Event Entry

All participants must send a pdf of their current USMS registration to <u>will.reeves@slmasters.org</u>. Accessible USMS membership card: <u>https://www.usms.org/myusmslogin</u>

All participants must agree to the USMS Release of Liability and send the pdf of their accepted form to <u>will.reeves@slmasters.org</u>. See the attached USMS Release of Liability Form or download the doc or pdf at <u>https://www.usms.org/-/media/usms/pdfs/guide%20to%20operations%20-</u>%20gto/insurance/waiver_requirements.pdf

There is no charge to participate in these events.

Participants are responsible for all their needs to participate including their entry into the designated Utah State Park.

All events in this series will use the Swim.com application for event entry, timing and distance tracking. See https://www.swim.com/

All participants wishing to compete must create Swim.com accounts and link their accounts to their USMS accounts. How to link My USMS and Swim.com accounts: <u>https://www.usms.org/fitness-and-training/workout-tracking/swimcom-integration-information</u>

All Participants wishing to compete must use Swim.com supported wrist trackers to time and measure distance of their open water swims. No manual entry of time and distance will be permitted.

Group Swims

Group swims will begin promptly at the designated time and place. Participants will gather for a short safety conference and then proceed to the entry point. After a short warm-up period, participants will gather at a designated start point and ready themselves spread out for a group start. They should make their trackers ready for the event start. At the sound of a long air horn blast participants will start their trackers and begin their swim. Participants shall generally swim together while observing all safety rules. Each participant will swim their own track. Once they determine they have reached a halfway point of the designated distance, they should return to the start area while avoiding other participants. Generally participants can circle swim keeping buoys on their left side. When participants have swum slightly beyond the designated distance they should stop their tracker. The application will subtract any time beyond the designated distance based upon the participant's speed at that point. Once they are sure they have completed the required distance, they can save their swim on their tracker. Upon returning to their mobile phone and have a Bluetooth connection, they can upload their swim to their mobile phone. Once their mobile phone has access to the internet, Wi-Fi or mobile data, it will upload to Swim.com and will be available for all to see in the event leaderboard.

Individuals competing at different times should follow the same process.

Competitive Rules

Each participant should start and finish at near the same point.

Participants should not receive any propulsive assistance from another swimmer or watercraft.

Participants should note gear used (including wetsuits) on their swim record.

Participants should swim safely, have fun and remember they are competing against themselves.