

8th Annual

Ohio River Open Water Swim

1k, 2k, and 4k Swims

Saturday September 24, 2016

Prospect, Kentucky (15 miles north of Louisville, Kentucky)

One of the few chances to swim in the Ohio River. A great warm up for the Ironman Triathlon or to cap off your summer season. All proceeds go to local high school swimming. Sponsored by North Oldham High School. Open to all ages.

Course Layout: 1k and 2k courses will be set up roughly 30 yards off the riverbank. 4k swim is two laps of the 2k course. Great for spectators. River bank accessible along the entire course. Sanction pending for both USA Triathlon and US Masters. Kayakers provided. This is an unescorted event.

Cost: \$35 if registration completed before August 1, \$45 August 1 – September 18. Registration closes Sunday, September 18. For insurance purposes, participants must be one of the following:

1. **USA Triathlon member.** Photo ID and proof of USA Triathlon membership required at check-in. (*One-day membership: \$10 for youth 17 and under, \$15 for adults.*)
2. **US Masters member.** Photo ID and proof of US Masters membership required at check-in. (*One-day membership available for \$15.*)
3. **All Others (Non-USMS or USAT Members).** If you are not a member of one of the above organizations, or you cannot prove your membership, you must purchase a one-day membership in one of the organizations as outlined above.

Parental consent required for all participants 17 and under. T-shirt included for the first 185 swimmers.

Location: Cardinal Harbour Subdivision boat dock. Roughly 15 miles north of downtown Louisville, Kentucky. MapQuest: 2001 Cardinal Harbour Rd., Prospect, Kentucky, 40059. Drive time roughly 30 minutes from downtown Louisville.

Schedule: The start time of the swim is based on your affiliation.

	USA Triathlon Swimmers	USMS Swimmers
Check in	8:15 – 9:30am	9:45 – 11:00am
Voluntary Clinic	9:15am	10:45 am
Mandatory Swimmer Safety Meeting	9:35am	11:05am
Warm Up Period	9:45am	11:15am
Swim Start	10:00am	11:30am

In case of severe weather, the start will be delayed. For weather updates, call 502-228-5876.

Before the start of each set of swims, there is a voluntary clinic covering the differences between pool and open water swimming.

There will be a mandatory swimmer safety meeting held 10 minutes before the warm up period to discuss the course, rules and safety procedures. The Referee may remove any swimmer from the competition who does not attend the safety meeting or is found to be inattentive during the meeting. The course will be patrolled by qualified safety personnel.

There will be a 15-minute warm-up period prior to the swim in a designated area. Swimmers must stay in the designated warm up area. Participants must start no later than 10 minutes after the designated start time. The course will shut down two hours after the start of the swim, or 45 minutes after the first person finishes, whichever is later.

Awards: Times will be posted; however, there are no awards. Door prizes are given out after the conclusion of the swim.

Registration:

www.Active.com Active.com is the exclusive registration provider for this event. Keyword search: Ohio River Open Water Swim. A small handling fee (approx. \$5) will be assessed by Active.com.

Additional Information or Questions: Randy Scherer, Event Director, 502-228-5876,

RS@brc3.net. Website: www.OhioRiverSwim.weebly.com. Includes pictures, forms, maps, etc.

