



Long Island Sound Open Water Swim Logistics

Swimmers and Land Volunteers will check in at LYC Registration point and sign SAA Waiver forms before proceeding to their assigned positions. Swimmers will also be given numbers that will be printed on their arms. Please bring all personal belongings in a clear, zip-type bag at check-in. We will not be accepting backpacks!

All swimmers shall stay in the swim lane as directed by the Swim Director and assisted by the kayakers. The swim lane will be marked by large buoys and kayakers on one side and anchored boats and kayakers on the other side. Other than the swimmers, only kayakers, personal water craft and the Swim Director's boat are permitted inside the swim area.

The 10K swimmers will arrive at 5:15 am and leave the work dock at LYC at 5:30 am sharp to be taken to the beach at Morgan Park, Glen Cove and swim a course of approximately 295 degrees true to buoy 2 near the LSC where they will make a slight right turn to the LSC.

The first 'Wave' of swimmers to leave from the work dock will be the 5K swimmers. The 5K swimmers, about 100, would walk from the initial assembly area on the front lawn at LYC to the Junior Sailing House to drop off their belongings and then proceed down to the work dock. All swimmers will be held up at the top of the ramp leading down to the dock. Only one heat or group of 20 25 will be allowed down to the dock at a time for safety reasons. At the appointed time, heats or groups of 20 25 would jump into the water at 2-3 minute intervals and begin to swim out through the currently defined channel, which would be further marked with inflated marks and stationary kayaks. The 5K participants would swim directly out beyond the breakwater to an anchored boat and turning mark about 1 mile from the starting point. They would turn right and head towards a second anchored boat and turning buoy about one mile down the course. This location is also the location the 10K swimmers are heading for. At this turn, swimmers will make a hard right turn and swim the last mile to the Larchmont Shore Club.

The 2K swimmers, about 500, would start approximately 30 minutes after the last heat of 5K swimmers have entered the water. Similarly, the 2 K swimmers will be sent over in 'Waves' of approximately 100 at a time by Team. They will proceed in the same manner as the 5K in heats or groups of 20-25. All swimmers will be held up at the top of the ramp leading down to the dock. Only one group of 20 25 will be allowed down to the dock at a time for safety reasons. At the appointed time, heats or groups of 20 25 would jump into the water at 2-3 minute intervals and begin to swim out through the currently defined channel, which would be further marked with inflated marks and stationary kayaks. The difference here is the route. There will be a large turning buoy at the end of the mooring field at which the 2K swimmer will turn right. They will then proceed to swim past Umbrella Point, Horseshoe Harbor, and Manor Beach, and proceed to LSC. Swimmers will be directed around the moored floats. The finish line at LSC will be marked by a large bright balloon flying directly above the finish line.

We estimate that closing of the LYC harbor will last 2 hours 30 minutes. That is the approximate time it will take every swimmer to be beyond Umbrella Point.

The finish line at LSC will be manned by "Runners" who will meet each swimmer with a dry towel and water and then conduct them to the check-out tables. At the check-out tables every swimmer will be logged out according to the number they were assigned at registration. Any swimmers who were transported to shore because of problems they encountered or any swimmer that was picked up by a support boat and did not return to the swim will be reported to the Beach Manager by his/her number via Marine VHF radio so that the swimmer can be accounted for.