



## **37<sup>TH</sup> DAM LAKE BERRYESSA SWIM**

**Saturday, June 1, 2019**

**Youth 1-mile and 2-mile open water races**

**Sanction:** Sanctioned by Pacific Masters Swimming for USA Swimming. (#OW-19-001)

**Location:** Steele Canyon Campground, Lake Berryessa, Napa, CA

**Course:** 1-mile, and 2-mile single loop

**Host:** Davis Aquatic Masters. **Event website:** [DAM Lake Berryessa Swim](http://DAMLakeBerryessaSwim.com)

**Facebook:** [fb-DAMLake Berryessa Swim](https://www.facebook.com/DAMLakeBerryessaSwim)

**Meet Info:** Race Director: Stuart Kahn [berrryessa@damfast.org](mailto:berrryessa@damfast.org)

Referee: Niffy Carmody Starter: Jeff Anderson

Administrative Referee: Melissa Szpik Serrao Assistant Referee: Joe Biello

**Timing and Scoring:** [Big Sky Endurance Sports](http://BigSkyEnduranceSports.com), Reno, NV

**Rules:** This event will be governed by 2019 USAS Rules for Open Water Swimming.

**Conditions/Safety:** Expected water temperature is 65-70 degrees F; air temperature average is 70-80 degrees F. Each course is patrolled by safety craft. Individual escorts are not allowed. All swimmers must wear the provided swim cap and follow all USAS rules. Mandatory safety briefings will be held at 8:50 a.m. and at 11:00 a.m. at the information kiosk. The updated Event Safety Plan will be posted at the registration desk on race day and is available prior to race day by request from [berrryessa@damfast.org](mailto:berrryessa@damfast.org).

**Start:** Deep water, wave starts (see below) **Finish:** Onshore

**Course:** 1-mile, and 2-mile single loops, freshwater lake. Course cutoff times are 1 hour for the mile mile races and 2 hours for the 2 mile races.

**Eligibility:** This event is open to USAS registered swimmers or members of an equivalent FINA organization (for foreign swimmers). To register for the event, you must provide proof of current membership. You may register for a USAS One-Day Event Membership during the online entry process.

**Entry deadline:** Online registration closes Wednesday, May 29, 2019 at 11:59 PM (Eastern time); paper entries must be received by Thursday, May 23, 2019.

**Entries:** USAS online entries open March 1, 2019, at: [2019 USAS Berryessa registration](#). For a paper entry form, email [berryessa@damfast.org](mailto:berryessa@damfast.org).

**Fees:**

| <b>Regular (ends 5/29/2019)</b> | <b>Race Day (6/1/2019)</b> |
|---------------------------------|----------------------------|
| USAS \$30 1 or 2 mile           | USAS \$40 1 or 2 mile      |
| USAS \$50 Both swims            | USAS \$60 Both swims       |

Additional \$3.50 processing fees are applied to online entries.

Entry fees are non-refundable and non-transferable.

Online entry is paid by credit card to “ClubAssistant.com Events”

**Fees include:**

- Swim cap
- Official Berryessa Mug (guaranteed only for first 300 Regular entrants. Race Day mugs subject to availability.
- Post Race refreshments
- Online Race Results

**Awards:** Awards will be presented to the top 3 swimmers in each age and gender group for each of the events.

**Other Event Details:**

Snacks, water, and sports drink will be provided to all competitors

Commemorative t-shirts (\$15) may be purchased during online or mail-in registration.

One food truck from **ChickPeas Kitchen** will be onsite to satisfy your pre- & post-race cravings with fresh Mediterranean menus. They offer healthy yet delicious foods including many vegan and gluten-free options. Race day purchase and pickup.

Limited quantities of merchandise and meals may be available for purchase at the event.

Lodging: Primitive (no water or electricity) campsites are available at Steele Canyon, call Amber at [1-707-966-9179](tel:1-707-966-9179) for reservations. Full hookup camping sites are available at Pleasure Cove Marina (<http://goberryessa.com>, click on “Forever Resorts Marinas”). Nearest hotels are in Napa, Vacaville, or Fairfield.

**Mandatory Safety Meetings:** 8:45am for 2 mile race and 11:00am for 1 mile race

**Anticipated timeline:**

**Check-in and Race Day registration open at 7:30 a.m. Check-in and Race Day registration close at:**

8:55 a.m. for USA-Swimming 2 mile

9:05 a.m. for USMS, Category 1, 2-mile

9:30 a.m. for USMS, Category 2, 2-mile

11:05 a.m. for USA-Swimming 1-mile

11:15 a.m. for USMS, Category 1, 1-mile

11:35 a.m. for USMS, Category 2, 1-mile

(note: Category 1=non-wetsuit or approved FINA swim suit. Category 2=wetsuit or unapproved FINA swim suit)

## Full Event Swim Schedule

| Wave | Age Group     | Event                          | Start Time | Close Time |
|------|---------------|--------------------------------|------------|------------|
| 1    | 13 & Up Boys  | USA-S 2-mile                   | 9:10 a.m.  | 11:10 a.m. |
| 2    | 13 & Up Girls | USA-S 2-mile                   | 9:15 a.m.  | 11:15 a.m. |
| 3    | 18-39 Men     | USMS 2-mile, Category 1        | 9:20 a.m.  | 11:20 a.m. |
| 4    | 18-39 Women   | USMS 2-mile, Category 1        | 9:25 a.m.  | 11:25 a.m. |
| 5    | 40-54 Men     | USMS 2-mile, Category 1        | 9:30 a.m.  | 11:30 a.m. |
| 6    | 40-54 Women   | USMS 2-mile, Category 1        | 9:35 a.m.  | 11:35 a.m. |
| 7    | 55 & Up Men   | USMS 2-mile, Category 1        | 9:40 a.m.  | 11:40 a.m. |
| 8    | 55 & Up Women | USMS 2-mile, Category 1        | 9:45 a.m.  | 11:45 a.m. |
| 9    | Men & Women   | USMS 2-mile, <b>Category 2</b> | 9:50 a.m.  | 11:50 a.m. |
| 10   | 11 & Up Boys  | USA-S 1-mile, Category 1       | 11:20 a.m. | 12:20 p.m. |
| 11   | 11 & Up Girls | USA-S 1-mile, Category 1       | 11:25 a.m. | 12:25 p.m. |
| 12   | 18-39 Men     | USMS 1-mile, Category 1        | 11:30 a.m. | 12:30 p.m. |
| 13   | 18-39 Women   | USMS 1-mile, Category 1        | 11:35 a.m. | 12:35 p.m. |
| 14   | 40-54 Men     | USMS 1-mile, Category 1        | 11:40 a.m. | 12:40 p.m. |
| 15   | 40-54 Women   | USMS 1-mile, Category 1        | 11:45 a.m. | 12:45 p.m. |
| 16   | 55 & Up Men   | USMS 1-mile, Category 1        | 11:50 a.m. | 12:50 p.m. |
| 17   | 55 & Up Women | USMS 1-mile, Category 1        | 11:55 a.m. | 12:55 p.m. |
| 18   | Men & Women   | USMS 1-mile, <b>Category 2</b> | 12:00 p.m. | 1:00 p.m.  |

DAM is a 501(c)(3) organization that supports local swimming related organizations and swimmers with donations and scholarships. All proceeds support the DAM mission.





# Official USAS Registration Form

37<sup>th</sup> DAM Lake Berryessa Open Water Swim  
June 1, 2019

Please print clearly (one form per swimmer, all fields must be filled out)

### Swimmer's Personal Information

|                              |        |   |
|------------------------------|--------|---|
| Name (last, MI, first):      |        |   |
| Address (street):            |        |   |
| City:                        | State: | Zip Code:   |
| Phone # on race day:         |        | Email:  |
| Date of Birth:               | Age:   | Gender<br><input type="checkbox"/> Male <input type="checkbox"/> Female |
| USAS Membership # (required) |        | Club (with code, if known)  |

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone # at lake \_\_\_\_\_

### Race entry fees (one form per swimmer)

|  | Price | Total |
|--|-------|-------|
| 1-mile swim:                           | \$30  |       |
| 2-mile swim:                           | \$30  |       |
| Combined 2-mi. + 1-mi. swims:          | \$50  |       |
| <b>GRAND TOTAL FOR RACE ENTRY FEES</b> |       |       |