SCHEDULE
6:00AM – Registration Opens
7:00AM – Safety Talk for 2 milers
8:00AM – 2 Mile Start
8:15AM – Safety Talk for 1 & ½ milers
8:30AM – 1 Mile and ½ Mile Start
9:45AM – Kids Splash
10:00AM – 2 Mile Concludes

EMERGENCY CONTACTS
Race Director, Cynthia Lisa | 360.840.6308
Water Safety Co-Director, Megan Melgaard | 404.823.7946
Mercer Island Police Marine Patrol,
Sergeant Brian Noel | 206.276.9428
Mercer Island Fire Department EMT #1 | 206.999.2609
Clerk of Course, Valerie Von Destinon | 425.753.6999

CAP COLORS
Neon Green 2 Mile
Light Blue 1 Mile
Yellow ½ Mile
Neon Pink Kids Splash
Generic White Pool Swim

SWIMMER RESCUE
• Keep swimmers on course and assist swimmers that need help. If a swimmer needs a rest give them a swim noodle.
  Encourage struggling swimmers to rest, if struggle continues contact water safety directors.
• If a swimmer is distressed give them a swim noodle, blow your whistle, and wave your flag. Kayaks and paddle boarders should alert lifeguards and MI Police Patrol, so that a specified powerboat can assist or transport swimmer if necessary.
• If you witness or are notified of a medical emergency, contact MI Police Marine Patrol IMMEDIATELY! Wave and shout if needed! The police will evacuate any swimmer needing medical attention.
• Evacuation from the water to shore is at three locations:
  1. Boat ramp at Mercerwood Shore club
  2. Boat ramp at I-90 overpass
  3. Luther Burbank Power House boat docks.
• Always get the name and number of any swimmer you assist to give to the clerk of course.

COMMUNICATION
RADIO: If you have a Wireless radio—monitor chatter, always reference the location and type of emergency. Some boats will have Marine VHF and can notify Marine Patrol on Marine VHF channel 71.
FLAG: Wave orange skier down flag to get safety personnel attention if a situation arises.
WHISTLE: 1 blast — get swimmers attention, 2 blasts — proceeding to assist distressed swimmer, 3 blasts — emergency.
COURSE MAP

Zone Five: ½ mile course
Leg A, B & C

Zone Four: Between race marker 4 & 5

Zone Three: Between race marker 3 & 4

Zone Two: Between race marker 2 & 3
Under I-50 bridge

Zone One: Start line to race marker 2

Swimmer drop off point
Emergency drop off point

Finish Line Luther Burbank Beach

2 mile start at Merriwood Shore Club

1/2 mile start and finish Burbank Beach

Mercer Island
SE 40th St

SWIM ACROSS AMERICA
MAKING WAVES TO FIGHT CANCER
Swimmer drop off point

Emergency drop off point

2 mile start at Mercerwood Shore Club

2 mile finish line
Luther Burbank Beach

1/2 mile start and finish Luther Burbank Beach

Zone One: from start line to race marker 3

Zone Two: between race marker 3 & 4 under I-90 bridge

Zone Three: between race marker 4 & 7

Zone Four: between race marker 8 & 9

Zone Five: 1/2 mile course Leg A, B & C

1/2 mile start and finish Luther Burbank Beach

2 mile finish line
Luther Burbank Beach

Zone One: from start line to race marker 3

Zone Two: between race marker 3 & 4 under I-90 bridge

Zone Three: between race marker 4 & 7

Zone Four: between race marker 8 & 9

Zone Five: 1/2 mile course Leg A, B & C

1/2 mile start and finish Luther Burbank Beach

2 mile finish line
Luther Burbank Beach

Zone One: from start line to race marker 3

Zone Two: between race marker 3 & 4 under I-90 bridge

Zone Three: between race marker 4 & 7

Zone Four: between race marker 8 & 9

Zone Five: 1/2 mile course Leg A, B & C

2 mile start at Mercerwood Shore Club

2 mile finish line
Luther Burbank Beach

Zone One: from start line to race marker 3

Zone Two: between race marker 3 & 4 under I-90 bridge

Zone Three: between race marker 4 & 7

Zone Four: between race marker 8 & 9

Zone Five: 1/2 mile course Leg A, B & C

1/2 mile start and finish Luther Burbank Beach

2 mile finish line
Luther Burbank Beach