

KROC MASTERS OPEN WATER SWIM, SATURDAY, JULY 18, 2026

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)

7:45 am water entry, 8:00 Start: Wave One, (8:10 for Wave Two if needed)

Mandatory Safety meeting for all swimmers 7:30 am at Start area

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 USMS Organization mandates this (adults only membership)...no insurance, no swim.

Water temperature in mid-July has historically been between 64 and 70 degrees and last year (2025) at this time it was approximately 69 degrees.

IF YOU CANNOT SWIM AT LEAST 1500 yards continuously in FORTY-FIVE (45) 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 their swim pace will NOT allow them to finish by the maximum time for the event.

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 and visibility.** ROCKY CLIFFS COMPOSE MOST OF 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). Swim will be limited to 125 entrants.

**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) . If you choose to park near finish line, getting to registration and start line requires coordination on your part with your fellow passengers/ cheering section OR a longer walk. You can also park in the pay lot near the start area. Spectators can hike the cliff trail along Tubbs, it is about 1 mile of unpaved, semi-rocky, up/down/around walking with views of the Lake/course/swimmers at a number to points.

Awards and Raffle will occur at the Finish line, "Little Sanders" Beach after all swimmers are accounted for, however, First Place Overall (male/female) will be awarded earlier.

On line entry fee:

Entry Fee through December 31, 2025:

- \$25.00 without T-shirt
- \$45.00 with T-shirt (Unisex sizes, polyester blend)
- \$20.00 **additional** if NOT a USMS member

Entry Fee JANUARY 1, 2026 through April 30, 2026:

- \$35.00 without T-shirt
- \$55.00 with T-shirt (Unisex sizes, polyester blend)
- \$20.00 **additional** if NOT a USMS member

Entry Fee May 1, 2026 through July 14, 2026 (end ONLINE ENTRY):

- \$50.00 without T-shirt)
- \$70.00 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 18 – Same-day Entry Fee: pay by check or cash, **no credit cards accepted**

- \$90.00 (discount of \$15 applies if 2025 USMS membership card in hand to present with picture ID at registration desk. We must have your USMS # for insurance purposes)

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

T shirt for 2026 are long sleeve cotton/polyester blend. Color to be determined. A limited supply of light gray or heather blue long sleeve shirts from previous years will be available. No event dates are on any shirts.

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. Your choice of the type of swim buoy (BUT IT MUST BE DESIGNED FOR THIS PURPOSE< NOT A TOY OR DECORATION) but if you have to walk out, you will want flip flops or you'll likely be waiting on shore for boat pickup so a buoy with storage capacity may be the best choice(?). Bring your own buoy or see below.

Swim Buoys: RENT OR BUY AT EVENT. CASH OR CHECK (no credit cards)

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 along with all kayak volunteers 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 potentially 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. Kroc Masters Team is sponsored by the Salvation Army Kroc Center in CDA, Idaho.

Every entrant will receive sighting photos prior to swim via email. If you have entered and not received an email by July 14th with those photos, please email the meet director. Large map will be available to contemplate at the starting line and will be mentioned/exhibited at the safety meeting.

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 but you may (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. Our 2025 swim had SIGNIFICANT chop/wind.

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 27, July 4th and 11th. No fee, no pressure, no restrooms, no showers, not a race. Wetsuits and neoprene caps (or double swim caps) suggested (goggles and swim caps definitely needed). It will be colder water in June but getting warming each week. Come to CDA early and walk Tubbs Hill Park Trail along the cliffs, see the route from land and visit the Museum of North Idaho (MONI) while here.

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 goggles won't fog up. Once in the water if you are not feeling particularly healthy or getting colder by the minute, let a kayaker know & either hang on to the kayak for assistance or exit at the 1/3 distance/Beacon Point beach where safety boat and crew, towels, etc. await you, it is easy to get out there and not really easy anywhere else except Start and Finish. **DO NOT EXIT WITHOUT TELLING ANYONE** as we must account for all those that go 'in', getting 'out'.