

Portland Bridge Swim: Sellwood Bridge to St. Johns Bridge

Sunday July 14, 2024

Hosted by Portland Bridge Swim

Sanctioned by Oregon Masters Swimming for U.S. Masters Swimming #

LOCATION & COURSE: The course is approximately 11 miles (17 km) on the east side of the Willamette River through downtown Portland, Oregon. The swim will start at Sellwood Riverfront Park (SE 7th Av. & Miller St.) south of the Sellwood Bridge, pass under all 12 of Portland's bridges on the Willamette River, and finish at Cathedral Park (N. Edison & Pittsburg Av.) west of the St. Johns Bridge. Water temperature is expected to be 66–74 degrees Fahrenheit.

TIDES & START TIME: High tide on July 14, 2024 is 12:24 pm, and low tide is at 8:01 am. The swim will start at 7:30 am and all swimmers must be out of the water by 3:00 pm.

ELIGIBILITY: This event is ONLY open to 2024 US Masters Swimming (USMS) members (or foreign equivalents) who are at least 18 years old. If needed, you may purchase a USMS one-event membership for \$20 with your entry or you can purchase a full membership directly from USMS.

ENTRY & REGISTRATION: Entry is limited to the first 100 entrants. We will maintain a waiting list in case early entrants drop out. To qualify, swimmers must show that they have completed a minimum 5000 m/5500 yd swim faster than 1:40, within 3 years of race day. Swimmers who cannot complete one mile in open water in 35 minutes should NOT enter. All entries MUST be received by 4:59 pm Pacific time on Sunday, July 7, 2024. Due to organization & safety needs, late or day-of-race entries will not be accepted.

ENTRY LIMITS: The Portland Bridge Swim is limited to the first 100 entrants. We will maintain a waiting list in case early entrants drop out.

ENTRY FEES: Fees include the swim and post-swim snacks & drinks for all swimmers & kayakers.

Entry: Individual	\$300
Kayak Rental	\$85

CANCELLATION POLICY: Swimmers who do not compete, or who do not complete the swim, are not eligible for refunds. If the swim is canceled up to 60 days prior to race day, 50% of entry fees will be refunded. If the swim is canceled less than 60 days prior to race day, no fees will be refunded.

RULES: Current United States Masters Swimming rules apply.

- **SAFETY TOW BUOYS (STBs):** All swimmers MUST wear the STB, provided with their swim packets, during their entire portion of the swim. STBs, defined as inflatable buoys tethered to the waist of the swimmer, are permitted in Category I Swimwear events per USMS Rule 303.4.2.E. Swimmers may not use the STBs for flotation assistance.
- Swimmers must wear the cap provided in their swim packet. Swimmers must notify race organizers by Friday, June 28, 2024 if the cap cannot be worn for medical reasons. You will need to wear a suitable cap of the color assigned to you for your wave.
- All drafting is prohibited. Swimmers must remain 3 meters or more from other swimmers, except when rounding buoys, when overtaking other swimmers when space is not readily available, when unescorted at the start and finish of the swim, and/or when the swimmer's escort craft becomes disabled. Incidental or accidental incursion into the 3-meter zone of another swimmer shall not be the basis for disqualification.

- Swimmers may not make deliberate contact with craft, craft operators, and/or physical features on or near the course during the swim.
- Propulsive devices, such as fins & paddles, and flotation aids, such as pull-buoys, are not allowed.
- Earphones and snorkels are also not allowed.
- Motorized watercraft are not permitted as escorts for swimmers. Under no circumstances may a swimmer come in contact with a motorized watercraft. Swimmers who are supported by motorized craft will be disqualified.

QUALIFYING SWIM:

1. To qualify for individual entry, swimmers must show that they have completed a minimum 5000-meter (5500-yard) swim faster than 1:40, within 3 years of race day.
2. Only pool swims will be accepted for qualification. This qualifying swim does not have to take place in a competition, but registration requires the location of the swim and the signature of an observer.
3. If you make a mistake in your entry, we will make a good-faith effort to get your correct qualifying swim information. However, swimmers who cannot provide appropriate qualifying time information WILL NOT BE PERMITTED TO SWIM and their entry fee will not be refunded.

CUT-OFF TIME: For safety coverage, swimmers on the course who have cleared the Fremont Bridge (approximately 5.5 miles) within 4 hours of race start (note: later waves have less than 4 hours) will be stopped, transported to the race finish, and listed as DNF in the results. Swimmers who have not completed the race within 7 1/2 hours of race start will be stopped, transported to the race finish, and listed as DNF in the results.

SAFETY—OUR PRIMARY CONCERN: Safety boats will monitor the entire course and medical personnel will be on site at the finish. Swimmers are required to have an escort in a non-motorized craft (kayak, SUP) in a life vest and equipped with an additional life vest for the swimmer. Each escort will be provided additional mandatory race-specific safety materials. Swimmers MUST wear the brightly-colored swim cap and use the STB provided in their race packet. Swimmers and escorts must follow all announced safety rules without exception.

ESCORTS: Swimmers are required to have an escort in a non-motorized craft (ie. kayak). Swimmers must provide their own escort and craft. For swimmer safety, motorized watercraft are not permitted to escort swimmers. Solo swimmers coming to the race from out of the area may request a volunteer escort in their registration form. We'll do our best to hook you up.

KAYAK RENTALS: Kayaks, provided by Alder Creek Kayaks, are available for rental as an option at registration. Kayak rental includes boat, paddle, two life jackets, delivery at the start, and pick-up at the finish.

TRANSPORTATION: A shuttle will be available at the finish to transport swimmers and escorts back to Sellwood Park. With the exception of the rental kayaks above, swimmers are responsible for transporting their kayaks and they may not be taken on the shuttle.

SCHEDULE: Sunday, July 14, 2024

- 5:30-7:00 am Check-in at Sellwood Park
- 6:30 am Pre-race meeting
- 7:30 am Swim start
- 11:30 am Individual swimmers who have not reached mile 6 will be stopped & transported to the race finish.
- 2:00 pm Awards at finish in Cathedral Park
- 3:30 pm Individual swimmers who have not reached the finish will be stopped & transported to the race finish.

AWARDS: Awards will be awarded to first-place male and female finishers in both swimwear categories. All finishers will receive a 2024 Portland Bridge Swim medal. **RESULTS:** Results will be available after the race, and will be posted at www.swimoregon.org and on the event website.

OREGON SERIES: The individual swim is a Featured Swim and the relay swim is a Participation Swim in the Oregon Water Series.

EVENT WEBSITE: www.portlandbridgeswim.com

EVENT DIRECTOR: Marisa Frieder,
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ENTRY FORM

EVENT INFO:

	<u>Fee</u>	<u>Paid</u>
Swim entry—Individual	\$300	_____
Kayak Rental from Alder Creek Kayaks	\$85	_____
T-Shirt (optional): Circle your size: Small Medium Large Extra Large	\$25	_____
Pre-race Pasta Feed	\$25	_____
USMS Membership required. Purchase one if you need one; pay now and complete the form at the swim check-in.		
Add a USMS One-Event Membership (good for this race day) for \$21	\$20	_____
	FEE TOTAL	_____

INDIVIDUAL SWIMMER INFO:

Name: _____ 2023 USMS Number: _____
Address: _____ Phone: (____) _____
City: _____ State: _____ Zip: _____ Birthdate: _____ Age: _____ Sex: _____
E-mail: _____ USMS Club: _____ Local Team: _____

QUALIFYING SWIM INFO: If you use a longer swim to qualify, please attach distance, time, & supporting details.

Distance, 5000 m/5500 yds:

Yards or Meters?

Time, 1:40 or faster: hours:minutes:seconds if available

Open Water or Pool?

Date of swim:

Kayaker Info:

Emergency Contacts for everybody...

DEADLINE: ENTRIES & PAYMENT MUST BE RECEIVED BY 4:59 PM on Sunday, July 7, 2024!