

# Bushtukah Bring on the Bay 3K Open Water Swim

## Race Day Information

(New details **highlighted** - please read carefully)

Thank you for participating in the *Bring on the Bay 3K Open Water Swim*, sponsored by Bushtukah. The swim is part of the annual [Easter Seals Regatta](#), supported by the Nepean Sailing Club (NSC) and Britannia Yacht Club (BYC). Our goal this year is to raise \$55,000 for Ottawa's Easter Seals kids. The Swim event contributes significantly to the overall goal.

**Swim Packet Pick-up and Late Registration:** **NEW THIS YEAR:** The packet pick-up location has changed. Please check in on *Friday July 15th, 6 pm to 8 pm, Nepean Sailing Club, 3259 Carling Avenue, at Dick Bell Park*. Please [download the waiver form](#) and bring it along, or fill one out at packet pick-up. If you have offline pledge forms, please bring them too – you'll be eligible for special prizes on swim day. Course information will be provided. While you're there, please join us for our kickoff "Rock the Dock" auction. No tickets or reservations are required. Drinks and food will be available at preferential member prices. Browse and bid on great auction items.

**Safety and Swim Rules:** There will be boats, canoes and kayaks patrolling the course. Swimmers may stop and hold on to a boat for the purpose of rest and recovery. No escort permitted. Swim caps must be worn during the race and are included with your registration package. Goggles are strongly recommended. There are no restrictions on wetsuits. Fins, paddles, snorkels and other swim aids are NOT permitted. Violators will not be eligible for awards and results will be posted as DNF.

**NEW THIS YEAR!** Chip timing by Sportstats. Chip pick-up will take place on race day morning. You should wear your chip on either wrist. Volunteer medical staff will be available at the finish line and on the course. Swimmers requiring medical attention may be transported prior reaching the finish line.

**Swim Start:** For those who cannot join us Friday night, swim packet pick-up and late registration will take place *Saturday July 16<sup>th</sup> from 7 to 7:30 am at the Nepean Sailing Club, 3259 Carling Avenue, at Dick Bell Park*. Bring your swimsuit, wetsuit (optional), goggles, pre-race nutrition and hydration and sunscreen. Swim caps are mandatory and will be provided. We'll provide you with a bag to drop off your shoes and extra clothing which you may want to have waiting for you at the finish line. If you prefer, bring your own bag or knapsack. We'll provide a tag with your assigned race number.

Free parking is available at the Nepean Sailing Club. Enter through the main doors of the clubhouse and proceed to the check-in desks on the 2<sup>nd</sup> level. From there you'll be directed to the swim start. Washrooms are located in the main clubhouse and in the sailing school pavilion near the swim start.

**The swim must begin at 8 am sharp!!!** You may warm up before the swim but please be out of the water by 7:45 am. Please follow instructions so we can get the swim started on time. Many other Regatta events are scheduled that day so punctuality is important. Your swim cap will have your assigned race number. It must be worn at all times during the swim. More than 250 swimmers will start together so please seed yourself according to your expected swim time. If you are an intermediate or novice swimmer, please stay well back and/or off to one side. More information will be provided on swim morning.

**The Swim:** The course will be well marked. Keep ALL the swim markers to your right. The finish line will be described when you pick up your packet. Plenty of kayaks and safety boats will be on the course to offer guidance and rest opportunities. If you need to remove yourself from the swim, we'll provide you with transport to the finish line. Medical help will also be available. We do not plan to impose a time limit as we want all swimmers to enjoy the accomplishment of swimming the full distance. However, the availability of volunteers to remain on location may require changes.

**Finish Line and Awards Presentation:** Three side-by-side ladders will be available to exit the water. As you climb the ladder, you will need to touch the 4ft x 8ft panel on the wall behind the ladders to have your time electronically recorded. Please continue to climb the ladders and keep your swim cap in place until you reach the top of the ladder. Your swim bag will be available to you. Food and refreshments will be provided to participants, compliments of our new food sponsor, Grenfell Catering. Free parking is available at Britannia Yacht Club for friends and family members who wish to join you at the finish.

A short awards presentation will take place at approximately 9:10 - 9:30am. Awards medals will be presented to the top 3 male and female age category winners. **NEW THIS YEAR: We will also have awards for the top 3 overall male and female non-wetsuit swimmers.** All participants will receive finishing medals. Plenty of prizes will be available, so stick around! Transportation back to the Nepean Sailing Club will be provided to those who require it. Results will be provided onsite by Sportstats. Also, check [www.sportstats.ca](http://www.sportstats.ca) soon after the swim.

**Saturday Night Hawaiian Luau:** You and your friends are invited to attend a special Saturday Night Hawaiian Luau at the Nepean Sailing Club to celebrate the wrapup of another successful Easter Seals Regatta. Swim event awards will be highlighted, along with other Regatta awards – plus a four-course Hawaiian feast, live music from the Richer and Rose Band and dancing. A slide show of the day's highlights will be presented. Additional costs apply. Please [reserve and pay online](#).

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