish. At the start of the race, you may park at the Donner Museum parking lot for a fee or on the south side of Donner Pass Road (absolutely NO parking on the north side of Donner Pass Road). At the finish, you may park at the West End Beach parking lot. A shuttle will operate between the start and finish from 6:30 AM to noon. Spectators must pay the West End Beach admission fee. Animals are not allowed in the park.

PICNIC LUNCH: Lunch will be available for purchase on race day near the finish.

ACCOMMODATIONS: Accommodations in the area are limited, so make your reservations early! Campers should call 800-444-PARK for reservations for Donner Memorial State Park (located at the start of the race).

SAFETY: Bright colored caps will be provided and must be worn during the swim. The course will be patrolled by safety craft. Life jackets and "man in water" flags are required on all craft.

EQUIPMENT: The use of fins, pull buoys or other swimming devices shall not be permitted except that soft hand paddles may be used as a prosthesis, if they do not present a safety hazard to the other swimmers.

WARM-UP: A designated warm-up area will be provided. All swimmers wishing to warm-up prior to the race must do so in the designated warm-up area.

RACE START: All swimmers must be out of the water at 8:15 am for pre-race instructions..

KAYAK: If you would like to volunteer at the event please email donnerlakeswim@gmail.com.

ADDITIONAL RACE INFORMATION:

www.sierranevadamasters.com

<https://www.facebook.com/donnerlakeswim>

CO-RACE DIRECTORS: Laura Harsh
donnerlakeswim@gmail.com.