

RACE INFORMATION PACKET



Message from the Race Director



It's been a wild time for the James River already this season. We hit flood stage just a few days ago and hit a cold stretch of weather dropping water temps into the high 50s. But the forecast looks promising for next week with air temps in the 80s and just enough rain to give us an ideal river for a "ripping" race day.

You will find answers to almost all questions inside this Race Info Packet. Your safety is our number one priority and the information in this packet is designed to facilitate that. I know many of you are repeat participants (welcome back!) and are familiar with just about everything in here. There are some additions to this year's event including some fun ones such as the "Name your price" SWAG table, so please review the information prior to race day.

You should also follow the event Facebook page for the most up to date information: [SwimRVA Open Water Race Series Open Water Race Series](#). You can find water temperature information here: [{water temp}](#) and river depth here: [{river depth}](#). Anything over 5ft is considered a strong current; over 7ft is extremely strong and may require course changes for safety reasons.

Please be sure to thank a volunteer during your time at the event as they are all generously donating their time to ensure your experience is safe, enjoyable, and successful.

Swim fast, Stay Safe, Have Fun
Jay Peluso

EVENT TIMELINE

Saturday: May 13, 2023

6:00am	Gates Open
6:00am	Packet Pick Open (all events)
6:30am	Mandatory Kayaker Briefing
6:45am	Packet Pick Up Closes (all events)
6:45am	Mandatory Pre-Race Briefing for All Swimmers
7:00am	Shuttles Depart for Watkins Landing
7:30am	4.4m Race Start
7:30am	2.5m Swimmers board boats to bridge
8:15am	2.5m Race Start
9:15am	Food Service Begins
11:00am	Course Cut-Off
11:05am	Awards



PROGRAMS



The SwimRVA Swim School is a 7 station curriculum with immediate advancement. Designed for every age level, we promote core values of Courage, Truthfulness, Dignity, Persistence, and Success. Access to water safety skills and the tools to stay active will build confidence that students will take to the classroom and workplace for the rest of their life.



With over 70 weekly water and land based group wellness classes, SwimRVA provides a variety of fitness opportunities! Enjoy classes like Aquacise, Aqua Zumba, Line Dancing, Aqua Body Blast, Pilates, Yoga, Zumba Gold, Silver Splash, H2O Fit, and many more! Designed for the active older adult, injured person to recovery, senior social butterflies, and anyone in need of gravity free whole body workouts.



The SwimRVA Swim Team is a year round non-competitive swim team. Develop technique and endurance in a fun and challenging atmosphere! Led by top aquatic professionals, learn to work as a team doing dry land and water based workouts. Perfect for summer league swimmers staying in shape, athletes improving cardiovascular endurance, and youth preparing for competition!



A USMS Certified Gold Club, SwimRVA Hammerheads is a comprehensive swim training program for adults that includes everything from stroke technique workouts for beginners to open water interval sessions and demanding pool workouts for more experienced swimmers.



The SwimRVA Safety School offers classes in CPR, First Aid, Lifeguard Certifications and re-certifications. We aim to provide RVA with higher qualified safety professionals. Backed by the American Red Cross, our aquatics leaders are fully trained and waiting to help you learn the skills necessary to save a life.



SwimRVA Water Polo is Richmond's youth water polo team! This year round competitive aquatics team plays in several tournaments a year, including scrimmages, both home and away!



SwimRVA offers a variety of camps throughout the year! Through our core values and principles, we will help your child build self confidence that they can take with them back to the classroom and at home. We give your child a well-rounded quality camp and a lifetime memory!



The SwimRVA Rapids Artistic Swimming program is a combination of endurance, breath control and body positioning. Find your symphony of skills mixing dance, sports, cheerleading and unique team building experiences.



Running University utilizes circuit training principles to achieve your cardiovascular needs while incorporating upper, lower, and core body strengthening and proprioceptive exercises. Each program is developed to help you achieve your FULLEST RUNNING POTENTIAL Whether you are serious runner, training for a marathon, a recreational runner just trying to stay fit, or a cardio junkie, SwimRVA has the program for you!

Race Venue, Directions and Parking:

Directions:

Robious Landing Park
3800 James River Rd
Midlothian, VA 23113

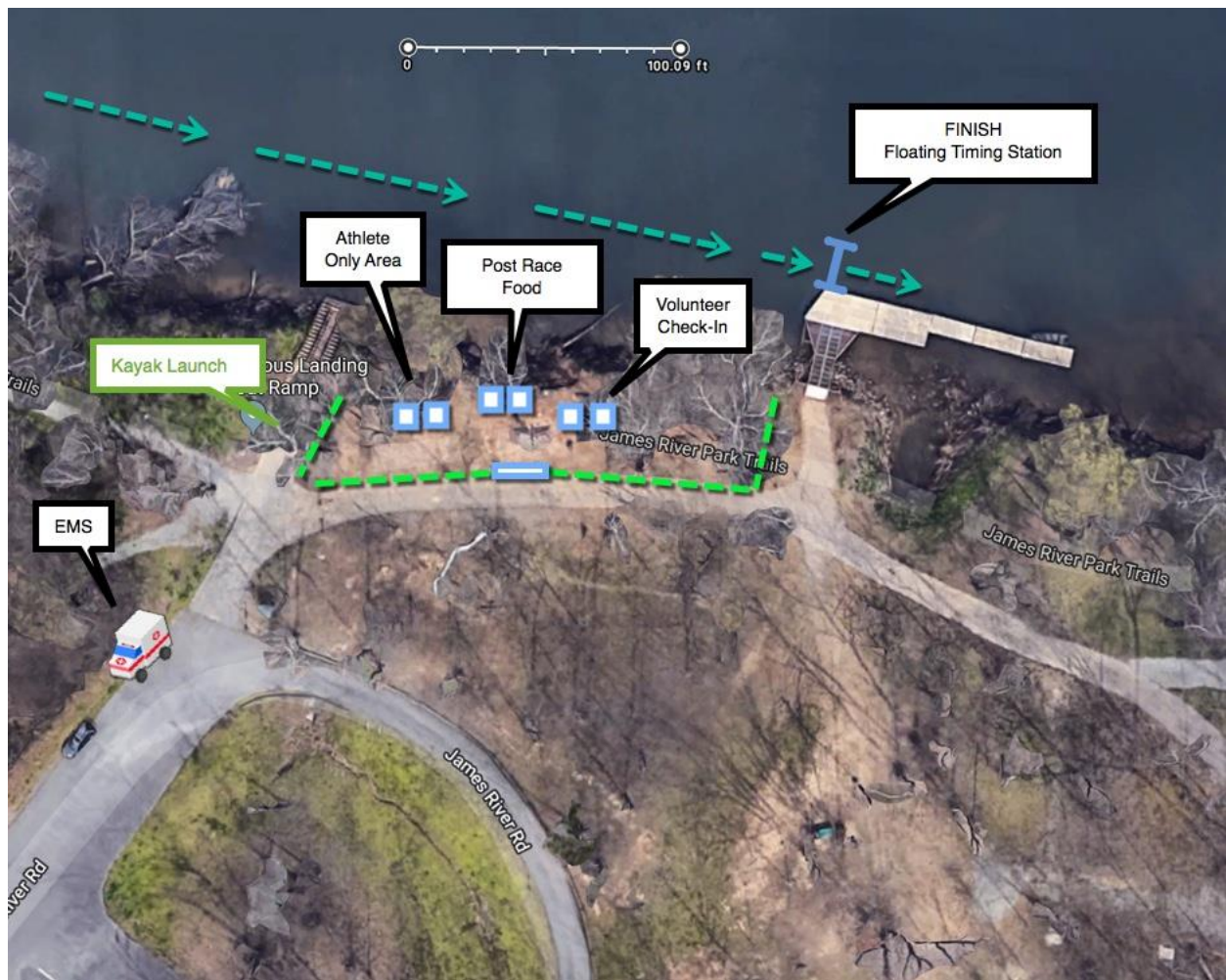
The race is held at Robious Landing Park on the Upper James River. This is a beautiful park owned by Chesterfield County. The gates to the park will be open at 6:00am on Saturday. Please keep in mind that we are guests on the property and there are private homes on the drive in. Excessive noise, speed, or trash will quickly put an end to our welcome.

There is sufficient parking for approximately 60-vehicles at the venue, so we strongly encourage car-pooling. There are another 20 spaces about a 400m walk from the main site. If those spaces fill, any remaining vehicles will need to park at James River High School just outside the park, approximately 750m walk to the race site.

There are restrooms in the park but not shower facilities.



Venue Map:



Athlete Check-In:

Once you arrive at the site and park. You will head to the river-front to pick up your athlete bag which will contain your race issued swim cap, timing chip, t-shirt, and post-race food wristband. Timing chips should be placed on your **RIGHT** wrist. Numbers will be placed on your swim cap prior to the event. You will mark your own **RIGHT** hand with Sharpies provided on-site. This is to assist with timing in the event of a chip failure. There will be no body marking.

The **Athlete Only Area**, to the left as you face the river, is a great place for changing and safely storing your bags and gear. In an effort to reduce our use of plastics, please bring your own water bottle. There will be water and Gatorade coolers on site.

Kayak/SUP & Volunteer Check-In:

All volunteers and kayakers will check-in at the river front at the Volunteer Check-In tent.

Safety Kayakers – you will receive a t-shirt, safety whistle if needed, and a post-race food wristband.

NOTE: Kayakers may be on the water for up to 3.5hrs. The ***Floating Aid Station*** will be available to you for water, and sports drink at mile 2 of the 4.4-miler if needed.

Volunteers – you will receive a volunteer t-shirt as well as post-race food bracelet. We ask that you wear your volunteer t-shirt on the OUTSIDE of any clothing so that athletes and staff can easily identify you if they are in need of assistance.

Pre-Race Briefings:

Mandatory Kayaker Briefings: A kayak safety briefing will take place at the kayak launch area at 6:30am.

Mandatory Swimmer Briefing: A swimmer safety briefing will take place in the Athlete Only area at 6:45am.

Transport to Swim Start:

4.4-Mile swimmers: Two options for transport to the swim start at Watkins Landing.

1. [Riverside Outfitters](#) will provide bus transport immediately following the Mandatory Swimmer Briefing. Please **DO NOT LEAVE ANYTHING ON THE BUS**. The bus will **NOT** return to Robious Landing Park.

BAGS: You may bring one bag/backpack with you to the start. Our Kayak Transport will take bags from the start back to the venue. Anything you want back **MUST** be in a bag. They will not collect loose shoes, flip flops, sweatshirts, etc... **DO NOT BRING VALUABLES**, i.e. wallets, keys, ID's. If your day will be ruined if it gets lost - leave it at the finish venue.


2. Swimmers with spectators on site who would like to watch the swim start are welcome to ride with their spectators to [Watkins Landing](#). After the start, spectators can drive back to Robious Landing Park to watch the rest of the race and the finish. The ride to Watkins Landing takes approximately 11-minutes.

2.5-Mile swimmers: You will begin boarding the boats at approximately 7:30am to take you up to the swim start at the WWII Veterans Memorial Bridge. Due to space limitations please only bring your cap and goggles - no towels, water bottles, or other equipment. There will be water available on the boat.

Race Start Times:

- **7:30am** 4.4-mi - Mass Start from Watkins Landing
- **8:15am** 2.5-mi – Mass start from the bridge

For safety reasons, the 2.5 will not start until the first 4.4-miler has reached the bridge. This is expected to be approximately 8:15am depending on the strength of the current.



SWIM TO FIGHT CANCER★

Every 15 minutes, 50 Americans are diagnosed with cancer. This is a sobering reality. But, the good news is that every year millions of Americans are beating cancer through advancements in treatments. Swim Across America, the official charity for swimmers, exists to raise money for our network of doctors and researchers who are the pioneers developing new cures and treatments to this dreaded disease. Michael Phelps and over 100 Olympians support SAA.

f t @SAASWIM

REGISTER TODAY AND LEARN MORE AT:
WWW.SWIMACROSSAMERICA.ORG

SWIM
ACROSS AMERICA
★ MAKING WAVES TO FIGHT CANCER ★

Swim Across America- Richmond
Saturday Aug 26, 2023
Join us and help
Make Waves to Fight Cancer

Swim Course:

4.4-Miler

Athletes will start from in the water just off the boat ramp at [Watkins Landing](#) and swim along the South shoreline 4.4-miles to the finish at Robious Landing Park

The Floating Aid Station will have water and sports drink available and be located at the WWII Veterans Memorial Bridge, approximately 2-miles from the start.

2.5-Miler

Athletes will start from the boats that take them from Robious Landing Park to the WWII Veterans Memorial Bridge. The 2.5-mi will not start until the first 4.4-miler reaches the bridge. We expect this to be approximately 8:15am.



There will be buoys located every ½-mile to assist with sighting. All buoys should be taken on the **LEFT** shoulder keeping swimmers between the buoys and the South shoreline for the duration of the swim.

Kayakers will stay between the center of the river and the swimmers at all times.

At NO TIME is a swimmer or kayaker to be further from the South shoreline than the powerboats which will stay just outside the buoy line.

In-Water Finish:

All swimmers must swim underneath the swim finish arch attached to the floating dock and touch the timing pad above the water using their **RIGHT** hand which will have the timing chip on it and their race number to assist with time verification.



Wetsuit Rules:

The DownRiver Rip will be wetsuit legal if the water temperature is **below** 70 degrees. The official temperature will be announced race morning. You can monitor water temperatures throughout the week here: <https://waterdata.usgs.gov/usa/nwis/uv?02035000>
Water Temp as of May 3, 2023 is 58-degrees.

Post-Race Food:

All athletes and volunteers will be given a wristband at check-in to exchange for Ukrop's Homestyle Food Deluxe post-race meal.

Selections include:

- Chicken Salad on Croissant
- Turkey, Bacon and Provolone Wrap
- Grilled Chicken Ceasar Wrap
- Italian Style Sub
- Side Garden Salad + Low Fat Broccoli Pasta Salad (Vegetarian)

There will be no food available for sale on-site, but we will have a selection of bottled beverages available along with our mimosa bar.

Name your price SWAG:

After your swim there will be a "Name your price" SWAG table with all kinds of SWAG available for purchase. You choose what you would like to pay. There is no minimum and no maximum. 100% of the proceeds go to the SwimRVA Swim School.



Awards:

4.4-Miler

1st Place in each Division Male/Female

- YOUTH (13-17)
- PUPS (18-34)
- HAMMERHEADS (35-49)
- MASTERS (50-59)
- GRAND MASTERS (60+)

2.5-Miler

We would like to thank all of those that purchased the charity slots to participate in the 2.5-mile event. There will be no awards for this swim. You will receive a thank you gift in your race packet when you arrive. Your generosity will help defray the cost of teaching every second grader in the Richmond Region one of the greatest skills of all – how to swim.



PARTNERS

