



2024 SAA-LONG ISLAND SOUND SWIMMER & VOLUNTEER PACKET

EVENT TIMELINE

*Event Day Schedule is subject to change.

Please arrive before Check In closes at 7:00 AM SHARP!! You will NOT be allowed to swim if you do not sign in.

Please note: NO HEATS THIS YEAR

4:45 am: 10K Swimmer Check In

5:00 am: Volunteer Sign In

5:30 am: 10K Swimmers Must be Aboard Transport Boats

5:45 am: All Other Swimmer Registration Opens (Closes at 7:00 am). **Larchmont Shore Club Pool Swimmers MUST check in at the Larchmont Yacht Club before registration closes at 7:00 am.**

7:00 - 7:15 am: Welcome & Mandatory Safety Talk

SWIMMERS NEEDING MORE TIME TO SWIM THEIR DISTANCE SHOULD ENTER WATER AS SOON AS POSSIBLE.

7:15 am: ALL 5K Swimmers proceed to work dock; (Enter water in Groups at 2-minute intervals)

7:30 am: All 2K Swimmers proceed to work dock; (Enter water in Groups at 2-minute intervals)

REMINDER: ALL SWIMMERS MUST BE OUT OF THE WATER BY 10:15 AM OR YOU WILL BE PULLED

7:30 am: All Larchmont Shore Club Pool Swimmers bused from Larchmont Yacht Club to Larchmont Shore Club

8:00 am: ½-mile pool swimmers enter water at Larchmont Shore Club. **Must be out of water by 9:30 am.**

10:15 am: Post Event Celebration to Follow

Note: Swimmers under 12 years of age are NOT allowed to swim in the SAA-LIS Open Water Event. Swimmers 12 -14 years of age must be accompanied by a parent or parent-assigned adult and use a buoy

VENUE & COURSE MAPS

Swim Location

[Larchmont Yacht Club](#)

1 Woodbine Ave.
Larchmont, New York 10538

[Larchmont Shore Club](#)

1 Oak Bluff Ave.
Larchmont, New York 10538

Course Map



Parking

DIAGONAL PARKING for volunteers & swimmers is **ON LARCHMONT AVE.**

Our **SHUTTLE BUSES** will be running up and down Larchmont Ave. One will go to the train station and between clubs all morning.

CHECK-IN & WHAT TO BRING

Upon arrival, please park and proceed directly to the pavilion, where you will find the Registration Area, which will be clearly marked. Registration opens at 4:45 am for 10K swimmers and 5:45 am for 5K, 2K swimmers and ½-mile pool swimmers. **Registration closes at 7:00 am. You MUST arrive before Check In closes at 7:00 AM. You will NOT be allowed to swim if you do not sign in.**

Be sure to follow the signs and check in *as soon as you arrive* to receive your cap, safety chip, t-shirt and get body marked. **All swimmers and volunteers must check in** and sign a [waiver](#). It is faster if you download and pre-fill the waiver prior to arrival.

What to Bring

1. **DONATIONS**- Please bring any additional donations you have in a sealed envelope labeled with your name clearly written on it, as well as the total amount, to present at Registration check in. We also accept credit card donations.
2. **WAIVER** - Please print, fill out LEGIBLY and COMPLETELY and bring with you in order to swim. If you are under 18, your legal guardian must sign your waiver. [Click here for waiver form.](#)
3. **ADDITIONAL ITEMS** - Directions, swimsuit, wetsuit (appropriate for swimming), 2 pair of goggles, Vaseline, Aquaphor or BodyGlide (for under the arms, neck area), sunscreen, folding chair, or blanket (if desired), and a smile!

Each finisher will receive a beach towel when they come out of the water, compliments of our beneficiary, Memorial Sloan Kettering Cancer Center, a t-shirt compliments of our beneficiary, Weill Cornell Medicine, along with other goodies! Each swimmer is invited to stay for brunch.

Communication - Important! Please follow us on social media to get weather-related event changes.

Any updates leading up to the event will be posted on the SAA - Long Island Sound [website](#), [Facebook page](#) and [Instagram page](#). Be sure to follow us if you are not doing so already! Additionally, in the event of a cancellation due to extreme weather or an emergency, an email will be sent out to all participants as quickly as possible. Additional event information is available on our website but is not updated as rapidly as on our social media feeds.

VOLUNTEERS

Thank you for helping us Make Waves to Fight Cancer!

Upon arrival, please **PARK DIAGONALLY ON LARCHMONT AVENUE** and proceed directly to the SAA village, where you will find the Registration Area and a dedicated Volunteer Check-in table. **All volunteers must check in** and sign a [waiver](#).

Land Volunteers: Suggested arrival time on **Saturday, July 27th, is 5:00 am**. Should you have any questions or need to update us on your status for Saturday, please contact **Diane May immediately: 914-844-8491 or dmay9293@aol.com**.

Water Volunteers: Suggested arrival time on **Saturday, July 27th, is 6:00-6:30 am**, for enough time to check in at Registration, sign waiver, and prepare your vessel.

- You **MUST** check-in. **There is a mandatory water safety meeting at 7:00 am.**
- You will receive an email with specific information in regard to your role and where to deploy your vessel, prior to event day.
- Should you have any questions or need to update us on your status for Saturday, **please contact Richard Clifford immediately: 917-854-5824 or ricardoclifford@gmail.com**.
- **Note: 10K Kayakers must be aboard transport boats no later than 5:30 am.**

SAFETY

Safety is our top priority at all SAA events, and we ask that you comply with all SAA safety personnel and procedures*.

- **All swimmers are required to sign a waiver at Registration Check-in.**
- 18 & under swimmers -- You must have a parent/guardian sign your [waiver](#). We recommend that you print the waiver IN ADVANCE, have a parent/guardian fill out, sign the waiver and bring the completed waiver with you to Registration check-in.
- **Swimmers under 12 years of age are not allowed to swim** in the SAA-LIS open water event. We have plenty of pool swim choices!
- **Swimmers 12 – 14 years of age must be accompanied by a parent or parent-assigned adult and **USE A BUOY PROVIDED BY SWIM ACROSS AMERICA!****
- **All swimmers are required to attend the Mandatory Safety Talk just prior to the swim.**
- **All swimmers are required to wear the safety chip distributed at check-in.**
- All swimmers must wear the correct cap color assigned at registration. (Cap colors coordinate with distance and pace groupings.)
- All swimmers must be body marked on each shoulder and hand.
- All swim distance groups will begin at the direction of the Event Safety Liaison. For the safety of ALL, swimmers should only enter the water when specifically instructed to do so by SAA personnel.
- Participants are **not permitted** to use Mp3 players, headphones, or any device that could impede hearing while swimming or on the course at any time.
- Participants are **not permitted** to use fins, paddles, buoys, and/or kickboards at Swim Across America open water events. Equipment may be used with approval from the [National Safety Director](#), local safety director, or event director.
- Snorkels may be used with approval from the National Safety Director or local safety director.
- Swim Across America-provided safe swimming buoys are recommended, however, are not considered life saving devices.
- All swimmers must adhere to the discretion of SAA safety personnel*.
- **All swimmers are required to exit the beach by:** 1) Walking over the mat, where the chip will acknowledge their return; Note even if you did not complete the swim, you STILL must go over the mat and sign out. 2) THEN visit the Check-out table after swimming 3) ensure proper sign out and 4) return of safety chip to ensure ALL Swimmers are properly accounted for. Spectators are not permitted inside the start/finish chute unless otherwise approved.

*Swim Across America reserves the right to remove or move a swimmer's position along the course via approved safety methods and as personnel deems appropriate, or make other operational changes, as needed. All swimmers must follow the direction of both National and local Swim Across America personnel. Noncompliance that endangers the participant or others may make the participant ineligible to participate in future Swim Across America events.

Please arrive before Check In closes at 7:00 AM. You will NOT be allowed to swim if you do not sign in.

POLICIES

Water Temperature and Wetsuit Policy

Expected water temperature is approximately 72° F. Wetsuits are permitted if the temperature is between 78.1° F - 83.8° F.

Inclement Weather Policy

The safety of our events is our top priority. Due to the nature of open water swimming events taking place outdoors, safety concerns, including inclement weather, can necessitate a change to the original event plan. In the event of adverse weather conditions, the Event Director and Safety Coordinator, in conjunction with SAA National, local safety entities and/or law enforcement, may delay the event, modify the course, cancel the event, or move venue location. If safety concerns necessitate a change to the original event plan, Swim Across America will promptly notify participants via the event website, email and social media.

Course Compliance and Procedures

Swim Across America reserves the right to remove or move a swimmer's position along the course via approved safety methods and as personnel deems appropriate, or make other operational changes, as needed. All swimmers must follow the direction of both National and local Swim Across America personnel. Noncompliance that endangers the participant or others may make the participant ineligible to participate in future Swim Across America events.

If you have questions about our policies regarding inclement weather, swim equipment or wetsuits, please consult our [Policies page](#).

FUNDRAISING REMINDERS & TOOLS

Fundraising Reminders

Thanks to all of you for your fabulous fundraising efforts so far! Please remember that this event is about 'Making Waves to Fight Cancer' and the commitment you made to meeting the **fundraising minimum** when you registered for the event. (same-day pool swimmers: \$500, 5K Swimmers: \$500; 2K Swimmers: \$500 and 10K Swimmers: \$5,000)

Please bring any donated checks delivered directly to you or cash in a secure envelope with your name, amount, and donor details to the swim on Saturday. We also accept Apple Pay, check(s), cash or credit cards on event day.

Fundraising Made Easy

Here are some [great ideas](#) and [fundraising resources](#) any participant can use to improve their fundraising. Did you know most employers have a matching gifts program? Ask donors to check our [matching gifts](#) portal to see if they qualify.

New! SAA Good Move Fundraising App

Fundraising gets easier with the new [Good Move App](#). With a few clicks, you can reach out to your donor contacts via text message, email or social networks and have a larger impact. Don't wait - [download](#) today!

Get Social on Event Day and Win with @Block.Cancer and Elizabeth Beisel

Swim Across America and Block Cancer are proud to [partner](#) to offer an amazing giveaway to one lucky participant from each of our community charity swims in 2024. The rules are simple: post your best photos from the event on Instagram and tag **@saaswim** and **@block.cancer**. One winner will receive a Block Cancer Ted hoodie and Army Green beanie.

YOUR IMPACT

SAA-Long Island Sound supports immunotherapy research at the Swim Across America Laboratory, the research laboratories of Dr. Luis Diaz and the MSK Kids Department of Pediatrics at [Memorial Sloan Kettering Cancer Center](#), pediatric oncology research at Morgan [Columbia University Medical Center](#), immunotherapy research and clinical trials at the Swim Across America Laboratory at [Weill Cornell Cancer Center](#) and patient services with [Cancer Support Team](#).

Swim Across America is proud to be [recognized](#) as funding a groundbreaking clinical trial at Memorial Sloan Kettering Cancer Center (MSKCC) that has seen 100% remission of colorectal cancer in 42 patients. This is just one example of how our funding brings hope to patients and families in our communities. The Diaz lab at MSKCC has received funding from [Swim Across America - Long Island Sound](#) and [Swim Across America - Nassau/Suffolk](#).

Learn more about our beneficiary and your impact [here](#) or on the SAA-Long Island Sound [homepage](#).

