

KROC MASTERS OPEN WATER SWIM, SATURDAY, JULY 19, 2025

Lake Coeur D'Alene, Idaho,

McEuen Park, 2nd Street at Tubbs Hill Trail / CDA Marina

FREE PARKING AT CITY HALL LOT.

A WALK OF APPROX ¼ mile to START and ¼ from FINISH**

Point to Point swim AROUND Tubbs Hill Park in Lake Coeur D Alene, CDA, Idaho

Distance, if swimmer is sighting efficiently, is 1.3 miles (approx. 2,300 yards)

Spectators can walk around the hill and see swimmers in water below (cliff view)

8 am water entry, 8:15 Start: Wave One, (8:25 for Wave Two if needed)

Mandatory Safety meeting for all swimmers 7:45 am at Start

NOTE: ALL SWIMMERS MUST BE 18 or over and MUST BE UNITED STATES MASTER SWIMMERS (USMS) MEMBERS. Anyone not wishing to be a full year member of USMS may pay \$20.00 extra with their entry fee to obtain a one-time/one-event USMS membership (but why not become a member of USMS for the year?) Our insurance through the Masters Organization mandates these requirements (adults only/membership)...no insurance, no swim.

Water temperature in July has historically been between 64 and 70 degrees and last year at this time it was approximately 69 degrees.

EVERY SWIMMER MUST CERTIFY TO A STATED SWIMMING ABILITY WITH A TIME FOR ONE OF THE TWO CHOICES PROVIDED. NOTE THE MINIMUM STANDARD:

1.) Self monitored swim in a pool: 1500 yards, 60 lengths of a 25 yard pool (WITHOUT STOPPING more than 5 seconds every 4 lengths) **YOU MUST DO THIS IN 40 MINUTES OR LESS**

2.) Pool or Open Water Race time, no longer ago than June 1, 2024:

Distance of **at least** 800 yards or meters

Swim/Race Date _____ Pool or Open Water ? _____

Distance: _____ Your Time _____ (Same Minimum as #1 adapted to the race distance)

IF YOU CANNOT SWIM AT LEAST 1500 yards continuously in FORTY (40) MINUTES OR LESS, DO NOT ENTER THIS SWIM.

Why is there a time limit? Our support staff and rescue personnel need to control the overall time of the swim. This course does not, for the most part, allow a swimmer to swim 'to shore' and easily walk to the start or finish. There WILL be a TIME LIMIT overall and swimmers will be pulled out if they are not meeting the minimum swim time.

Swim will be Around Tubbs Hill west side to east side, approximately 2/3rds of a circle (SEE Course map BELOW). Water depth ranges from 5 feet to 150+ feet. **EVERY SWIMMER MUST BRING (or rent/buy at event), AND WEAR, A SWIM BUOY FOR SAFETY.** ROCKY CLIFFS COMPOSE MOST TUBBS HILL WATER LINE. ACCESS TO SHORE IS EXTREMELY LIMITED. If you are not feeling up to finishing (be sure the safety team member nearby knows) there is ONE LOCATION with easy exit, approximately at the 1/3 point. Wetsuits, neoprene caps will be allowed but unless the water is unusually cold (below 61), not required (wetsuits are required when water temperature will be under 61 degrees). Entries will be limited to 125 swimmers.

****NOTE:** if you do not wish to walk from the finish to the City Hall parking lot there are parking spaces near the finish line area (email meet director for map) but registration is at the City Hall lot and awards /raffle there too. If you choose to park near finish line, getting to registration and start line requires coordination on your part with your follow passengers/ cheering section.

On line entry fee:

Entry Fee through March 31, 2025:

- \$30.00 without T-shirt
- \$45.00 with T-shirt (Unisex sizes, polyester blend)
- \$20.00 **additional** if NOT a USMS member

Entry Fee April 1 through May 31, 2025:

- \$40.00 without T-shirt
- \$55.00 with T-shirt (Unisex sizes, polyester blend)
- \$20.00 **additional** if NOT a USMS member

Entry Fee June 1, 2025 through July 15, 2025 (end ONLINE ENTRY):

- \$50.00 without T-shirt)
- \$65.00 with T shirt (but no guarantee your size available, if not, you will get a refund T shirt \$\$)
- \$20.00 **additional** if NOT a USMS member

July 19 – Same-day Entry Fee: pay by check or cash, no credit cards accepted

- \$80.00 (discount of \$15 applies if 2025 USMS membership card in hand to present with picture ID)

T Shirts MAY be available for sale at the event \$20 cash or check.

T shirt for 2025 are long sleeve, heather blue color with logos same as last year. A limited supply of Light Gray long sleeve also available.

ALL SWIMMERS MUST USE A SWIM BUOY/Buddy, IDEALLY with space to store flip flops in case you must exit from water due to emergency. Last year we required storage but this year it will your choice of the type of swim buoy but if you have to walk out, you will want flip flops or you'll likely be waiting on shore for boat pickup . Bring your own buoy or see below. Again, a buoy without storage is Okay.

Swim Buoys: NOT PROVIDED FREE THIS YEAR. RENT OR BUY AT EVENT. CASH OR CHECK

Need to rent one? \$5.00 for the event, only 15 available to rent.

Want to own one (big 'touring' size, "28 liter"). \$25.00 to buy so long as supplies remain (color choices Orange, yellow, green and a few pink, cannot guarantee color choice.

Awards for first in each age group by gender (18-24, 25-29 etc.) Overall Winners will be acknowledged with separate award (Male/Female). wetsuit or non-wetsuit does not matter. Raffle after all have finished, every entrant eligible but must be present to win, no cost.

DISCLAIMER: This is NOT a pool, it is a LAKE and weather & water temperature are **totally** uncontrolled. The swim will **not** happen if the water temperature is 60 degrees or less. Wind can create unsafe conditions for swimmers and kayak support. Conditions on Race Day must be safe: Brisk wind, significant whitecaps/chop, excessive wildfire smoke and/or Lightning will mean NO Swim. Tubbs Hill's position with prevailing wind may make the conditions on one side of the Hill **entirely different** than the other (calm on side, chop on the other). If the Swim does not happen there will be no refunds. USMS.org/events is a "sanctioned" swim. Every entrant will receive sighting photos prior to swim via email. If you have entered and not received an email by July 15th with those photos, please email meet director. Large map will be available to contemplate at the starting line.

Email meet director: noturnswim@yahoo.com



PLEASE REVIEW (we don't want to discourage you but also want you to enjoy yourself)

1. Don't come to the swim wearing your new wetsuit for the first time. You need to have swum in your wetsuit for at least a few swims to be comfortable in it (or have discovered it chafes, is too restrictive, etc.). Most likely you will not have to wear a wetsuit unless you wish to for the race (not required unless water <62)

2. Don't make our swim your first ever *swim* in open water. Yes, come for your first 'race' in open water but open water is not a pool in SO many ways! You need to experience it without any race pressure and slowly/easy for the first few times. 67 degrees can seem quite cold.

3. Early preparation: Try out CDA Lake swimming at: 1) Independence Point near the CDA Resort, there is a 'parallel to the beach' area with 'no boats allowed' or 2) Kroc Masters open water swimmers will be at Little Sanders beach, where 12th street hits Lakeshore (not 'big' Sanders at 15th), unless bad weather, to be a swim buddy. **THREE SATURDAYS at 7 AM: June 28, July 5th and 12th.** No fee, no pressure, no restrooms, no showers, not a race. Wetsuits and neoprene caps (or double swim caps) suggested (googles and swim caps definitely needed). It will be colder water in June and warming up each week. Come to CDA early and walk Tubbs Hill Park Trail along the cliffs and See the route too.

4. Open Water Race Manners/thoughts: Try to avoid contact with others, don't hit another person's feet (plenty of room to go around), no need for aggressive body contact swimming. Use anti-chafe for wetsuit neck, be sure your googles won't fog up. Once in the water if you are not feeling particularly good or getting colder by the minute, let a kayaker know & either hang on to the kayak for assistance or swim for shore/shallow water after letting safety Kayaker know your plan so they can watch you get to shore.