

2023 Wisconsin Open Water Swim

Sponsored by Wisconsin Masters Swim Committee

Sanctioned by: Wisconsin LMSC for USMS Inc.

Sanction # 203-W001

DESCRIPTION: This event will take place in the lake at Fox Brook Park, located in Waukesha County, WI, on June 24, 2023, with a start time of 8:30 am. Fox Brook is a small lake with no motorized boats allowed. The lake has a depth of 30 feet, and an occasional panfish may be seen.

LOCATION: Fox Brook Park, 2925 N. Barker Rd, Brookfield, WI 53045. Public restrooms, changing area, and showers are available for use by participants.

DIRECTIONS: Take Exit 295 from I-94, go North on County Hwy F (Redford Blvd) to Watertown Rd. Turn right on Watertown Rd, then turn left onto North Ave. At the Roundabout, take the 3rd exit onto N Barker Rd. Go approximately 1 mile, and shortly after crossing railroad tracks, turn left into the park.

PARKING: Waukesha County requires purchase of a parking permit to enter the parking lot. This must be done online, within the time period of 5 days before the event or 5 days after the event. You may purchase either a 1 day permit, or an annual permit. This must be done online at <https://apm.activecommunities.com/waukeshacountyplu/Membership>. Failure to purchase a permit will result in a violation. The park uses a camera system to enforce the parking restrictions.

EVENTS: There will be a non-competitive 500 M swim, a competitive 1000 M swim, and a competitive 1500 M swim. Wetsuits will only be allowed in the non-competitive 500 M race. The start will be in the water off the beach area. The finish will be in the grassy area off the beach. There will be chip timing for these events, including the non-competitive 500 M swim.

SWIM COURSE: This is an open water lake swim. The 500 M non-competitive race will be one loop around the course, the 1000 M race will be 2 loops around the course, and the 1500 M will be 3 loops around the course. The course consists of three turn buoys. For all races, the start will be an in-water start off the beach area. The finish will be in the grassy area just off the beach. There will be lifeguards and water safety persons stationed in the water around the course.

SWIM ATTIRE and WATER TEMPERATURE: The Wisconsin Open Water Swim is a USMS sanctioned event and governed by USMS rules. This includes the restrictions concerning water temperature and wetsuit use.

- Non-Wetsuit (USMS Cat I): Swimwear shall include only a swimsuit, cap or caps (including those made of neoprene when the water temperature is not greater than 78 degrees Fahrenheit), and goggles. Swim caps shall be defined as head gear conforming to a traditional swim cap design and shall not extend to protect the neck and shoulders. Nose clips, ear plugs, and wristwatches are also allowed. The swimmer shall wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials and not contain clasps or zippers. For both men and women, the swimsuit shall not cover the neck and shall not extend past the shoulder nor below the ankles.
- Wetsuit (USMS Cat II): Swimwear that does not meet the requirements for category I swimwear shall be considered category II swimwear. Swimwear may include a swimsuit or wetsuit, cap or caps, goggles,

armbands, and rash guards. Nose clips, ear plugs, wristwatches, and grease are also allowed. Wetsuits will only be allowed for the non-competitive 500 M event.

More information on conforming swimwear is available in section 303.4 of the [USMS Open Water and Long Distance Swimming Rules](#).

USMS rules state that “wetsuits or any other heat-retaining swimwear may be allowed at the discretion of the event director when the water temperature does not exceed 78 degrees Fahrenheit...” This 78 degree limit will be enforced. No wetsuits will be permitted if the lake water temperature is above 78 degrees Fahrenheit.

PERSONAL SWIM BUOY: Personal swim buoys shall not be allowed for this event.

WAVES: The 1500 M race will start first, followed by the 1000 M race 2 minutes later. The 500 M swim will start 2 minutes after the 1000 M swim.

MANDATORY SAFETY MEETING: All participants must attend the mandatory Pre-race Safety Meeting at 7:45 a.m. **Participants who do not attend will not be allowed to swim in the event.**

RACE DAY TIME LINE:

Check-in 7:30-8:20 am

Mandatory Pre-Race Safety Meeting: 7:45 am

Warm-ups: 8:00-8:20 am

Race

Instructions and National Anthem: 8:20 am

Start of Race: 8:30 am

Awards: approx: 10:00 am

RULES: Current 2023 USMS Rules will govern this event.

ENTRIES: Online registration preferred. Online entries will open on April 1, 2023, and will close at 11:59 p.m. June 17, 2023. Paper entries must be received by the Event Director by Friday June 16, 2023. **No late entries, no race day entries, no exceptions. Entry fees are non-refundable.**

ELIGIBILITY: 2023 USMS registration is required of **all** participants. USMS One Event Registration is available for an additional fee.

FEES:

EVENT	500	1000	1500
Early registration (online thru Wed 5/31/2023)	\$20	\$35	\$35
Registration 6/1/2023-6/17/2023	\$25	\$45	\$45
USMS One-Event registration	\$20	\$20	\$20

Fees are non-refundable.

AGE GROUPS: 18-24, 25-29, 30-34, etc. in five year increments as high as necessary for both men and women. Age group is determined by age as of 12/31/2023. Participants must be 18 years of age on 6/24/2023.

ENTRY LIMITS: Entries are limited to 100 total for all events.

CHECK-IN: All swimmers must check-in at the Check-in tent to pick up their Event bag.

AWARDS & POST-RACE SOCIAL: The awards ceremony will follow the completion of all events. Awards will be presented to the first two places overall for both the 1000 M and 1500 M events, for both men and women. Awards will be given to the first place in each age group for both men and women, for both the 1000M and 1500 M races. Overall winners will not be eligible for age group awards.

All swimmers will be eligible for raffle prizes.

SAFETY: The Safety Director will be located on the beach, along with an additional lifeguard. There will be 7 combined lifeguard/safety persons located around the course. There will be radio communication between the safety director and the water personnel in the event of a swimmer needing assistance.

In the event of inclement weather, the Event Director will have the final authority as to whether or not to conduct the event.

In addition, all swimmers must wear the electronic timing chip and swim cap provided at check-in and have their race number written on their arm.

WATER TEMPERATURE: Water temperature is expected to be in the range of 74 to 77 degrees. If the temperature exceeds 78 degrees at race time, wetsuits will not be permitted.

WATER QUALITY: Water quality is monitored by Waukesha County. Testing is performed on a regular basis, in particular for E. Coli and blue-green algae.

TIME LIMIT: A 75-minute time limit will be in effect for all swimmers. The 75 minutes begins at the start of the 1500 M race.

TIMING: Race will be chip timed. A \$30 fee will be charged for chips that are not returned.

RESULTS: Meet results may be found at wisconsinmastersswimming.com under Events > Results, a few days after the meet.

CONTACT:

Event Director: Mary Schneider
W255 N5642 Wrendale Ct, Sussex, WI 53089
Ph: 262-366-8692
WChair@usms.org

Address:

Note: If paying by credit card, your credit card statement will reflect a charge from "Wisc Masters Swimming"

Course Layout:

