

**Saturday, August 17 2019 8:30am at Lake Monona, Law Park, Madison, Wisconsin**  
**Sponsored by Wisconsin Masters Aquatic Club - Madison Area Masters**  
<http://SwimMows.org>  
**Madison Open Water Swim**

Wave 1: 2.4 mile Madison Open Water Swim (no wetsuits) and ALL 1.2 mile Madison Open Water Swim

Wave 2: 2.4 mile Madison Open Water Swim (wetsuit)

All swimmers will start in the water and finish on the beach and will wear electronic timing chips. There will be two starting waves as described in the Swimmer Info web page.



This is a 1.2 mile rectangular course in the same location as Ironman Wisconsin, which is scheduled for the following month. View the course and event layout in the Swimmer Info web page. The course is well marked with eighteen orange buoys and patrolled by lifeguards and volunteers in a variety of watercraft. The past water temperatures for this event have been 72 to 78 degrees F. Due to USMS rules, wetsuits are not allowed if the water temperature exceeds 78 degrees F. This may differ from other sports' governing bodies. See the Past Events web page for previous year times and pictures.

**When**

Saturday, August 17, 2019. Event check-in begins at 7:00 am. The mandatory pre-swim briefing starts at 8:15 am. Detailed safety instructions will be given at this time. The event starts at 8:30 am.

**Where**

Law Park on Lake Monona, 100 E John Nolen Dr, Madison, Wisconsin. Parking and hotels are available in several nearby locations as listed on the Swimmer Info web page.

### **Eligibility**

Open to all swimmers 18 years and over as of August 17, 2019. Please judge your own ability level prior to registering for this race. To complete the swim within the prescribed time limits, you should be able to swim 500 yards in 13 minutes.

Because this is a USMS sanctioned event, 2019 USMS or FINA membership is required for insurance reasons. There are two membership options:

1. Annual USMS membership (\$54.00 for WI good through 12/31/2019).
2. One Event membership (\$21.00). Please note, this can only be used once in a year.

Foreign swimmers with FINA memberships are not eligible for USMS records or All-American status.

### **How to Enter/Register**

Registration online is required.

Registration will open on Friday, April 19, at 5pm CDT.

The entry fee is \$37.00 if received before 5:00 pm CST on July 30 or \$52.00 if received before registration closes at 5:00 pm CST on Friday, August 9. There will be no registration (including race day) after 5:00 pm CST on August 9, 2019

Online event entries are paid by credit card to ClubAssistant.com Events.

Registration is limited to 500 swimmers. Once filled, there is no waiting list.

A cotton blend MOWS t-shirt with the 2019 logo/artwork is available for purchase for an additional \$15.00. Shirts must be ordered during registration no later than July 31st and must be picked up during check-in.

### **Event Details**

**Schedule:** The detailed schedule and event map can be found in the Swimmer Info web page.

**Safety/Rules:** The race course will be patrolled by a variety of water craft and certified lifeguards. Current U.S. Masters Swimming rules will govern this event and a race official with an air horn will serve as the starter. If the water temperature is above 78 degrees F, no wetsuits will be allowed. Detailed safety instructions and USMS rules are included in the Safety PDF file. Detailed safety instructions will be given at the pre-race briefing.

**Timing:** Electronic timing will be used. Each swimmer will wear an electronic timing chip on an ankle bracelet to automatically record their time. Timing chips must be returned after crossing the finish line or a \$30 charge will be assessed to the swimmer.

**Food:** Bagels, fruit, water and other refreshments will be available after the swim. Please bring anything you may want prior to the start.

**Awards and Results:** Awards will be given for each age group. Age groups will be 18-24, 25-29, 30-34 . . . (continuing in 5 year increments). Awards will also be separated into wetsuit and non-wetsuit categories for each age group. Race day results will be posted on-site and also on the Past Events web page. Must be present to receive your award. Awards will not be mailed.

For questions or more information on MOWS, please email [swim.mows@gmail.com](mailto:swim.mows@gmail.com)

**Volunteers**

If you or a friend would like to be a MOWS volunteer, please email [volunteer.mows@gmail.com](mailto:volunteer.mows@gmail.com).

**Results** can be found here

<http://racetecresults.com/results.aspx?uid=16541-359>