



# Swim Defiance

3K Open Water

Sunday August 6, 2023

PNA/USMS Sanction:

XXXX

Host: Bernardo's All Stars

**LOCATION:** Owen Beach, Point Defiance Park on Commencement Bay, Tacoma, WA 98407

**EVENT:** 3K swim

**COURSE:** We are bringing back this historic swim which re-enacts the 1926 Dalco Passage crossing. This year's race will be a one way 3K swim from Vashon Island to Owen Beach. Water temp is estimated at 54-59°F. Water jugs provided for rinsing at finish. Metro Parks restrooms and change tents/portable toilets at finish area.



**TIMELINE:** 6:15-7:00AM: Check-In 7:00 AM: Mandatory Competitor Safety Meeting near start 7:30 AM: 5K swim starts 8:00 AM: 3K swim starts after 7:35AM WA State Ferry ride

**RACE DIRECTOR:** Diana Hermanson 253-426-0588, [basst2021@gmail.com](mailto:basst2021@gmail.com)

**ELIGIBILITY:** Open to all 2023 registered Masters swimmers (USMS or MSC) 18 and older as of Aug 6, 2023. Competitors not registered may sign up for a \$25 One-Event USMS registration. GSS points awarded

**RULES:** Current USMS rules will govern this event. Neoprene wetsuits are required unless swimmer has pre-approval, email race director for wetsuit exemption form. Swim safe buoy and race provided caps are required. Time limit for the race will be 1.5 hours.

**SAFETY:** Certified Lifeguards/Tacoma Maritime Institute/Law Enforcement safety boats will monitor the entire course. Body marking required on hands. Competitors must wear a high visibility swim buoy (purchase info on website), the color-coded race cap, wetsuit & race chip provided. Lost chip charge of \$20.

**AWARDS:** Custom participant award and cap to all competitors. A random drawing of merchandized prizes for participants and volunteers will be held while waiting for the last person to finish. Custom event awards for male and female in each event. 1st-3rd place vintage medals will be presented to men and women in age groups 18-24, 25-29, etc. Scrumptious pre/post race refreshments and extra sponsor kudos for recycle and beach pick-ups!

**ENTRY FEES:** \$12 Early Bird Discount: Apr14-May31 \$80 - 3K short course swim, includes ferry fee, 1Jun-18Jul \$80 - 5K long course swim, 1Jun-18Jul Add \$15 for day of race entries w/copy of 2019 USMS registration card. Short sleeve perf. tee available for purchase. \$28-XS thru XL/ \$30 - 2XL&3XL

**ONLINE ENTRIES ONLY:** Opens 04/15/2019 [https://www.clubassistant.com/club/meet\\_information.cfm?c=1449&smid=11763](https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=11763)

**ENTRY DEADLINE:** Race registration closes at 11:59 pm Pacific on Thursday, 7/18/2019. 300 max swimmers

**RESULTS:** Preliminary results available on race day and final results posted at <http://www.swimdefiance.com>.