

Dear Athlete,

Thank you for signing up for the **Wild Fish Open Water Swim** this Sunday morning, August 13st in Salem, MA at Collins Cove.

Please take a few minutes to read through the rest of this email, which will answer questions you may have.

Quick Snapshot

Date: Sunday, Aug 13th

Event Kick Off Time: 10:00AM Sharp

Race Day Registration/Package Pickup: **Opens at 8:45AM**

Location: 102 Webb St. Salem MA 01970

Registration/Package Pickup: ONLY available on race day. If you are pre-registered and already know you would like to change distances or change your wetsuit/non wetsuit distinction email events@bnsfitness.com by Saturday at 5PM. **If you already communicated this and received a response, you are all set.

Any registration changes after that can be reported at race day registration. **At check-in you will receive your swag, index card, swim cap and timing chip. DON'T LOSE THAT INDEX CARD, IT'S YOUR TICKET INTO THE WATER!!** Ankle chips can go on either ankle, and we recommend tucking it under your wetsuit if you are wearing one.

*****Wave Start Times: ****

10:00 AM – 2 Mile Swimmers

10:05AM – 1 Mile Female Swimmers

10:10 AM –1 Mile Male Swimmers

10:15 AM – ½ Mile Swimmers

Courses:

All swim distances are an in water start & beach finish and all will swim distances are counterclockwise, keeping all buoys to your left shoulder.

The **1/2 mile swimmers** will turn left at the first buoy and cut across the cove, following the buoys back into shore. *(Orange Course On Map)

The **1 mile swimmers** will complete 1 full counter clockwise loop keeping all buoys on their left shoulder.

The **2 mile swimmers** will complete 2 full counter clockwise loops keeping all buoys on their left shoulder, and swimming around the closest buoy to shore to begin his/her 2nd loop. You DO NOT exit the water before starting your 2nd loop.



Swim Safety: There will be a dozen or more safety vessels on the water including the Salem Harbormaster. If you need help, or are feeling anxious, they are there to assist you. Put your hand up, and our safety personnel will get to you as quickly as possible. Each vessel will have a noodle for you to use or rest holding onto the watercraft. Getting assistance does not disqualify you from the event. If you need to be brought back to shore for any reason, be sure to check back in at the finish line to get your numbered index card back. We do encourage wetsuits for extra buoyancy, but they are not required. If you are nervous about the swim, please be sure to wear a **blue swim cap** so our safety volunteers keep an extra eye on you.

Parking: We do encourage carpooling if possible. There is parking along the cove and neighborhood parking. Please don't park where resident stickers signs are posted. For overflow parking please use the Bentley School parking lot, which is at 25 Memorial Drive, Salem, MA. It is a short, beautiful walk along the walking path across the street back to Collins Cove Beach.

Bathrooms: Porta potties available at race site. No changing facilities.

Award Details:

1/2 Mile: Top 3 male and female

1 mile and 2 mile: Top 3 in each AG: Under 15, 16-19, 20-29,30-39,40-49,50-59,60-69,70+

***This year the awards are for wetsuit OR non-wetsuit combined. There will NOT be two separate award categories for wetsuit or non-wetsuit. ***No Double Dipping**

Race Results: Will be printed and posted and also available on runsignup.com where you registered for the event.

Merchandise: There will be a merch tent with items for sale. (Cash/Check/Credit/Venmo)

Post Event: Several packaged food items, fruit, iced coffee and Non-Alcoholic beer provided by Athletic Brewing will be available for swimmers. We encourage you to head downtown Salem where there are several restaurants, bars, cafes and boutique shops that are worth checking out. If you're looking for breakfast or a post-swim beverage, we recommend visiting The Derby and/or Brothers Taverna!

Questions: Email events@bnsfitness.com or call 978-204-8588

See you on Sunday,

B&S EVENT TEAM

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A. Lichelle Aldana, DDS, PC
FAMILY DENTISTRY



KIND LAB

