



Swim Defiance

1.2 & 2.4 mile Open Water

Sunday August 2, 2025
PNA/USMS Sanction:
XXXX
Host: Bernardo's All Stars

LOCATION: Owen Beach, Point Defiance Park on Commencement Bay, Tacoma, WA 98407

EVENT: 1.2 & 2.4 mile swims

COURSE: This year will be a shoreline swims, due to timing of tides. Water temp is estimated at 57-61°F. Water jugs provided for rinsing at finish. Metro Parks restrooms and change tents/portable toilets at finish area.



TIMELINE: Check in begins at 11:00 AM: Mandatory Competitor Safety Meeting near start 12:50pm: 2.4 mile swim begins at 1:30pm, 1.2 mile swim will begin at 1:40pm

RACE DIRECTOR: Diana Hermanson 253-426-0588, basst2021@gmail.com

ELIGIBILITY: Open to all 2025 registered Masters swimmers (USMS or MSC) 18 and older as of Aug 2, 2025. Competitors not registered may sign up for a \$20 One-Event USMS registration.

RULES: Current USMS rules will govern this event. Neoprene wetsuits are required unless swimmer has pre-approval, email race director for wetsuit exemption form. Swim safe buoy and race provided caps are required. Time limit for the race will be 2.5 hours.

SAFETY: Certified Lifeguards/Tacoma Maritime Institute/Law Enforcement safety boats will monitor the entire course. Body marking required on hands. Competitors must wear a high visibility swim buoy (will be available for purchase the day of event), the color-coded race cap, wetsuit.

AWARDS: Custom participant award and cap to all competitors. A random drawing of merchandized prizes for participants and volunteers will be held while waiting for the last person to finish. Custom event awards for male and female in each event. 1st place awards will be presented to men and women in age groups 18-24, 25-29, etc. as well as an overall male and female for both the 1.2 & 2.4 mile distances. Scrumptious pre/post race refreshments and extra sponsor kudos for recycle and beach pick-ups!

ENTRY FEES: \$15 Early Bird Discount: May 31-June 30 \$85 – for either the 1.2 mile or 2.4 mile course swim. July 1-26 entry fee will be \$100. Short sleeve perf. tee available for purchase. \$27-XS thru XL/ \$30 - 2XL&3XL

ONLINE ENTRIES ONLY: There will be NO day of event entries allowed.

ENTRY DEADLINE: Race registration closes at 11:59 pm Pacific on 07/26/25. 100 max swimmers

RESULTS: Preliminary results available on race day and final results posted at <http://www.swimdefiance.com>.