

# Ohio River Open Water Swim

## Swimmer Instructions and Information – September 24, 2016

Thank you for participating in the 8th Annual Ohio River Open Water Swim. Below are some last minute instructions and information regarding the event. This year we will have a combined total of about 150 swimmers. These instructions will also be placed on the website: <http://ohioriverswim.weebly.com>.

### Directions & Parking

- The event is held off the Cardinal Harbour Subdivision boat dock. This dock is roughly 15 miles north of downtown Louisville, Kentucky. MapQuest: 2001 Cardinal Harbour Rd., Prospect, Kentucky, 40059.
- From downtown Louisville, take I-71 north to exit 9B.
  - Go North on I-265/ 841 2 miles to U.S. Hwy 42.
  - Turn right on US Hwy 42 and go 6 miles to KY 1793.
  - Turn Left onto KY 1793 and go 2.2 miles to Hwy 3222 / Rose Island Road.
  - Turn right on Rose Island road and go 1/2 mile to the entrance of Cardinal Harbour subdivision.
  - Turn left into Cardinal Harbour and park behind clubhouse.
- Drive time roughly 35 minutes from downtown Louisville, and 15 minutes from the I-265 – Hwy. 42 intersection.
- Parking is roughly 300 yards from registration and the start. You will park behind the subdivision clubhouse in a grass field. When you arrive, you will be directed where to park. There is plenty of parking; however, **street parking is not allowed**.
- The race is held on the common grounds of the subdivision. The Cardinal Harbour Homeowners have graciously allowed us to use their property. Please respect their property rights. **Do not block any driveways or impede access to any homes**. Pick up your trash and be mindful of noise around homes.

### Schedule

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

- In case of severe weather, call 502-645-7494 for scheduling updates. If lightning is in the area, we will delay the start.

### Check in Procedures

- **USAT Members - All USAT Members must bring photo ID and proof of USAT membership to the check-in desk.** If you purchased a membership, bring the email of your purchase if you did not receive a card.
- **US Masters Swimmers – All USMS Members must bring photo ID and proof of USMS membership to the check-in desk.** If you purchased a membership, bring the email of your purchase if you did not receive a card.
- **USA Swimmers -**Your membership in USA swimming will be verified before the race. No additional waiver is required for USA swimmers; however, the Cardinal Harbour waiver must be signed.

### Youth Check-in (Under 18) for All Affiliations

- **If you are 17 or under your parent or guardian must sign a waiver. If you need a copy of the waiver in advance, e-mail: [Randy.Scherer@BRC3.net](mailto:Randy.Scherer@BRC3.net)** or see the website.

### Rules, Spectators & Logistics

- We suggest you bring a backpack or basket to store your towel and other personal effects during the swim. Locked storage is not available. After you check-in, please lock all valuables in your vehicle.
- Restroom facilities and changing facilities are limited. Port-a-pots are available. There is a McDonalds and Kroger in Prospect roughly 15 minutes from the swim site. There are no services within 10 minutes of the race venue.

- Spectators are welcomed and encouraged. We suggest they bring lawn chairs. The riverbank is open the entire length of the course, which makes it ideal for spectators.
- We expect the water temperature to be around 78 degrees. USAT rules allow wet suits between 79 – 84 degrees; however, participants that wear wet suits are not eligible for awards in USAT races. USA Swimming does not allow wet suits for this event.
- Triathletes may want to bring their bikes to the race. The Ironman biking course runs along Highway 42 and is roughly 2 miles from the event. Although the race is conducted in a safe residential area, please bring a lock to secure your bike during the swim. In the event of rain, you can secure your bike under a tent or in a residential garage.

## **Warm ups and Entering the Water**

- Do not enter the water until instructed to do so. For safety reasons, you will be given a numbered stick to hand to a volunteer before entering the water. This ensures we have an accurate count of who is in the water. You will enter on the boat ramp. This ramp tends to be slippery so be careful.
- All swimmers must attend a mandatory safety meeting starting ten minutes before the warm-up period. There will also be a brief discussion or clinic prior to the safety meeting covering tips for first time open water swimmers. The clinic is voluntary.

## **Course Layout**

- The course is a long thin rectangle with red buoys on the Indiana side and yellow buoys on the Kentucky side. In the middle of the rectangle is the kayaker zone. The course starts by going up river on the Indiana side. Red buoys should be on your right. On the way back, you will travel between the yellow buoys and shore. Yellow buoys will be on your right.
- Kayakers will paddle in the middle of the course to assist swimmers and to help officiate the race. If you need assistance, raise your hand.
- If you do exit the course at any point other than the finish line, please make sure an official or safety volunteer knows. We need to account for all swimmers.
- Your colored cap must be worn at all times. This is a safety issue. You will be disqualified if you fail to wear your cap.
- Accidentally swimming inside the buoys is OK, but if a safety officer or official requests that a swimmer move, failure to follow the instructions will result in a disqualification for Unsportsmanlike Conduct.

## **Start**

- The race starts in the water. There is a large start area so there is plenty of room at the start. Let the more competitive swimmers start up front. If you are a first time swimmer, you may want to move to the 2<sup>nd</sup> or 3<sup>rd</sup> row. If you wait 10 – 15 seconds at the start, you will have plenty of room and won't have to worry about contact with another swimmer.
- You must start the race within 10 minutes of the start. The course will be cleared either 45 minutes after the first swimmer finishes or 2 hours after the start, whichever is later.
- Depending on the number of participants, we may start in waves. Further instruction will be given at the Safety Meeting.

## **Turns**

- 1k swimmers will turn at the large orange tomato buoys. 2k and 4k swimmers will turn around the large orange triangular buoy. (A boat will be behind the buoy.) 4k swimmers make two laps of the course. 4k swimmers go thru the finish and then go around the course again.

## **Finish**

- To complete the course you will pass thru two large orange buoys. Please make sure the timers get your number. Be careful as you exit the water. The boat ramp is slippery.

## **Weather & Other Emergency Procedures**

- If we run into severe weather, the race will be delayed until the weather passes. If we must clear the water quickly, air horns will go off and all swimmer must proceed immediately to shore or as instructed by safety personnel.

**Questions** Contact Randy Scherer: [Randy.Scherer@BRC3.net](mailto:Randy.Scherer@BRC3.net), 502-645-7494.