# Swim of Legends

Website Information

Rev 6 February 2025





#### Swim of Legends

- 8 Miles
- No Salt
- No Sharks
- 1 Big Foot

#### Why we do this:

- Cherie, John, and Todd came together in 2024 to put on Booth Lake Memorial Swim. The event is put on in East Troy at Memorial Park. The purpose of that swim is to remember a loved one, enjoy the lake and comradery of other swimmers. The Park is the beneficiary of the event
- This event is a longer swim for more experienced swimmers. The goal of swimming across one of Wisconsin's most iconic bodies of waters makes this not only a challenge, but an incredible memory. The Lake Geneva Water Safety Patrol is the beneficiary of the event.
- We believe that open water swimming races should be affordable, and safe. The memories and friends should be life long. The local communities should be included and involved. The day should be carefree and enjoyable for the athletes.

#### General information for home page:

- Morning of Saturday July 26<sup>th</sup>.
- 8 miles
- Non-Wetsuit event. If worn, you are not eligible for awards.
- Support craft (Kayak or SUP) for each swimmer
- Start at Fontana Beach (West side of Lake)
- Finish at Big Foot Beach State Park (East side of Lake)
- Entries are limited to 100 swimmers, 11 relays.

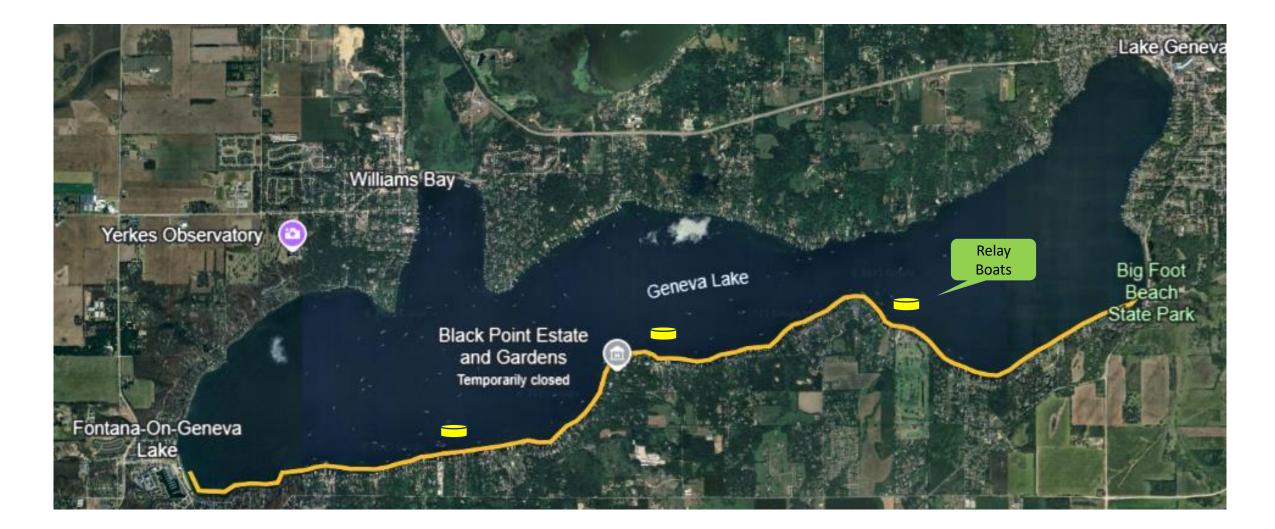
## What you will experience:

- Geneva Lake is one of North America's cleanest lakes. It is approximately 8 miles long and spring fed. The water is typically very clear with thirty to forty feet of visibility. Water temperatures for July are typically between 74 to 79°F.
- Due to the popularity of the lake, boat traffic can be dense in July. Due to this, the course is to be between the no-wake markers and shore.
- The shores of Geneva Lake are filled with beautiful mansions and manicured lawns and gardens, providing never ending scenery for the swimmer and escort alike.
- Proceeds from the event will support Geneva Lake Water Safety Patrol. <u>Geneva Lake Water Safety Patrol - Water Safety Patrol</u>

## The Course:

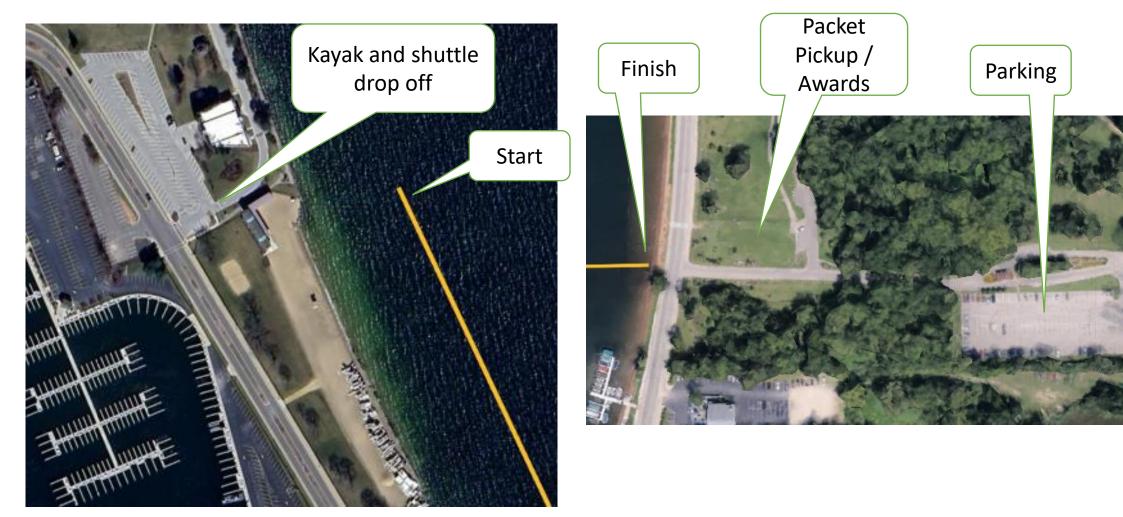
- Swimmers and escorts will start at Fontana Beach in groups of no more than 30 depending on the numbers of entrants.
- The race will start in the water, parallel to a municipal pier.
- The swimmers will join up with their assigned kayaker within a few hundred yards, and head generally East along the south shore line of Lake Geneva.
- The swimmers will remain between the no-wake markers and the shore at all times. Failure to abide by this will result in disqualification, and being removed from the lake.
- The swimmers will follow the shore to the East end of the lake and finish at Big Foot Beach State Park. The race will end by touching a marker float near the beach, and exit onto the beach.
- The relay exchanges will be spaced evenly every two miles.

#### Geneva Lake Course Map:



#### Start and Finish:

#### Fontana Beach



**Big Foot Beach State Park** 

## Relays:

- Relay teams will consist of four swimmers and a support escort, or two swimmers and an escort.
- Relays may register as a group of four or two by including the names of your teammates. Individuals who wish to register will be assigned to teams on a first come basis.
- The escort will remain with the team the entire 8 mile course.
- The first leg swimmer will start with the solo swimmers.
- The second, third, and fourth leg swimmers will start from pontoon boats staged 2 miles apart on the course. For two person relays, the 4 mile boat will be the exchange.
- Swimmers must touch each other at the exchange points.
- Once a boat has collected all relay participants, it will go to the finish beach to drop off participants.
- Only the fourth leg swimmer will finish the event at Big Foot Beach State Park.
- If we do not have 5 relay teams by June 15<sup>th</sup>, entries will be fully refunded.

## Qualifying Swim:

- To qualify for individual entry, swimmers must show that they have swam a minimum of 5000m/5500yds faster than two hours in the last three years. Pool or open water. Other documented races over 5K may be used as your reference.
- 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 information WILL NOT BE PERMITTED TO SWIM and their entry fee will not be refunded.
- Relay swimmers should be able to swim 2 miles in 1.5 hours. Faster swimmers should swim the earlier legs to ensure cutoff times are met.

#### Refund Policy:

- Every effort will be made to hold the swim on the initial date. In the event of sever weather, the start may be delayed, or moved to the following day (Sunday).
- 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.
- We need five relay teams minimum. If we do not have five my June 15<sup>th</sup>, a full refund will be provided.

#### Rules:

- Current United States Masters Swimming rules apply.
- SAFETY TOW BUOYS (STBs): All swimmers are strongly advised to wear STBs. 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 during registration 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.

## Rules (cont.):

- 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.

### Rules (Cont.):

- 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.

#### Cutoff Times

- For safety coverage, swimmers on the course who have not cleared the first four miles in 3 hours will be stopped (note: later waves have less than 3 hours) will be stopped, transported to the race finish, and listed as DNF in the results. Swimmers who have not completed the race within 6 hours of race start will be stopped, transported to the race finish, and listed as DNF in the results.
- Kayakers will be removed with the swimmer, they are not allowed to travel alone.
- Due to tour boats and the mail boat, our time is limited to hold this event. We cannot extend the time limits.

## Safety – Our Primary Concern

- Lake Geneva Water Safety boats will monitor the entire course and medical personnel will be on site along the course and 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 racespecific safety materials. Swimmers MUST wear the brightly-colored swim cap and are strongly recommended to use an STB. Swimmers and escorts must follow all announced safety rules without exception.
- The Kayakers are required to keep the swimmer between the nowake and shore. Failure to do so will result in a dis-qualification of the swimmer.
- In the event of severe weather, swimmers and kayakers are to exit the lake immediately.

#### Escorts:

- Swimmers are required to have an escort in a non-motorized craft (ie. Kayak or SUP). 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.
- SUPs are allowed, but keep in mind that wind and boats will create waves. A kayak is a more stable platform to support the swimmer.
- Relay teams must also have an escort for the entire race.
- Escorts will drop off their water crafts at Fontana beach the morning of the race, drive their cars to Big Foot Beach SP, and shuttles will bring them back to Fontana Beach for the start of the race.

#### Escorts (Cont.)

- Escorts should discuss race strategy with the swimmer in advance. This may include pace, feed and hydration stops, etc.
- Know which side your swimmer breaths on, and stay on that side as much as possible. You will provide the path and the swimmer will guide off of you. The swimmer will set the pace.
- Make sure that you keep hydrated. If the escort needs to stop for any reason, the swimmer will be pulled from the race as well.
- You may not paddle directly in front of the swimmer to provide draft.
- Escorts will be provided a whistle for emergencies.
- Escort Paddling for a Swimmer

## Kayak Rentals:

- If you need a kayak, contact the race directory as soon as you register. We have a limited number that will be loaned on a first come basis.
- A limited number of kayaks will be available to rent from Clear Water Outdoor Rentals. Kayak rental includes boat, paddle, two life jackets, delivery at the start, and pick-up at the finish. You must call them to make the rental at (608) 558-2018. Be sure to mention the swim to get a discounted rate.

#### Spectator Information

- Lake Geneva offers a unique opportunity to follow your swimmer along a foot path that goes all the way around the lake.
- We will offer transportation from the finish to the start for \$10 at the time of registration.
- To follow the race, this will be approximately 8 miles of walking. We will not be able to support spectators, please bring enough water and be certain that you can make the 8 miles.
- Additional information on the path can be found at...
  - <u>Geneva Lake Shore Path | Hikes, Trails, Information & Maps</u>

#### Other Things in the Area

- A Lobster Boil and Steak Fry will be held by the Lions Club in Fontana on Saturday evening. This event has live music and will sell out. Tickets may be purchased starting in June.
- Camping reservations at the Big Foot Beach State Park may be reserved at ...
  - <u>Create Reservation</u>

#### Swimmer Information:

- Race Packets can be picked up at Big Foot Beach State Park (Immediately inside the entrance) the night before the race from 4:00 to 7:00 PM, and the morning of the race from 4:00 to 5:00 AM.
- Personal bags may be left at the state park where they will be watched while you swim.
- Each swimmer is responsible for providing adequate fluids and foods for the race to their assigned support kayaker. No aid stations are on the course.
- Relay swimmers should provide a personal bag to the person who they will exchange with so it will be on the next pontoon boat for them.

#### Race Day Schedule

- 4:00 5:00 am Kayak drop off at Fontana Beach
- 4:30-5:30 am Check-in at Big Foot Beach State Park.
- 5:20 to 5:40 am Shuttles leave to Fontana Beach.
- 6:00 am Race Instructions, national anthem at Fontana Beach
- 6:30 am Swim start, and 10 minute intervals for subsequent waves
- 9:30 am Individual swimmers who have not reached mile 4 will be stopped & transported to the race finish.
- 12 Noon Awards at finish at Big Foot Beach State Park
- 12:30 PM Individual swimmers who have not reached the finish will be stopped & transported to the race finish.

#### Lunch and Refreshments

- Lunch at the finish will be provided with registration for one swimmer and one kayak escort. No food will be sold on-site, it is only available with a voucher. If you would like additional lunches, they can be purchased for \$15 with your registration.
- Lunch service will start at 11:00 AM.
- Complimentary water, fruits, and snacks will be available on relay pontoon boats, and at the finish.

#### Transportation:

- Buses will be available to transport the swimmer and escort from Big Foot Beach SP to Fontana Beach.
- Due to the lobster boil in Fontana, vehicles are not allowed to be left in Fontana the day of the event.
- Additional spectators may reserve rides for \$10 at the time of registration. We cannot guarantee extra spots will be available the day of the race.
- The buses will not be able to transport kayaks or other water craft.
- A day pass must be purchased at the state park if you do not have a valid annual Wisconsin State Park sticker. These may be purchased at the park. We encourage car pooling.

#### Awards

- Awards will be awarded to first-place male and female finishers. The next six individual swimmers will receive awards.
- All finishers will receive a 2025 Swim Across Lake Geneva medal.
- All swimmers will be provided a towel, and a marked swimming cap. Additional body marking is optional.
- Both swimmers and kayakers will be provided a hoody (size required at registration).