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
Water Safety Co-Director, Tijs Sirrine | 253.204.0013
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

SWIM ACROSS AMERICA
★ MAKING WAVES TO FIGHT CANCER ★

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.

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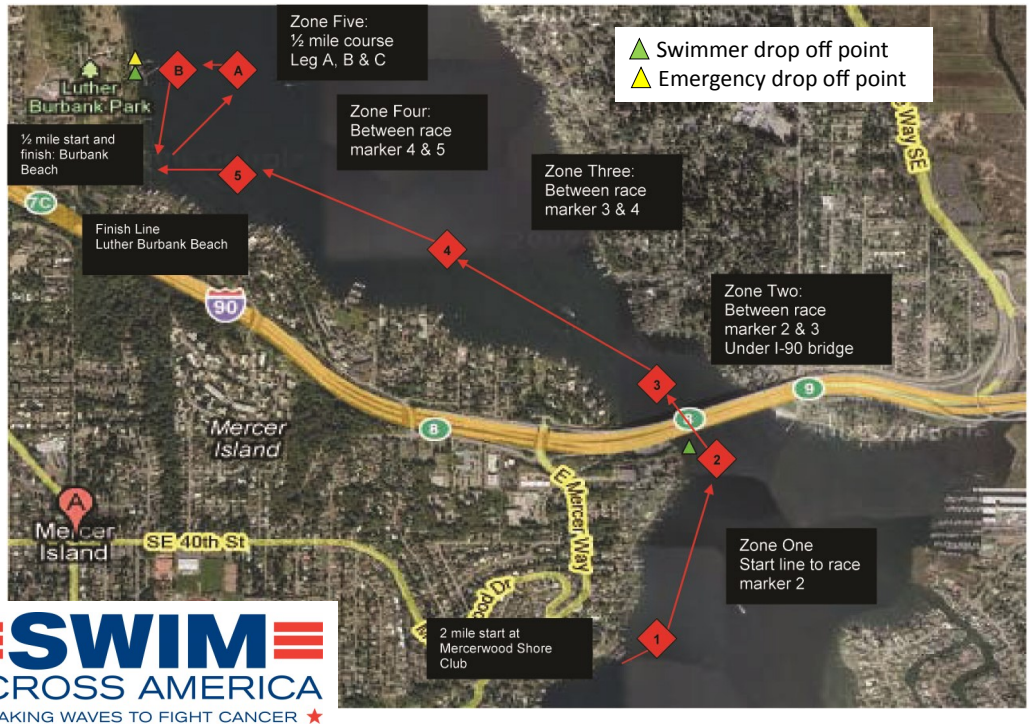
COURSE MAP



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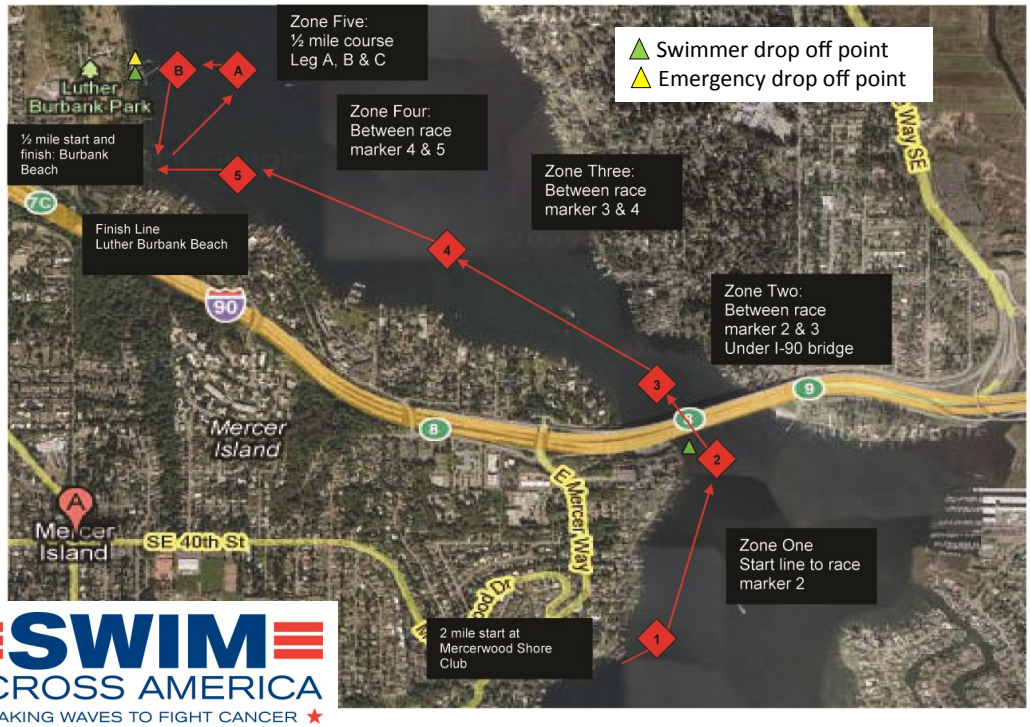

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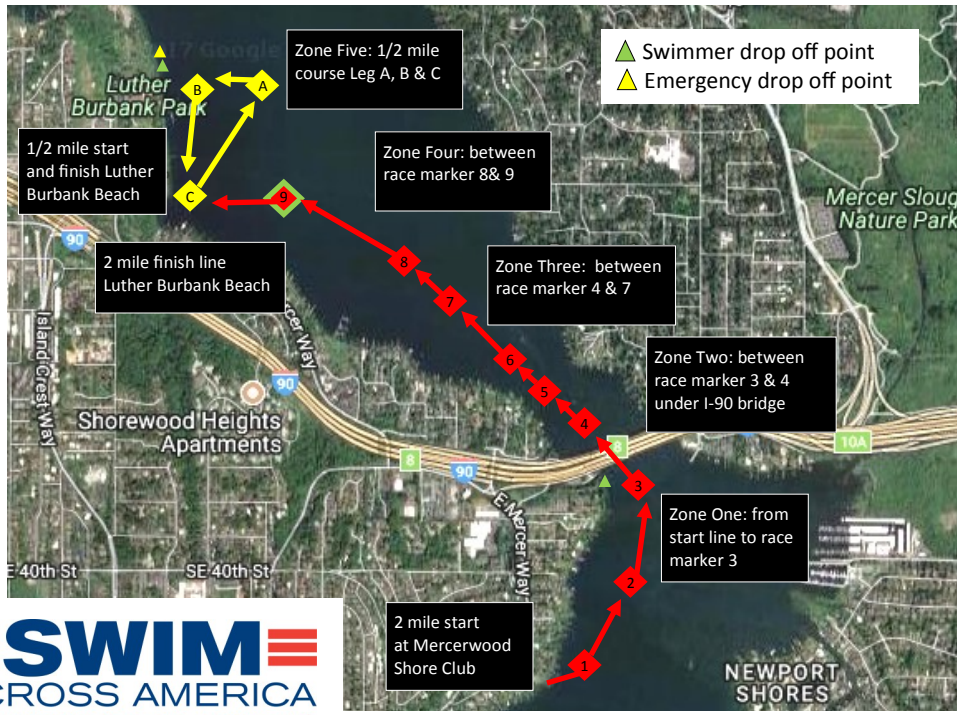

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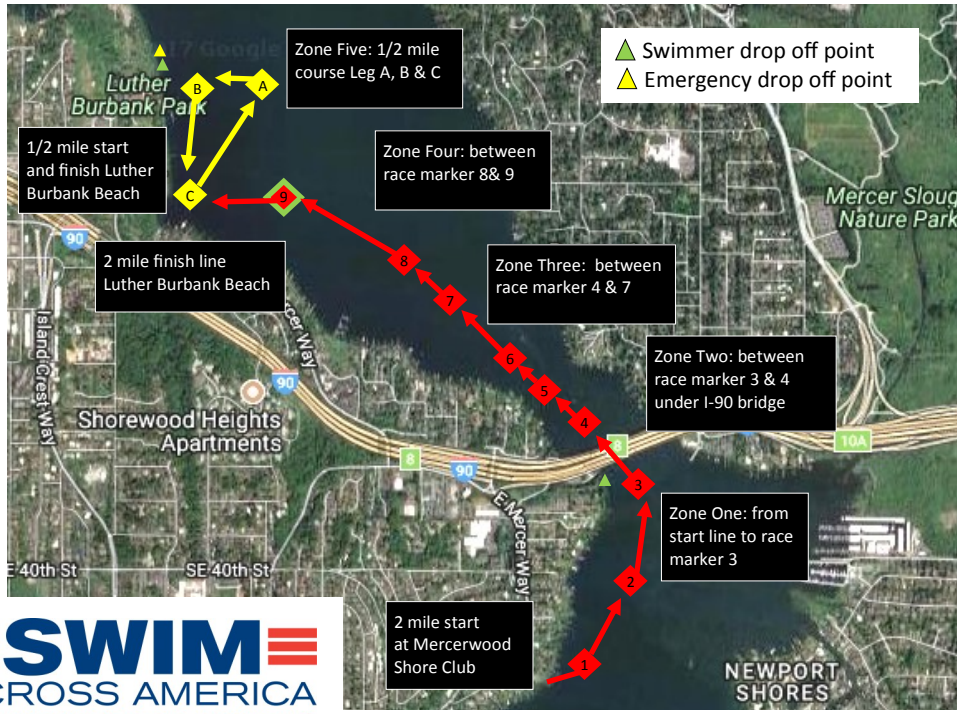

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