

## **Bussell Island Swim**

**31 May 2025**

**Hosted by:** Knoxville Open Water Swimmers (USMS), Prime Aquatics (USA Swimming) and LB Endurance, LLC

### **General Information**

The event hosts a 1 mile, 2.6-km, and 5-km swim. The swims are held in a bay off the main channel of the Little Tennessee River, just upstream of its terminus the Tennessee River at Fort Loudon Dam. This water has negligible current, with some texture created by surface winds.

Registration fees includes entry into the race, event T-shirt, unique finisher award, post-race snacks and professional race timing.

This event will be dual sanctioned by USMS and USA Swimming. Sanction applications pending. USMS and USA Swimming swimmers may be mixed in waves.

Participants must be 11 years or older on 12/31/2025 and have an active USA Swimming membership or USMS annual membership. Swimmers 18+ with neither membership will purchase a USMS one day event membership (\$20) during registration. All USA Swimming registered swimmers 18+ must have current Athlete Protection Training (APT) completed before race day.

Any swimmers wishing to wear a wetsuit or neoprene shorts may do so, and swim “assisted,” but will not be placed for awards.

### **Registration Fees**

1-mile = \$60, 2.6-km = \$70, 5.2-km = \$80

Late Registration Fee (May 12-25) +\$15. T-shirt availability and sizes not guaranteed for late registrants.

NO REFUNDS.

### **Race Location**

Tellico Dam Recreation Area (TVA), 200 Tellico Pkwy, Lenoir City, TN 37772

### **Awards**

For each distance & each gender: Top Youth (18-), Top Open (19-39), Top Masters (40-59), Top Sr. Masters (60+)

### **Course Description**

All races will begin in the water, at the outside of the permanent floating yellow buoys by the park beach.

The course will be marked with floating buoys.

The finish arch will be located in a spectator-friendly area just off the peninsula.

1-Mile Swim (narrow rectangle course)

- Follow the path of the Tellico Dam rock wall, swimming 0.45 miles, then around the end RED buoys (~ 50 m), and return to the start/finish area.

2.6km Swim (dog leg loop of “Little Sister Island”)

- Swim the swim the first 0.45 miles alongside the Tellico Dam, angling left out into the Little TN River to swim around “Little Sister Island,” before heading back towards the dam and back to the start/finish.

5.2-km Swim (two dog leg loops of “Little Sister Island”)

- Swim the 2.6k swim route twice. The second loop will continue in water (no exit between loops).

### **Schedule**

Subject to change.

**Early Athlete Check-in** Thursday 29 May 2025, 5 - 7pm

Hosted by LB Endurance Lab, 1119 Sevier Ave, Suite B, Knoxville, TN 37920

**Race Day** Saturday 31 May 2025

5:45 am Parking areas open

6:00 - 7:00 am Swimmer Check In

6:30 - 7:00 am Swimmer Warm Up area available

7:15 am Pre-Race Briefing on the Beach

7:30 Swimmers Queue on Beach

7:45 am 1-mile race start

7:55 am 2.6-km race start

8:05 am 5.2-km race start

10:45 am Course closes (or 2.5 hours after the final wave starts)

8:30 -11:30 am Post-race party including race awards, snacks, drinks!

### **Approximate Awards Presentations**

9:00 am 1-mile Awards

10:00 am 2.6-km Awards

11:00 am 5.2-km Awards

### **Race Day Info**

#### **Pre Race**

Free parking is available on site. Do not park at the boat ramp unless you are launching a boat.

Portable toilets will be available. The venue has permanent restrooms available. Public nudity is not permitted.

All swimmers must check in prior to the race; a colored race swim cap will be issued that must be worn during the race.

Body marking with a permanent marker on hands and/or shoulders will take place immediately after you check-in. Do not apply sunscreen, lubricants, or lotion until after you are body marked.

Warm Up may take place in either of the two swim areas enclosed by the floating yellow buoys. The warm up areas must be cleared by 7:00 am.

### **Pre-Race Briefing**

Participants must be in the start area of the race 20 minutes before the communicated start time. Queue by number for your distance.

See the Rules for the Start & Finish Procedures.

### **Post Race**

Upon finishing the race, swimmers should quickly clear the area immediately after the chute for the next finishers.

Swimmers should swim back to the beach and may use the area between the floating yellow buoy and the beach for warm down.

Join us at the main Pavilion after the swim to celebrate, enjoy post-race snacks and collect finishers' awards (every swimmer gets one!) Post-race snacks are only for race participants, staff and volunteers.

If your t-shirt doesn't fit perfectly, bring it to the Pavilion post-race to exchange. You may also purchase additional shirts (limited sizes) with cash or Venmo here.

Please dispose of all trash in approved containers.

Any found items will be held for one week before being discarded. Email [knox.ows@gmail.com](mailto:knox.ows@gmail.com) if you lost a valuable item.

### **Rules**

#### **Participation**

Participation in the event is open to swimmers of 11 years and over. All swimmers must have a current USMS membership or USA Swimmer license to enter. To participate the relevant entry fee must have been paid and the swimmer must check in prior to the race start.

All participants are asked to demonstrate good sportsmanship and kindness to all other participants, officials, volunteers and spectators. Any person that is disrespectful, harmful, offensive or obscene will be asked to leave.

## **Swimmers Responsibility**

The swimmer (or their parents/guardians if the swimmer is 18 years or younger) takes sole responsibility for their participation. The organisers cannot be held responsible for theft, breakage, or accidents before, during or after the race.

The organisers take no responsibility for accidents taking place along the swimming course due to the natural conditions of the river (rocks, inlets etc). Nor do the organizers take responsibility for accidents caused by incompetence, negligence, or poor signaling.

Each swimmer participates in the event through choice and as such, the organizers takes no responsibility for personal injuries or injuries to third parties.

While support volunteers will be placed on water crafts throughout the course, it is the responsibility of the participant to comfortably be able to swim the chosen distance, and if need be, decide whether they should abandon or continue the event.

The organisers, sponsors and collaborators take no responsibility for the actions of swimmers and their companions that may lead to claims/lawsuits by third parties.

The swimmers relieve the organizers, its sponsors and collaborators from any claim resulting from damage to equipment, materials, and properties, including (but not limited to) loss, theft, breakage etc.

Be advised that this is an OPEN course – non-event watercraft may be near the swim course.

## **Safety Rules**

- All swimmers must be body marked with their number in permanent marker on their hands and/or shoulders.
- Any assistance rendered during the swim will result in disqualification if forward progress is made. Swimmers may use an official safety boat for aid, as long as no forward progress is made.
- If you drop out or are pulled from the race at any time, inform a race official immediately. It is essential that we know where you are on the course at all times for your safety and our peace of mind.
- Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.
- No waterproof headphones or in-ear audio devices are allowed.
- If there is a need to evacuate the course for severe weather or other reasons, the patrol boat will inform all volunteers and swimmers with a bullhorn and loud whistle blasts to clear the course, while displaying a red flag. All pilots and swimmers should immediately exit the water at the closest shore. If it does not thunder or lightning for 20 minutes, the patrol boat will inform pilots and swimmers that the race can resume, with swimmers entering the course at the point they exited.

## **Thermal Plans**

While water temperatures are expected to be in the 70's for the race, the following thermal plans will be followed if necessary:

- **Cold water plan:** If the water temperature is 60.8 degF (16 degC) or below, all swimmers will be required to wear a wetsuit.
- **Warm water plan:** If the water temperature exceeds 85 degF (29.4 degC), the 5.2-km distance will be reduced to 2.6-km, and a 90-minute time limit enforced. If the water temperature measures 87.8 degF (31 degC) or higher, the entire swim race will be cancelled.

### **Swimwear & Equipment**

Any questions or clarifications should be addressed with race officials prior to 7:15 am on race day.

- All swimmers must wear an official swim cap (provided by the organizers). You may not start the race without the race cap. Cap color indicates race distance.
- Swimwear shall only include a swimsuit, cap(s), and goggles or swim mask. Nose clips, ear plugs, and watches are allowed.
- Swimsuits shall be nontransparent and conform to the current concept of the appropriate.
- The swimmer shall only wear one swimsuit in one or two pieces. All suits shall be made from textile materials and not contain clasps or zippers (this is not a triathlon). The swimsuit shall not cover the neck and shall not extend past the shoulder nor below the ankles.
- No fins, gloves, paddles, snorkels or flotation devices (including pull buoys) of any kind are allowed.
- Any kind of tape or flat armband is not permitted.
- Wetsuits may be worn if the water is below 78 degF (25.6 degC), but these “assisted” swimmers will not be eligible for awards. This includes wetsuits of any size or thickness, “Lava shorts,” aqua socks, neoprene booties, or neoprene caps. “Assisted” swimmers will be noted on the beach prior to the start.

### **Start Procedure**

Participants are required to be in the start area of the race 20 minutes before the communicated start time. A brief swim course review and other relevant information will be given at this time.

Swimmers will line up on the beach, by number, for their race distance. A race official will positively check EVERY swimmer before the wave is released to enter the water.

All races will begin at the outside of the permanent floating yellow buoys by the park beach. Swimmers will have one hand on the floating buoy at race start.

The start of each wave will be signaled by the blast of a horn.

### **Swim Route**

The swim course will be clearly marked. All swimmers should review course maps PRIOR to the race start.

Swimmers will pass all buoys to the right (buoys on your LEFT shoulder).

During the race, participants will be accompanied by volunteer on-water support that will provide rescue assistance where necessary.

The cut-off time for all races is 2.5 hours from the start of the final wave for the 5.2-km swim. All swimmers remaining in the water after this time, may be picked up and returned to the finish area.

### **Race Finish**

The finish arch will be floating in the water, with lane lines and buoys forming a finish chute. The swimmers' finish time is recorded when they slap the FINISH sign overhead with either hand.

### **Cancellation**

The event may be postponed or cancelled AT ANY TIME if the organizers consider that the swim is not safe to [proceed](#).

### **Travel Info**

**Race Location:** Tellico Dam Recreation Area (TVA) 200 Tellico Pkwy, Lenoir City, TN 37772

Park in designated areas.

**Hotels DEALS:** Information coming soon!

In addition to our host hotels, there are various other hotels, campgrounds, and housing options available in the area. Lenoir City offers a variety of restaurants and retail.

The nearest airport is Knoxville (TYS)

### **SafeSport Information (USA Swimming)**

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members.

Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., with-in 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party.

A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at [uscenterforsafesport.org/report-a-concern](https://uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to

law enforcement or to a designated child protection agency. For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit [usaswimming.org/report](https://usaswimming.org/report).

All athletes age 18, or who turn 18 during the meet, must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing by the first day of the meet. A member not in good standing will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or during the meet, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Referee, Meet Director or Meet Marshall, is harmful to others or to other's property may be required to leave the competition. No swimmer will be allowed access to the venue without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the venue to sign supervision form before a credential can be issued.

Operation of a drone, or any other flying apparatus, is prohibited over the venue including athlete/coach areas, spectator areas and open ceiling locker rooms any time athletes, coaches, officials and/or spectators are present, except by operators approved by USA Swimming.

Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

During warm-up sessions, athletes must enter the water feet-first, except in designated lanes and times. Violations may result in disqualification from next individual event or expulsion from the meet.

It is understood and agreed that USA Swimming, the Event Hosts, Facility Owners, Officials, and the LSCs shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

## **USMS MEDICAL POLICY**

The United States Masters Swimming (USMS) medical coverage protects each swimmer, volunteer, and race personnel for the day of the event at USMS sanctioned races, camps, and clinics. When athletes purchase a USMS annual membership or one-event membership (OEV), a portion of those fees cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in a USMS sanctioned event, and is only available after the injured party has filed with any primary insurance policies. There is not a deductible for this excess coverage.

If a swimmer, volunteer, or race personnel is injured while participating in a USMS sanctioned event the following steps must be followed:

- If anyone, swimmer or volunteer needs medical assistance at any time, they should seek out medical attention immediately. Any incident that occurs during a sanctioned event (swimmer or volunteer), no matter how small, should be reported to the race director and/or the safety director.

- The race director and the injured party will fill out an Incident Report Form. It can also be found here:

[http://www.usms.org/admin/lmschb/gto\\_ins\\_report\\_of\\_occurrence.pdf](http://www.usms.org/admin/lmschb/gto_ins_report_of_occurrence.pdf)

- For serious incidents or for athletes requesting coverage, the Race Director can provide them with an Incident Report Form. If you fill out the form on your own, please email the completed document to: [knox.ows@gmail.com](mailto:knox.ows@gmail.com)

Be advised that coverage may not apply to each and every claim. Additionally, coverage only extends to swimmers who are USMS members or have purchased a one-event membership and were injured through participation in a USMS-sanctioned event. Please e-mail questions to:

[membership@usmastersswimming.org](mailto:membership@usmastersswimming.org).

In all cases, the final decision of medical consideration is at the discretion of the race Medical Director.

Particular dangers include dehydration, hyponatremia, sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint you may need it. You will not be penalized for receiving a medical evaluation. You will only be withdrawn from the race if you require transportation, IV fluids, or if medical personnel feel your continued participation could result in serious harm or death.

During events of extreme endurance, the body's pain threshold is raised, and you may be in more trouble than you realize. The medical personnel will do all they can to keep you in the race and assure a safe finish.

Please trim your fingernails and toenails prior to the start of the race to avoid injury to other athletes. Be especially careful to rinse your goggles of any excess defogger solutions to avoid eye irritation.

If you spend 3 months prior to the event in a climate different than Knoxville, we suggest you consider an acclimation period before the race. The chance of dehydration and electrolyte imbalance can be reduced significantly by a proper period of acclimation.

Stay with your familiar and proven routine regarding training, nutrition and equipment, especially just prior to the race. This also applies to pre-race dietary intake and medications. It is recommended you avoid an extreme elimination diet. Adequate salt intake during training and during the event is especially important.

If you are taking any medications or have any medical problem that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day.

You are solely responsible for avoiding medications that appear on the list of banned substances as determined by WADA.