



Swimming With A Mission, Inc.

To register for the race, each participant will have to register on runreg...a link be on the website. They will choose their distance and give their USMS Member # or opt to join for the day.

Itinerary for 7/13/24 (Tentative)

05:45-07:00 Check in and marking

07:00 Prerace Meeting and National Anthem

07:30 10K Start

All other races will be staggered once swimmers have cleared start area...approx. 5-10 min 5K Memorial, 10K Relay, 5K , 1K

11:00/11:30 Awards

11:45 Last swimmer