**HOSTED BY:**Knoxville Open Water Swimmers (KOWS).  
Event Directors: Jack McAfee, Blaik Ogle.  
Website: [https://knoxvilleopen-waterswimmers.squarespace.com/](https://www.clubassistant.com/club/meet_information.cfm?c=2403&smid=11197)  
Email: [knox.ows@gmail.com](mailto:knox.ows@gmail.com).

**COURSE:**“Bridges to Bluffs” is a 10k down current swim in the Tennessee River. Swimmers will begin by jumping from the “Star of Knoxville” Riverboat at Suttree Park. Each swimmer is required to have a kayaker (pilot). The first 5k will take swimmers by the University of Tennessee Neyland Stadium, Thompson Boling Arena, a spectacular downtown skyscape, and below 5 historic bridges.  The last 5k will see a transition from a downtown/urban environment to beautiful river bluffs, antebellum homes, and historic Sequoyah Hills Park. Our course is unique -- the exact 5k point is in a spectator friendly and easily accessible location, opposite the University of Tennessee Sorority Village, Armstrong Lockett Civil War Home, the Buck Karns Alcoa Highway Bridge (with pedestrian lane for spectator viewing) and the Cherokee Farms Greenway. The finish will be at the Sequoyah Hills Park, which consists of 87 acres of green space and 4 miles of trails.

**REGISTRATION:** Registration will open on March 1, 2020 via ITS YOUR RACE. Registration is capped at 90 (total swimmers). You will be able to submit your projected finish times, use a secure site for payment of fees, sign the standard USMS waiver electronically, and have your USMS membership verified through this system.

**ENTRIES:** This year, the only race option is the individual 10k open water swim. Swimmers participating in the 10k who choose to wear a wetsuit will start last and be ineligible for awards. All 10K swimmers are required to have a pilot for this race.  We have a limited pailot pairing program for the first registrants. Stand Up Paddle Boards/kayaks can be rented from our sponsor, River Sports.  One pilot per swimmer, no exceptions.

**ENTRY FEES:** $325 entry for all individual 10k open water swim entries, increasing every 2 months by $25. Entry fee covers a pre-race cruise and meal on the Star of Knoxville Riverboat, as well as a post-race meal, race t-shirt for both the swimmer and pilot, and a finisher award.

**DEADLINE FOR ENTRIES:** The online entry system will not allow late entries. Entry deadline for entries is 11:59 p.m. Eastern Standard Time on Thursday, August 1, 2020 or when the race fills up.

**ELIGIBILITY:** All swimmers must be registered for 2020 with U.S. Masters Swimming, or USA Swimming. This year we are allowing junior-aged swimmers (13-17yrs). If you are not already registered, online registration will allow you to register with a governing body when you register for the race. You will not be able to register online without being a governing body member.  One-Event registration is available. USMS rules apply to the swim.  
  
**SEEDING:**Each swimmer must submit an estimated finish time for their 10k open water swim. There is a 4 hour cutoff for this event! Swimmers will be assigned a number roughly based on their seeded time and swimmers will start in a time trial fashion with the lowest numbers starting first. Results will be tabulated overall by gender.  
  
**SCHEDULE:** Check-in will begin at 5:00pm on Saturday, September 12th, 2020 for the mandatory 6:00pm pre-race briefing. If you cannot attend this briefing, do not sign up for the race. It is required per USMS rules.  
  
The race will begin at 9:00am on Sunday, September 13th, 2020 off the Star of Knoxville. Swimmers will begin boarding the riverboat at 8:00am for an 8:45am departure. At 9:00am, swimmers will begin the 10k open water swim by jumping off the riverboat!  
Following the race, all swimmers, kayakers, and families will be invited to Sequoyah Hills Park for a post-race meal.  
  
**INDIVIDUAL AWARDS:**The top 3 overall males and females will receive an award. Every swimmer who finishes the race, regardless of place will receive a finisher award. Awards will be locally crafted with a taste of Eastern Tennessee.

**DIRECTIONS TO STAR OF KNOXVILLE:** Approaching Knoxville via I-75/I-40 N from the South, take the TN-158 W Exit 388A. Continue of 158 W for approximately 0.8 miles. Take a left at the stoplight on Walnut Street. Take another left towards Calhoun’s on the River, continue to the end of the parking lot where you will see the Star of Knoxville riverboat.

**HOTEL:** Bridges to Bluffs is proud to partner with our host hotel, Courtyard by Marriott.