

14th Annual Keller Cove Swim For Kids' Sake

~~ 2-mile swim ~~

~~ 1-mile swim ~~

~~ $\frac{1}{2}$ -mile swim ~~

September 15, 2024

Keller Beach, Miller/Knox Regional Shoreline
Richmond, California

Presented by: Richmond Plunge Masters (RPM)

Sanctioned by: USMS/Pacific Masters Swimming

Lifeguard Services: East Bay Regional Park District

The Event

This open water bay swim is the 14th annual fundraising event to benefit the youth USA swim team ("Sailfish") program in the City of Richmond, based at the historic Richmond Municipal Natatorium ("The Plunge"). Proceeds from the event will be used for coaching, equipment, pool fees and swimming scholarships for inner-city youth throughout Richmond. It will be held at Keller Beach, Miller/Knox Regional Shoreline, in cooperation with East Bay Regional Park District (EBRPD) who will provide water safety and lifeguard services for the event. The event includes open water swim competitions at $\frac{1}{2}$ -mile, 1-mile and 2-mile distances, wetsuit and non-wetsuit. This is the final event of the Pacific Masters 2024 open water swim season.

Event Sanctioning and Eligibility

The Masters swim events ($\frac{1}{2}$ -mile, 1-mile and 2-mile) are USMS/Pacific Masters sanctioned events. All adult participants must be current 2024 registered members of USMS or may register and participate by paying an additional single-event fee (OEVT) of \$20 (see *Entry Fees* below). The swim is open to handicapped swimmers; contact Head Coach John Schonder (richmondswims@gmail.com) regarding specific water assistance needs.

Swim Events

❖ Masters (18 and over): $\frac{1}{2}$ -mile, 1-mile & 2-mile swims Non-Wetsuit and Wetsuit Divisions

Note:

Masters swimmers may enter: $\frac{1}{2}$ -mile only; 1-mile only; 2-mile only; $\frac{1}{2}$ -mile + 1-mile; or $\frac{1}{2}$ -mile + 2-mile.

Registration/Check-In

Registration may be made by mail, online, or at the event on race day. Race day registration and check-in will open at 7:30 am and will close at 9 am for the $\frac{1}{2}$ -mile swim, and at 10 am for the 1 and 2-mile swims. Race day registration will require payment by cash or check (no credit cards accepted). Race-day registration will require entrants to provide USMS swimming card. Mailed registrations must include photocopy of current valid membership card.

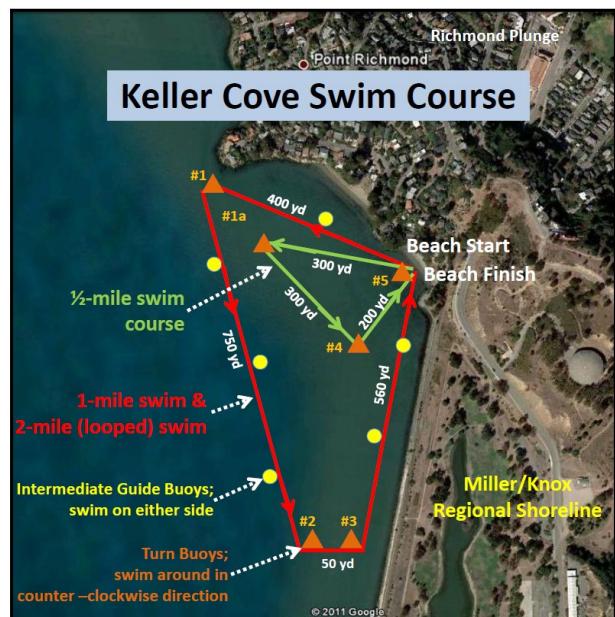
Schedule of Activities

- ❖ Swimmer Check-in: 7:30 am – 9:00 am
- ❖ Welcome and Introductions: 9:00 am – 9:15 am
- ❖ Race Instructions – $\frac{1}{2}$ -mile 9:15 am – 9:25 am
- ❖ $\frac{1}{2}$ -mile Swim 9:30 am – 10:15 am
- ❖ Race Instructions – 1 & 2 mile 10:15 am – 10:25 am
- ❖ 1 & 2-mile Swims: 10:30 am – 12:30 pm

~~~~ Refreshments and Awards following Swims ~~~~

## Swim Course

All swims will begin and end on Keller Beach and will follow a counterclockwise course marked by brightly colored buoys. The  $\frac{1}{2}$ -mile swim will be run first as a separate event. After this is completed, the 1 and 2-mile swims will be run concurrently, beginning with the 2-mile swim wave, followed by the 1-mile swimmers divided into waves. The 2-mile swim will consist of two loops of the 1-mile course. For swimmer safety, time limits will be 1 hour for the 1-mile swim and 2 hours for the 2-mile swim.



## Water Temperature, Wetsuits & Water Quality

Water temperature for the swim is expected to be in the range of 62-66 degrees. Swimmers are encouraged to wear wetsuits unless they are accustomed to swimming without wetsuits at the expected water temperature and for the distances offered in this event. Water temperatures near Keller Cove can be checked at: <http://www.nodc.noaa.gov/dsdt/cwtg/cpac.html>. Water quality at Keller Beach is analyzed weekly by EBRPD with results published at: [https://www.ebparks.org/about/stewardship/water/keller\\_beach\\_water\\_quality.htm](https://www.ebparks.org/about/stewardship/water/keller_beach_water_quality.htm)

## Awards

- ❖ Masters Non-Wetsuit Division:  $\frac{1}{2}$ , 1 and 2-mile swims; top 3 places in each 5-yr age groups; Men & Women
- ❖ Masters Wetsuit Division:  $\frac{1}{2}$ , 1 and 2-mile swims; top 3 places in 10-yr age groups; Men & Women

(Note: All swims are eligible for Pacific Masters Open Water Points Competition)

## Entry Fees

| Category                                                       | On-line or Postmarked by | Entry Fees                                 |                                                               |
|----------------------------------------------------------------|--------------------------|--------------------------------------------|---------------------------------------------------------------|
|                                                                |                          | Single Swim ( $\frac{1}{2}$ , 1 or 2-mile) | Two Swims ( $\frac{1}{2}$ + 1-mile or $\frac{1}{2}$ + 2-mile) |
| Early                                                          | 9/1/2024                 | \$55                                       | \$70                                                          |
| Regular                                                        | 9/12/2024                | \$60                                       | \$75                                                          |
| Race Day                                                       | -                        | \$75                                       | \$90                                                          |
| Additional one event (OEVT) registration for non-USMS entrants |                          |                                            | \$20                                                          |

➤ All entries are non-refundable.

## Water Safety & Lifeguard Services

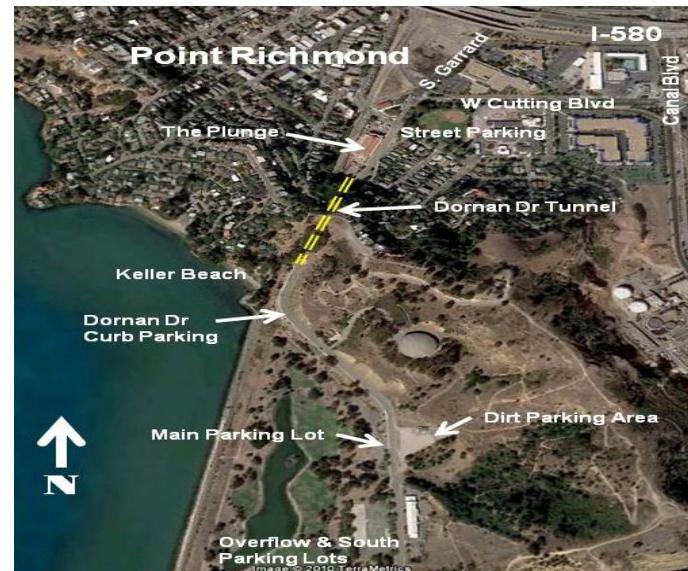
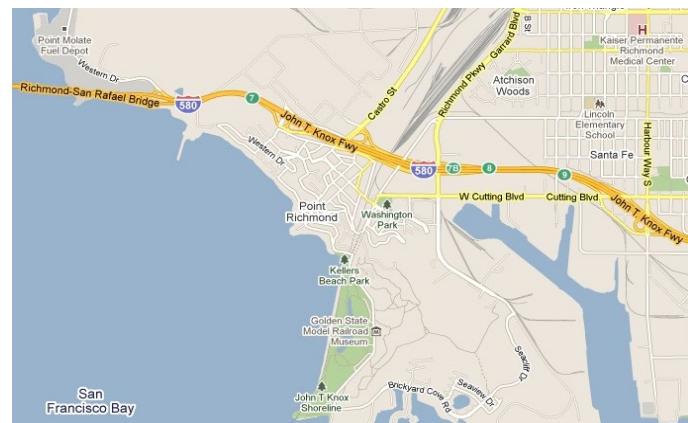
Water safety and support will be provided under the direction of the East Bay Regional Park District (EBRPD) Aquatics Supervisor and lifeguards, including lifeguards, rescue boards, and two motorized boats. All EBRPD guidelines and criteria for open water swim events will be adhered to. The swim area (Keller Cove) is not subject to strong bay currents or significant boat traffic, as it lies off the main tidal channels in a relatively protected cove. Any boats in the area will be precluded from entering the swim area. All participants will be required to wear a brightly colored swim cap (to be provided) and will receive body-marking for swimmer identification. The 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 the EBRPD Aquatics Supervisor and RPM Race Safety Officer. Note: Under penalty of disqualification,

swimmers may not make deliberate contact with craft, craft operators, and/or any physical features on or near the course during the swim.

## Directions & Parking

**Driving Directions.** Keller Beach is located at the intersection of Western Dr. and Dornan Dr. in Point Richmond, adjacent to the south portal of the Dornan Dr. Tunnel. From Highway 580, take the Canal Blvd exit and turn south; turn right at W. Cutting Blvd; turn left at Dornan Dr./S. Garrard and proceed past "The Plunge" through the tunnel. Keller Beach is on the right upon exiting the south side of the tunnel.

**Parking.** Parking near Keller Beach is limited to curbside parking along the west side of Dornan Dr, which stretches for a distance of approximately one mile to the south (toward San Francisco). Come early for close-in parking. Other parking options include: (a) street parking in Point Richmond (near the Plunge) and walk through the tunnel (1/4 mile); (b) Main Parking Lot for Miller/Knox Regional Shoreline (1/3 mile); (c) Dirt parking area across from Main Parking Lot (1/3 mile); and (d) Overflow and South Parking Lot (1/2 mile).



## Contact Information:

For questions and more information regarding this swim event, Richmond Plunge Masters and Richmond Sailfish youth team, or general information on Masters swimming contacts are provided below:

### Richmond Plunge Masters and Richmond Sailfish:

Race Directors: Norm Hantzsch (nhantzsch@questaec.com)

Race Safety Officer: John Schonder

(richmondswims@gmail.com)

Masters Head Coach: Ron Taylor (rntylr@gmail.com)

Meet Referee: Mehdi Nourbakhsh (260beb39@opayq.com)

Website: <http://www.richmondswims.org>

Address: Richmond Swims, P.O. Box 70952, Richmond, CA 94807

### USMS/Pacific Masters:

USMS Registration: <http://www.usms.org/reg>

Pacific Masters Swimming: <http://www.pacificmasters.org>



