

Our Mission: To prevent and cure diabetes and to improve the lives of all people affected by diabetes.



Sitka Sound Adventure Swim

Est. 2010

Hosted by the American Diabetes Association

The full distance of the race is 6.2 miles. There will be a 3.1 mile option.

Maximum time allowed
on the course is 4 hours.

Date of swim: Aug 8, 2010

RULES AND REGULATIONS

1. The event is open to swimmers 18 years old and older. The age of the swimmer will be determined by the age of the swimmer on race date.
2. Official Relay Team will consist of 2 to 6 individuals, or a swimmer may enter as an individual.
3. Individual swimmers wearing wetsuits do not have to complete the 1-hour cold-water swim. Relays will be placed in the wetsuit division if one or more persons in the relay are wearing a wetsuit. There will be separate awards for swimmers and relays using wetsuits as follows: Fastest man/woman, fastest Male relay, fastest female relay and fastest mixed relay.
4. There will be a maximum of 14 individual swimmers. To assure completion of the event, please submit your 2000m/220yd time for review, (40 minutes or under for a 2k). All individual competitors not wearing a wetsuit must submit witnessed proof of a continuous one (1) hour swim in water below 60 degrees Fahrenheit. A letter by the individual's swim coach or open water training coordinator attesting to the competitor's ability to complete a swim in these conditions will be accepted.

The age divisions for men and women individual swimmers will be 18-25, 26-35, 36-45, 46-55, 56-65, and so on, as needed.

5. Relay swimmers will have to meet the 2k swim times of 40 minutes or under, but will not have to complete a cold-water swim. **The number of relays allowed entry will be 6.**

TEAM DIVISIONS: Teams can be entered as wither all Male, all Female, or mixed. Mixed teams will be made up of any combination of men and women.

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- _Men/Women/Mixed: 36+
 - _Men/Women/Mixed: 72+
 - _Men/Women/Mixed: 160+
 - _Men/Women/Mixed: 220+
6. An Escort kayaker is required for solo swimmers and relays, to enhance safety and navigation. Swimmers must swim on either the left or the right side of the kayak. **NO DRAFTING WILL BE ALLOWED.** Drafting is defined as “the carrying of a swimmer by the wake of the escort boat, or another swimmer.” If any team engages in drafting, and a complaint by another team is lodged and upheld, the drafting team will be disqualified.
 7. In the relay swims, teams should select a swimmer rotation and do their best to maintain it, a common guideline is to have swimmers rotate every 30 minutes. Other time frames are acceptable as long as the swimmers remain safe and attempt to stay in rotation. If a person cannot finish his or her leg, the boat is allowed to keep its motor on only to keep present position for the duration of that swimmer’s portion. If the next swimmer enters the water before the proper time, the team will be disqualified.
 8. The starting sequence of swimmers for relays must be maintained throughout the race. If a swimmer cannot take his or her turn for any reason, an alternate cannot replace him or her. The boat may maintain its present position but cannot motor forward until the next swimmer enters the water at the appropriate time. If a team has to pull a swimmer for any reason, they may choose to motor sideways to get away from that area, but they may not motor forward.
 9. Boat captains are to position their boats at least 25 feet apart for an imaginary channel to allow swimmers to swim without obstruction. Further limits on boats will be made at the captains meeting on Saturday August 7th, 2010. Please be on the lookout for other swimmers in the water; **SAFETY IS OUR FIRST PRIORITY.**
 10. To start the race, an official starter will fire a starting gun so all swimmers will have a fair and equal start. Any swimmer or group of swimmers who start before this signal will automatically disqualify their team. The official starter is solely vested with the authority to start the race. The race may be started in waves at the discretion of the race organizers to enhance safety.
 11. Individual swimmers and relays will check in at the UAS boat ramp. Escort kayakers can launch from this ramp also.
 12. The race will start no earlier than 10:00 am and no later than 10:45 am. Location of the start will depend on conditions.
 13. The individual entry fee is \$99.00. Each relay team must pay an entry fee of \$99.00/relay member. The individual and relay entry fee includes 2 tickets for the banquet, official Sitka Sound Adventure Swim t-shirt, awards and caps.

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14. In addition, each individual swimmer will receive one extra banquet ticket and t-shirt for their kayaker. Each relay will receive banquet tickets, t-shirts one each for skipper and kayaker.
15. **Late entry is open until July 31, 2010.**
16. **The remaining monetary amount raised from this race will go to benefit the American Diabetes Association and its related causes. Attached are sponsorship forms for individuals to provide the entry fee through donations and solicitations. The entry fee is the minimum amount needed to participate in the Sitka Sound Adventure Swim, and all further donations and fundraising will be accepted and encouraged. Please use the attached forms to help in this cause.**
17. Each team shall have an appointed captain who is responsible for knowing all the rules and details of the race.
18. **Due to the nature, expense and complexity of traveling to Sitka for this event there will be no refunds. The race will take place even in we have to modify the course.**
19. **Extra banquet tickets or t-shirts can be purchased at the same time you register for the event. Banquet tickets can be purchased for \$20.00 and t-shirts can be purchased for \$15.00/t-shirt. Additional banquet tickets can be purchased later by contacting the race director.**

CAPTAINS' MEETING: There will be a MANDATORY organizational meeting at a location to be determined on August 7, 2010 at 6pm at the Westmark Hotel Banquet Room. SOLO SWIMMERS, TEAM CAPTAINS OR OTHER REPRESENTATIVES FROM EACH TEAM ARE REQUIRED TO BE AT THIS MEETING AND THE SKIPPERS OF EACH ESCORT CRAFT. The purpose of the meeting is to review the racecourse, last minute changes, and instructions for the start of the race, pick-up and sale of individual t-shirts, caps, banquet tickets, meet your skipper.

BANQUET: The banquet on August 8, 2010 following the race will be held at The Sitka Tribal Community House at 200 Katlian Street.

Non-team members and guests who wish to attend the banquet, please include an additional \$20.00 per person. Make the check payable to American Diabetes Association 'Sitka Sound Adventure Swim Banquet'.

ACCOMMODATIONS: The Westmark Sitka Hotel is the host hotel. We will have special rates for the swimmers. Their phone number is 800-544-0970. To receive the race discount ask for Marcia or Ron.

ESCORT BOATS/KAYAKS: We will be happy to assist in relays in securing an escort boat with skipper. We will also be happy to help anyone needing assistance in finding an escort kayaker. These escorts will be of limited supply so first come first served. If you have an experienced kayaker you can rent a kayak from Sitka Sound Ocean Adventures, www.kayaksitka.com or info@kayaksitka.com. You must be able to show that you are experienced in order to rent a kayak as an escort.

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ENTRY: Entry materials can be found at www.sitkaadventureracing.org. Hit the swim link.

INFORMATION ON SITKA: Contact the Sitka Convention & Visitors Bureau at scvb@sitka.org or call 907-747-5940. Website: www.sitka.org.

OTHER QUESTIONS: If you have further questions about anything not covered here, or about anything that remains unclear after reading all of this, please contact Dave Nevins, Race Director, at ssaswim@yahoo.com.