

2026 Swim of Legends Guide

August 30th, 2026

Location & Times

- Big Foot Beach State Park
 - 1550 S Lake Shore Drive
 - Lake Geneva, WI 53147
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- Saturday Packet Pickup 4-7PM – at Participant Parking Lot
 - Sunday - 6:15 Race Start – see next page for more information

Parking

- The state parks in Wisconsin require an annual or day use pass.
- The day passes may be found on line, the kiosk machine at the park is broken, and the entry booth does not open until well after the swim has begun.
- Please park in the far back lot on the left once you enter the park. This lot will likely not be looked at for passes (wink wink). This lot is also rarely used by park guests.
- If a ticket is given, it will be for the amount of a day pass, and you will have 30 days to pay it on line.
- There are handicapped spots just after entering the park on your left.

Sunday Schedule

- 5:00 AM – Race Packet Pickup, Kayak Drop Off
- 5:45 AM – Briefing in the park by the entrance.
- 6:00 AM – National Anthem
- 6:05 AM – Kayakers start on Water, Swimmers start toward start line 50 yards from shore.
- 6:15 AM – Race Start
- 6:41 – 7:03 – 2Km Feed Boat #1 – Dock #760
- 7:04 – 7:46 – 3.8Km Feed Boat #2 – start of crossing the narrows, Dock #694
- 7:13 – 8:02 – 4.5Km – Dock #71 on North Shore
- 7:37 – 8:46 – 6.3Km Feed Boat #3 – Dock #48
- 8:03 – 9:35 – 8.3Km Feed Boat #1 – Dock #1
- 8:25 – 10:15 – 10Km Feed Boat #2 – Dock#864
- 8:41 – 10:51 – 11.2Km Finish – South End of Beach
- 10:15 – Food Truck Serves Lunch
- 10:30 – Awards

Parking



Race Briefing Area

The briefing will be on the grass inside the park. After the briefing, we will use the cross walk for swimmers and kayakers to go to the beach.

We will stop traffic to do this safely, but we want to move everyone across the high way as quickly as possible.



Kayaker Notes

- You must have a PFD on your craft. You are not required to wear it at all times.
- Help other kayakers unload and reload vehicles.
- Have enough water and snacks for being on the water for 4 hours.
- Wear appropriate clothing, including large hats, and sunscreen.
- Be sure to pick up your race packet either Saturday evening, or Sunday morning.

Swimmer Notes

- No wetsuits are allowed due to the water temperature.
- Swimwear must be in accordance with USMS guidelines in order to be eligible for awards.
- A visibility buoy will be worn at all times. One will be loaned to all swimmers. You may use your own as long as it is as large or larger, and is of a bright color.
- You must maintain a 24 minute per kilometer speed. If you are slow for checkpoints, you will be given the option of ending the swim, or leapfrogging to the next checkpoint.
- Feed boats will be in five (5) locations on the course.

Alternate Feeding Options

- If you are bringing your own kayaker, you may of course use any feeding and hydration method you want to from the kayak.
- If you wish to have your own hydration or fuel you may do that.
 - We will provide stickers for water bottles and bags for fuel. Your cap number must be written on each sticker and bag.
 - You can get these stickers and bags when you check-in.
 - There are three (3) boats that will make up the five feeding stations. Boat 1 will be station 1 & 4, Boat 2 will be 2 & 5, and Boat 3 will be station 3.

No Wake and Mooring Buoys

- Keep the no-wake buoys on your RIGHT.
- Mooring buoys on your LEFT to swim a shorter line.



Kayaks

- If you have your own kayaker, they may stay beside or behind you. Swimmers are not allowed to draft from a kayak, and kayaks are not allowed to block other swimmers.
- Non-Assigned kayakers will start with the front of the pack, until we get to the narrows to cross the lake. At this point, they will shuttle swimmers across, then finish with the final swimmers.
- For any kayaker, if you are providing hydration to a swimmer, make sure that no swimmers are immediately behind you. We encourage you to move to the outside of the buoys, but use your best judgement.
- If you realize that you are outside the No Wake Buoys, come back to the course as quickly as realistic on an angle.

Kayak assistance

- To help navigate, always steer your swimmer away from objects. You can hug the buoys so that they don't hit them. Also be on the lookout for mooring buoys, boats, play toys, rafts, and yes, dead fish.
- Swimmers may touch the kayak, but you may not advance them by paddling.
- Use your voice or a whistle to get a swimmers' attention if they are going off course. Only use the air horns in emergencies.
- If a kayaker is swamped, provide assistance to help them get back in.

Fishing Boats

- Fishing boats may appear in your path. They have a right to fish. Attempt to pass while staying in the course. There will be more kayakers, so they will likely move. Be polite at all times



Areas without buoys

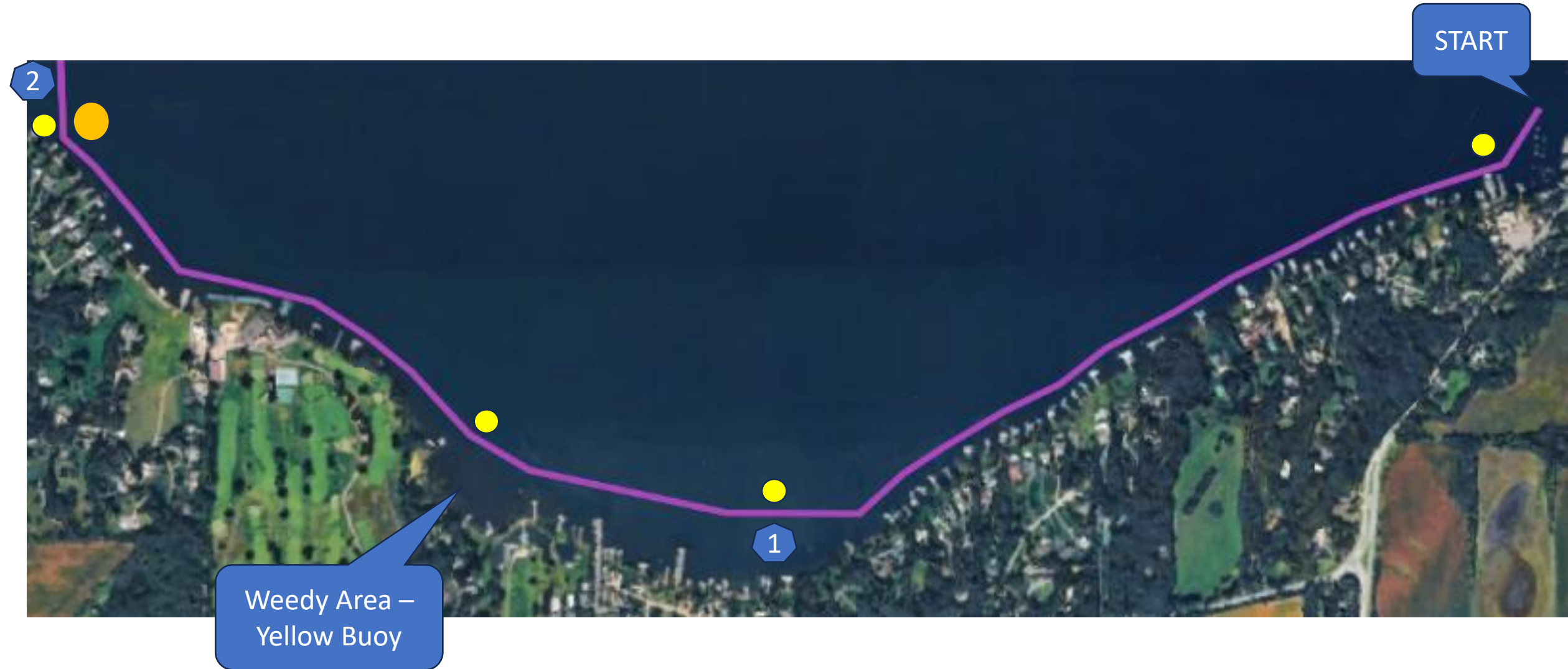
- Some parts of the lake are sparse on No Wake Buoys. In this instance, you can navigate inside the mooring buoys, but outside the boats.
- 4' Yellow buoys will be used in some locations. Keep these on your right when passing.



Starting

- We will enter the lake from the south end of Big Foot Beach State Park. There will be boats at anchor just off shore.
- The starting line is two red buoys past the boats and we will be starting SOUTH toward the shore.
- This will be a group start.
- A kayaker will be with the fastest and slowest swimmers throughout the event.
- The rest of the kayakers will match up to the lead swimmers until we cross the straights.

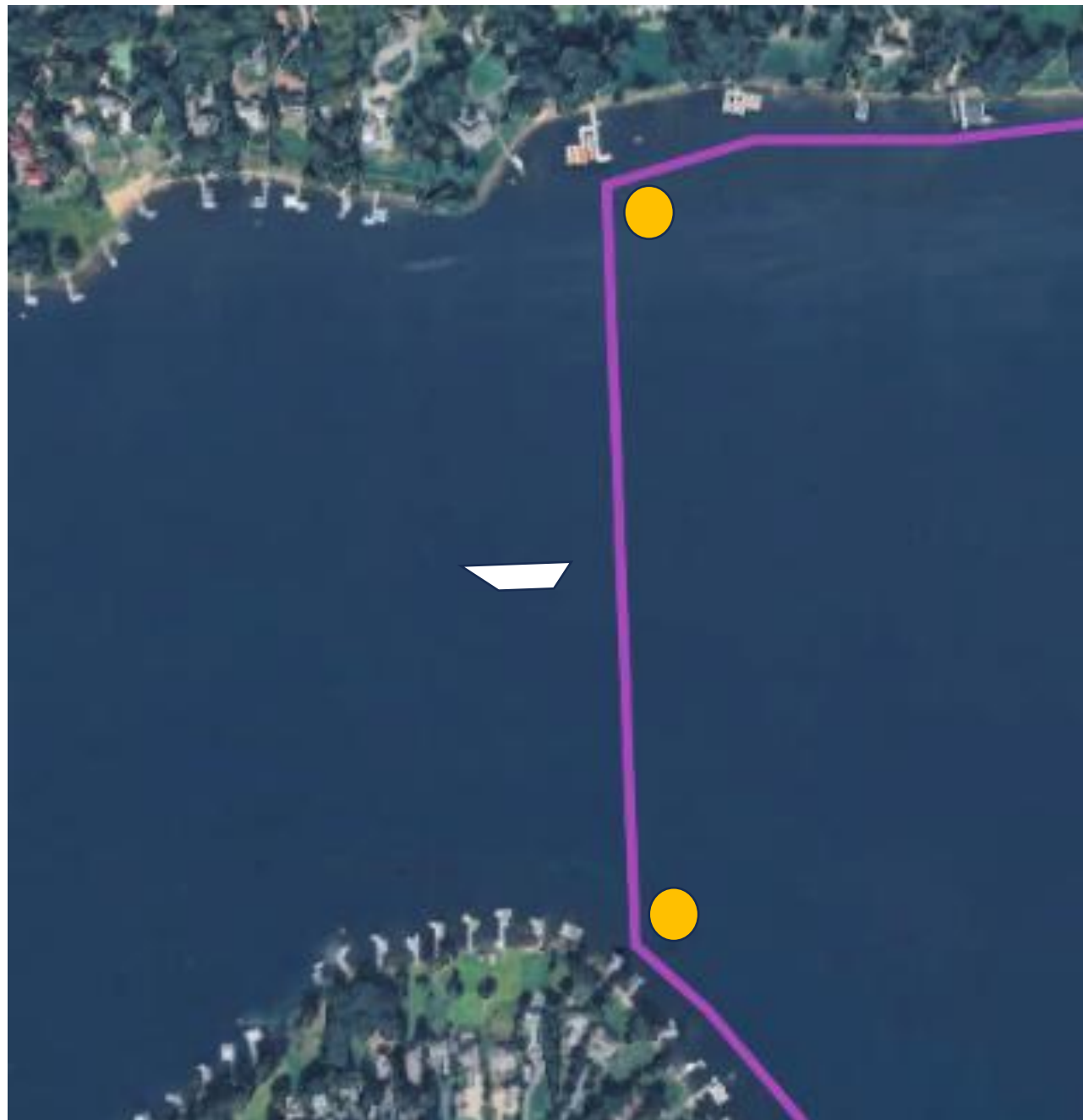
South Shore Line



South Shore Line

- From the start, head South and round the buoy.
- The first feed boat at 2Km will be at Dock #760
- As you go past Linn Bay, it will start to get weedy by the golf course. A yellow buoy is set out a little further than the no-wakes to get you by the worst of the weeds.
- From this buoy, sight to the point and round the golf course.
- The second feed boat is at 3.8Km at Dock #694. A large buoy marks this location. The Yellow buoy is to aid you in finding the feed boat.
- You must be at the second feed boat in time, or you will transferred across the straights.

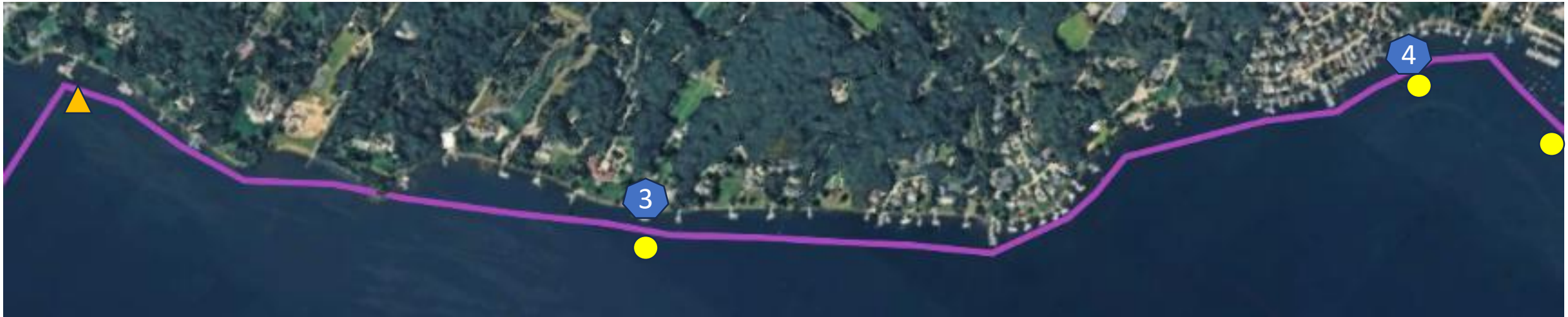
Crossing the Narrows



Crossing the Narrows

- 0.7 Km distance across the narrows.
- All swimmers must start by 7:46 – no exceptions.
- Kayakers will escort individual swimmers across.
- Once a swimmer is across, the kayakers will shift back until within 100 feet of the next kayaker, then exchange the swimmers.
- Motorized boats will also be in the general line. A GLWSP boat may also be present with lights on.
- A large buoy is at Dock #71 that you must go around before turning East.
- After the crossing, most of the kayakers will be with the final swimmers to complete the crossing.

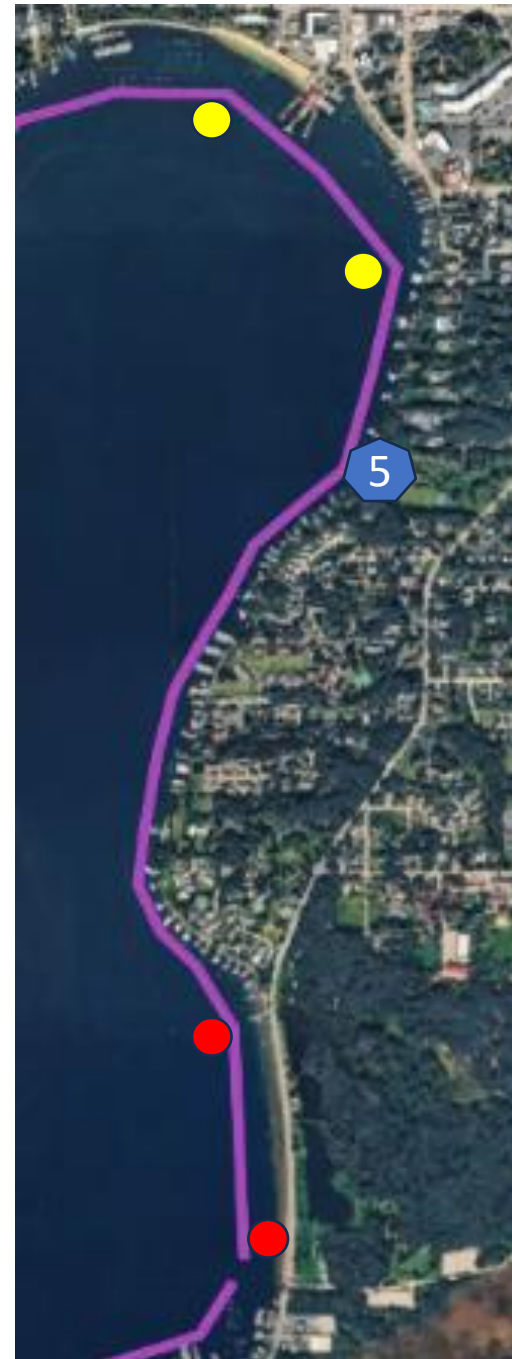
North Shoreline



North Shoreline

- From the crossing, it is 1.8 Km to the third feed boat at Dock #48. This is the 6.3 Km mark.
- You will go past the Wriggly Mansion and the Bible Camp.
- The fourth feed boat is at Dock #2 at 8.3Km.
- Immediately after Dock #1, a public restroom is on the beach in Library Park.
- From the last docs, the course stays to the south or right of the harbor of anchored boats. Swimmers should sight in between the large hotel, and the three large paddle boats.

East Shore Line



East Shore Line

- All swimmers must be past Dock #2 by 9:35 in order to get past the large commercial boats before they depart. The option of moving up past the boats is available.
- A yellow buoy will be placed between the beach and paddle boats for sighting. The large hotel should be just to the left of this buoy.
- A second buoy will be placed on the East shore line to help sight past the anchored boats. From this buoy, the no-wake buoys are easy to sight until the state park.
- Feed boat #5 is at Dock#864.
- Two RED buoys will be setup to assist in sighting to the finish line which is where the race began. The finishing arch will be in shallow water just off the beach. Once you cross the arch, you are done!

Rules & Penalties

- USMS Open Water Swimwear Rule Summary for 2026 The following summary is based on Article 303.4, Swimwear for Open Water Events, USMS 2026 Rule Book. For the full text, visit <http://www.usms.org/rules/part3.pdf>. Rules that Apply to All Swimwear Categories
- 1. Must be non-transparent and conform to the current concept of the appropriate. 2. No advertising for tobacco, alcohol, or IOC/FINA banned substances allowed. The manufacturer's name is allowed. 3. No tape on body unless approved by the Referee. 4. Cap or caps (including those made of neoprene, but in water less than 78° F. only), goggles, nose clips, ear plugs, and wristwatches are allowed. 5. Event hosts may allow (or even require) personal buoys—tow floats, not pull buoys, see below—for identification & safety. Requirements for buoys & rules for their use must be included in the meet information.
- Rules for Category I Swimwear (Required for USMS Open Water Championships) 1. The competitor shall wear only one swimsuit in one or two pieces made from textile materials and not contain zippers or clasps, but may have ties that fasten at the swimmer's waist and on the swimmer's back. Women's swimwear that ties in the back are acceptable. 2. For both men and women, the swimsuit shall not cover the neck, extend past the shoulder, nor extend below the ankles. 3. Not legal for Category I: a. Any device or substance to help speed, pace, navigation, buoyancy, endurance (such as wetsuits, pull buoys, paddles, webbed gloves, fins, snorkels, buoyant armbands, audio players, etc.) or maintaining body heat (except neoprene caps as noted above). b. Arm & leg bands are not regarded as part of the swimsuit and are not allowed. c. Tape or flat non-buoyant armbands must be approved by the Referee. 4. Exemptions may be made on a case-by-case basis.

Rules (Continued)

- [part 3.pdf](#)
- The Above link is the full rules for USMS open water swimming.
- Some common questions....
 - Kayaks may support a swimmer, but are not allowed to make forward progress.
 - Watches are allowed. Ear buds or any other form sound generating devices are not.
 - Failure to complete the course is a disqualification. See the next slide for more.
 - Drafting is not allowed by other swimmers or kayaks.

Course Completion

- It is up to the swimmers to swim the best line for this event. Sighting is a large part of open water swimming, and this course will put that to the test.
- In the event that a swimmer cuts part of the course, a time penalty that is appropriate, will be applied. Kayakers will report the transgression to the race referee.
- Absolutely no swimming under boats, rafts, docks, etc. All docks must be passed on your left side. Rafts and anchored boats may be passed on the side that you choose.