

9th Annual Keller Cove Swim

For Kids' Sake

~~ 2-mile swim ~~

nual~~ 1-mile swim ~~

nual~~ ½-mile swim ~~

nual

September 22, 2018

Keller Beach, Miller/Knox Regional Shoreline
Richmond, California

Presented by: Richmond Plunge Masters (RPM)/Richmond Sailfish

Sanctioned by: USMS/Pacific Masters and USA Swimming/Pacific Swimming

Lifeguard Services: East Bay Regional Park District

The Event

This open water bay swim is the 9th annual fundraising event to benefit the youth USA swim team ("Sailfish") program in the City of Richmond, based at the restored Richmond Municipal Natatorium ("The Plunge"). Proceeds from the event will be used for coaching, equipment, pool fees and swimming scholarships for inner-city youth throughout Richmond. It will be held at Keller Beach, Miller/Knox Regional Shoreline, in cooperation with East Bay Regional Park District (EBRPD) who will provide water safety and lifeguard services for the event. The event includes open water swim competitions for youth (ages 6 to 18) and adult swimmers, at ½-mile, 1-mile and 2-mile distances, wetsuit and non-wetsuit. This is the final event of the Pacific Masters 2018 open water swim season.

Event Sanctioning and Eligibility

The Masters swim events (½-mile, 1-mile and 2-mile) are USMS/Pacific Masters sanctioned events. The youth swim events (½-mile and 1-mile) are USA Swimming/Pacific Swimming recognized events. All participants must be current 2018 registered members with the respective organization. Non-USMS swimmers may register with USMS at the event on race day, for standard membership or for single-event membership at a reduced cost. The swim is open to handicapped swimmers; contact Head Coach John Schonder (richmondswims@gmail.com) regarding specific water assistance needs.

Swim Events

- | | | |
|--------------------------|-------------------------------|-----------------------------------|
| ❖ Masters (18 and over): | ½-mile, 1-mile & 2-mile swims | Non-Wetsuit and Wetsuit Divisions |
| ❖ USA Youth (6 to 18): | ½-mile & 1-mile swims | Non-Wetsuit and Wetsuit Divisions |
- Swimmers may register and compete in only one of these swims, which will be run concurrently in wave starts.

Registration/Check-In

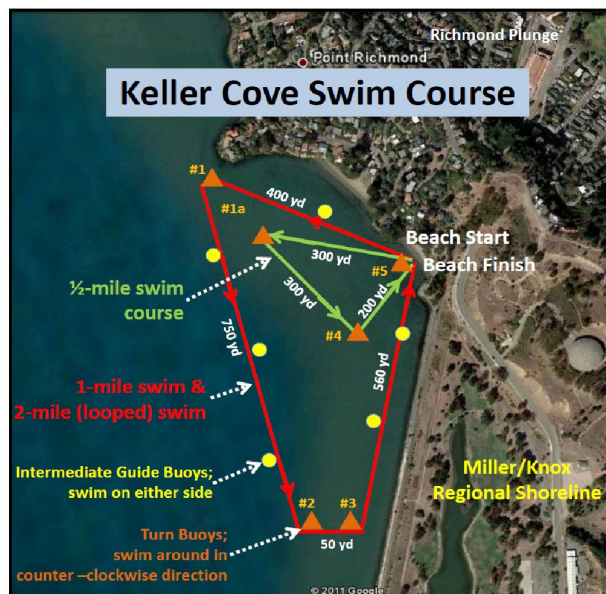
Registration may be made by mail, on-line, or at the event on race day. Registration and check-in will open at 7:30 am. Race day registration will require payment by cash or check (no credit cards accepted). Race-day registration will require entrants to provide USMS or USA swimming card. Mailed registrations must include photocopy of valid membership card at time of entry.

Schedule of Activities

- ❖ Swimmer Check-in: 7:30 am - 9:15 am
- ❖ Pre-race Instructions: 9:30 am - 9:45 am
- ❖ ½, 1 & 2-mile Swims*: 10:00 am - 12:00 pm
- ❖ Refreshments and Awards: 12:00 pm - 1:00 pm

Swim Course

All swims will begin and end on Keller Beach and will follow a counter-clockwise course marked by brightly-colored buoys. *The ½, 1 and 2-mile swims will be run concurrently, beginning with the 2-mile swim wave, followed 5 minutes later by the 1-mile wave, and then another 5 minutes later by the 1/2-mile wave. The 2-mile swim will consist of two loops of the 1-mile course. For swimmer safety, time limits will be 1 hour for the 1-mile swim and 2 hours for the 2-mile swim.



Water Temperature, Wetsuits & Water Quality

Water temperature for the swim is expected to be in the range of 62-66 degrees. Swimmers are encouraged to wear wetsuits unless they are accustomed to swimming without wetsuits at the expected water temperature and for the distances offered in this event. Water temperatures near Keller Cove can be checked at: <http://www.nodc.noaa.gov/dsdt/cwtg/cpac.html>. Water quality at Keller Beach is analyzed weekly by EBRPD with results published at: https://www.ebparks.org/about/stewardship/water/keller_beach_water_quality.htm

Awards

- ❖ Masters Non-Wetsuit Division: ½, 1 and 2-mile swims; top 3 places in each 5-yr age groups; Men & Women
- ❖ Masters Wetsuit Division: ½, 1 and 2-mile swims; top 3 places 18-39, and 40+; Men & Women
(Note: All swims are eligible for Pacific Masters Open Water Points Competition)
- ❖ USA Youth Non-Wetsuit Division: ½ and 1-mile swims; top 3 places by 2-yr age groups; Boys & Girls
- ❖ USA Youth Wetsuit Division: ½ and 1-mile swims; top 3 places; Boys & Girls

Entry Fees

| Category | On-line or Postmarked by | Entry Fee | | Event T-shirt (extra) | Total with T-shirt | |
|---|--------------------------|-----------|---------|-----------------------|--------------------|---------|
| | | USA Youth | Masters | | USA Youth | Masters |
| Early | 9/10/2018 | \$25 | \$50 | \$10 | \$35 | \$60 |
| Regular | 9/16/2018 | \$30 | \$55 | \$10 | \$40 | \$65 |
| Last Minute | 9/20/2018 | \$35 | \$60 | \$10 | \$45 | \$70 |
| Race Day | - | \$45 | \$65 | \$15 | \$60 | \$80 |
| Additional one event (OEVT) registration for non-USMS entrants to be paid on Race Day at Registration | | | | | | \$27 |

- Entry fee is for one event: 1/2-mile, 1-mile or 2-mile, which will be run concurrently in wave starts.
- All entries are non-refundable.

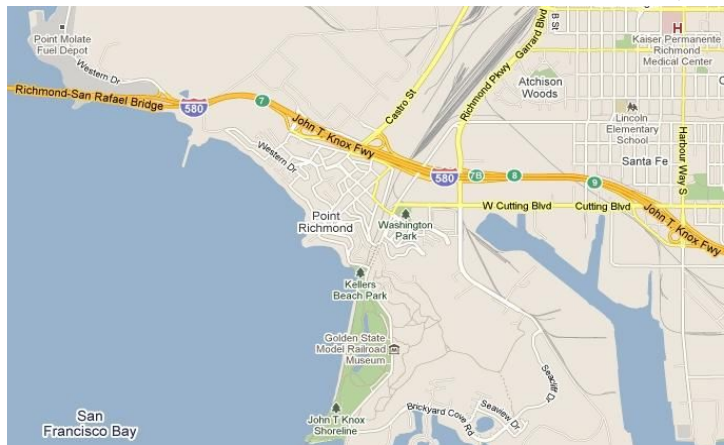
Water Safety & Lifeguard Services

Water safety and support will be provided under the direction of the East Bay Regional Park District (EBRPD) Aquatics Supervisor and lifeguards, including lifeguards, rescue boards, and two motorized boats. All EBRPD guidelines and criteria for open water swim events will be adhered to. The swim area (Keller Cove) is not subject to strong bay currents or significant boat traffic, as it lies off the main tidal channels in a relatively protected cove. Any boats in the area will be precluded from entering the swim area. All participants will be required to wear a brightly-colored swim cap (to be provided), and will receive body-marking for swimmer identification. The use of swim fins, pull buoys or other swimming devices will not be permitted. Personal escorts will only be permitted for handicap swimmers, with approval from the EBRPD Aquatics Supervisor and RPM Race Safety Officer. See attached Emergency action plan:

Note: Under penalty of disqualification, swimmers may not make deliberate contact with craft, craft operators, and/or any physical features on or near the course during the swim.

Directions & Parking

Driving Directions. Keller Beach is located at the intersection of Western Dr. and Dornan Dr. in Point Richmond, adjacent to the south portal of the Dornan Dr. Tunnel. From Highway 580, take the Canal Blvd exit and turn south; turn right at W. Cutting Blvd; turn left at Dornan Dr./S. Garrard and proceed past "The Plunge" through the tunnel. Keller Beach is on the right upon exiting the south side of the tunnel.



Parking. Parking near Keller Beach is limited to curbside parking along the west side of Dornan Dr, which stretches for a distance of approximately one mile to the south (toward San Francisco). Come early for close-in parking. Other parking options include: (a) street parking in Point Richmond (near the Plunge) and walk through the tunnel (1/4 mile); (b) Main Parking Lot for Miller/Knox Regional Shoreline (1/3 mile); (c) Dirt parking area across from Main Parking Lot (1/3 mile); and (d) Overflow and South Parking Lot (1/2 mile).

Contact Information:

For questions and more information regarding this swim event, Richmond Plunge Masters and Richmond Sailfish youth team, or general information on Masters or USA swimming contacts are provided below:

Richmond Plunge Masters and Richmond Sailfish:

Co-Race Directors: Norm Hantzsche (nhantzsche@questaec.com)

Ron Taylor (rntylr@gmail.com)

Meet Referee: Geof Thomas (coachg025@yahoo.com)

Race Safety Officer: John Schonder (richmondswims@gmail.com)

Website: <http://www.richmondswims.org>

Address: Richmond Swims, P.O. Box 70952, Richmond, CA 94807

USMS/Pacific Masters:

Swimming/Pacific Swimming:

USMS Registration: <http://www.usms.org/reg>

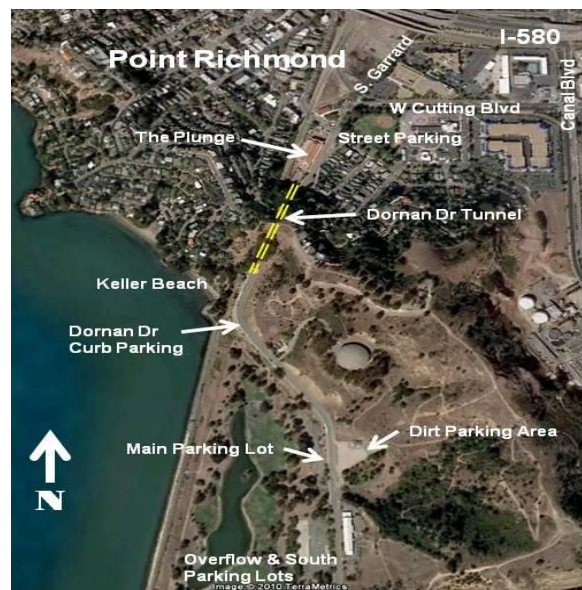
USA Swimming: <http://www.usaswimming.org>

Pacific Masters Swimming: <http://www.pacificmasters.org>

Pacific Swimming: <http://www.pacswim.org>

USA

Richmond Plunge Masters (RPM) and **Richmond Sailfish** USA youth swim teams were formed in 2010 and are based at the restored Richmond Municipal Natatorium ("The Plunge"), in the Point Richmond neighborhood. The two swim clubs operate under the non-profit organization **Richmond Swims**, whose mission is the revitalization of youth and adult swimming in the City of Richmond.



Swim Attire: The swim event will offer competition in both wetsuit (Category 1) and non-wetsuit (Category 2) divisions. Swimmers will be encouraged to use wetsuits unless they are accustomed to swimming without wetsuits at the expected water temperatures and for the distances offered in this event. All swimmers will be required to wear a brightly

colored cap, to be provided with each registration packet, and which will be color-coordinated according to race distance and wave. Rules: Current USA Open Water Swimming Technical rules will govern. For the safety of swimmers, fingernails and toenails must be clipped. Officials will check fingernail length prior to the events, clippers will be available, and they will be used. Please plan ahead.

Swimmer ID: All swimmers will be marked with assigned identification numbers on hands and arms. All swimmers will be issued computer timing chips with the same unique identification number, which will be used to track and account for all swimmers during and following the race. As a backup swimmers will be manually checked in before the race while having their timing chip activated. At the end of the race swimmers will be manually checked out and the manual list will be verified with the computer timing system.

Swimmer Instructions: Instructions to swimmers will be given prior to the start of the race, following suggested content and language provided in the US Masters Swimming Open Water Manual.

Warm up/Warm Down: Warm up/warm down will be permitted in the shallow water between the beach and the turn buoy for the ½ mile swim. Lifeguards on paddle boards will supervise athletes during this time. Swimmers must exit the water 3 minutes before the start of each wave.

