

Richmond Plunge Masters
Keller Cove Swim for Kids' Sake
Sunday, September 25, 2011

Sanction OW-11-12a, OW-11-12b, OW-11-12c

Location: Keller Beach, Miller/Knox Regional Shoreline, Richmond, California

Directions: From Hwy 580, take Canal Blvd exit and turn south; turn right at W. Cutting Blvd; turn left at Dornan Dr./S. Garrard and proceed past Richmond Municipal Natatorium ("The Plunge") through the tunnel. Keller Beach is on right upon exiting the south side of the tunnel. Parking available curbside along Dornan Dr and in Point Richmond, and at Miller/Knox parking lots, up to ½-mile walk from Keller Beach (no parking fees).

Course: ½, 1 and 2-mile swims run concurrently in a counter-clockwise triangular course, with multi-wave starts. 2-mile swim consists of two loops of 1-mile course. All swims begin and end on a sandy beach. Swim takes place in SF Bay, with expected water temperatures of 60-64°. Wetsuit and non-wetsuit divisions. Swimmers are encouraged to wear wetsuits unless they are accustomed to swimming without wetsuits at the expected water temperature and swim distances.

Time Schedule: Swimmer check-in and same-day registration from 7:30-9:00 am; Pre-race instructions from 9-9:15 am; Swim events: 9:30-11.30 am. No late check-in or late starters.

Swim Procedures: Open to Masters and USA youth swimmers, 11-18 years old. Masters may enter any one the three swim distances; USA swimmers may enter either the 1/2 or 1-mile distance. The swims will be run concurrently, beginning with the 2-mile, followed by the 1-mile and then the 1/2-mile swim wave(s). Time limits of 1 hr for the 1-mile swim and 2 hrs for the 2-mile swim will be enforced. Masters and USA, male/female waves TBD. All swimmers will be required to wear timing chip and brightly-colored swim cap (to be provided), and will receive body-marking for swimmer identification. Swim cap color matched to race distance. Use of swim fins, pull buoys or other swimming devices will not be permitted. Personal escorts will only be permitted for handicap swimmers, with approval from East Bay Regional Park District Aquatics Supervisor and Race Safety Officer.

Swim Divisions and Awards: Masters divisions include non-wetsuit and wetsuit, M/F, for each swim distance (1/2, 1 and 2-mile). Pac Masters points given for only 1 and 2-mile distances. Awards in each Masters division: (a) Non-wetsuit, top 3 finishers in each 5-year age group; and (b) Wetsuit, top 3 finishers in two age brackets, 18-39, and 40 and over. USA-S divisions include non-wetsuit and wetsuit, boys and girls, for each swim distance (1/2 and 1-mile). Awards in each USA-S division: (a) Non-wetsuit, top 3 finishers in each 2-year age group; and (b) Wetsuit, top 3 finishers in two age brackets, 11-14, and 15-18.

Entry Fees: Masters/USA-S, on or before: 9/10/11- \$40/\$30; 9/20/11-\$45/\$35; Race Day-\$50/\$40; T-shirts extra @ \$15 each. Race day special \$75 for non-USMS swimmers, includes USMS/PacMasters registration, entry fee and T-shirt. Fees non-refundable.

Registration: Online at Active.com (with additional processing fee) or mail to: Richmond Plunge Masters c/o Richmond Swims, P.O. Box 70105, Richmond, CA 94807. Download Entry Form at <http://www.richmondswims.org>. Mailed registrations must include photocopy of valid USMS/USA-S membership card and payment by check made out to "Richmond Swims". Race day registration requires presentation of membership card and payment by cash or check (no credit cards).

Race Director: Norm Hantzsche (nhantzsche@questaec.com) 510-236-6114, ext. 214

Safety Officer: John Schonder (richmondswims@gmail.com) 510-504-0330

Website: For additional information, entry form, map of race course and vicinity:

<http://www.richmondswims.org>