

# I Swam The Oahe Dam

August 10, 2024

Sanctioned by the SD-LMSC for USMS, Inc. USMS Sanction #

## **Race Details:**

- Approximately 2.25 mile open water shoreline swim across the face of the Oahe Dam. Water temperatures range from 70-76 usually at that time of year. Water is so clear you can see small fish if you swim close to the shore.
- Mandatory safety personnel and officials meeting at 8:45am.
- Mandatory swimmers meeting and announcements at 9am.
- 9:15am Start race
- Early bird registration fee \$45 for USMS members, \$65 for non-members by June 30th. Regular registration \$55 for USMS members, \$75 for non-members by August 9th. – Online registration at Club Assistant
- \$85 Race day registration for both members or nonmembers – 8:00am-9:00am on August 10<sup>th</sup>, 2023
- All participants registering by July 25th will receive an event shirt, shirt not guaranteed after this date.

**General Rules:** Current USMS rules will govern the meet.

**Eligibility:** Athletes must be current members of USMS. One-event registration covering the whole event is available for adult (\$20) athletes. This can be found on-line and on race day. The age for USMS athletes shall be determined by the age of the swimmer on December 31 of the year of competition, except for 18-year-olds, who must be 18 on the day that they swim.

**Parking:** Parking is available at the starting and finish side of the swim. Transportation will be available to shuttle swimmers back to the parking area at the conclusion of the race.

**Age Group Divisions:** 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89...etc.

**Awards:** An award will be given for overall female and male winners in both divisions. All participants will receive a finisher's medal. Awards will be announced during a free picnic (sandwiches, watermelon, chips, and cookies) after the last swimmer has completed the course.

**Safety:** Swim caps will be provided at check in. It is mandatory that these caps be worn. Safety crafts and lifeguards in kayaks will patrol the course. Individual escorts upon request for special circumstances.

**Location:** The open water swim is on Lake Oahe across the face of the Oahe Dam. The course will begin at the west side of the Dam near boat ramps. Swimmers will start in the water, in waves if numbers require it. The course will follow the shoreline of the dam moving east towards the intakes of the dam. Swimmers will finish at the buoys marking the finish line. Buoys will be located on the outer perimeter of the course approximately every 1/4 mile. Support boats will also line the perimeter of the course for safety and assistance as needed.

**Use of audio and visual:** Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas. Violation of this recording prohibition may result in ejection from the facility by the Meet Referee or his/her designee. Any use of a drone is prohibited on U.S. Army Corps. Of Engineers land.

**Race Director:** Please contact Jenny Hodges at (605)222-9413 or [nifferannehodges@yahoo.com](mailto:nifferannehodges@yahoo.com) with any questions or for more information.