



Swim Defiance

3K Open Water

Sunday August 11, 2024
PNA/USMS Sanction:
364-W003
Host: Bernardo's All Stars

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

EVENT: 3K swim

COURSE: This is a historic swim which re-enacts the 1926 Dalco Passage crossing. This 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: Check-In 7:00 AM: Mandatory Competitor Safety Meeting near start 9:40 AM: swim starts at 10:05AM after WA State Ferry ride.

RACE DIRECTOR: Diana Hermanson 253-426-0588, basst2021@gmail.com

ELIGIBILITY: Open to all 2024 registered Masters swimmers (USMS or MSC) 18 and older as of August 11, 2024. Competitors not registered may sign up for a \$20 One-Event USMS registration. GSS points awarded

RULES: Current USMS rules will govern this event. Neoprene wetsuits are required unless swimmer has pre-approval in the form of an approved Petition for Wetsuit Waiver. Email race director for wetsuit waiver 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.

AWARDS: Custom finisher 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 overall male and female plus a 1st place award 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: May 26-July 1 \$85, July 1-August 4 \$100, includes ferry fee. Short sleeve perf. tee available for purchase. \$27-XS thru XL/ \$30 - 2XL&3XL

ONLINE ENTRIES ONLY: Opens May 26, 2024

ENTRY DEADLINE: Race registration closes at 11:59 pm Pacific on Sunday August 4, 2024.

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