

11th Annual Keller Cove Swim

For Kids' Sake

September 18, 2021

~~ 2-mile swim ~~

~~ 1-mile swim ~~

~~ ½-mile swim ~~

Keller Beach, Miller/Knox Regional Shoreline
Richmond, California

Presented by: Richmond Plunge Masters (RPM)

Sanctioned by: USMS/Pacific Masters Swimming

Lifeguard Services: East Bay Regional Park District

The Event

This open water bay swim is the 11th annual fundraising event to benefit the youth USA swim team ("Sailfish") program in the City of Richmond, based at the restored Richmond Municipal Natatorium ("The Plunge"). Proceeds from the event will be used for coaching, equipment, pool fees and swimming scholarships for inner-city youth throughout Richmond. It will be held at Keller Beach, Miller/Knox Regional Shoreline, in cooperation with East Bay Regional Park District (EBRPD) who will provide water safety and lifeguard services for the event. The event includes open water swim competitions for adult swimmers, at ½-mile, 1-mile and 2-mile distances. This is the third and last event of the Pacific Masters 2021 very limited open water swim season.

Event Sanctioning and Eligibility

The Masters swim events (½-mile, 1-mile and 2-mile) are USMS sanctioned events. All participants must be current 2021 registered members of US Masters Swimming. Non-USMS swimmers may register with USMS at the event on race day, for standard membership or for single-event membership at a reduced cost.

Swim Events

½-mile, 1-mile & 2-mile swims, with both Non-Wetsuit and Wetsuit Divisions

½-mile swim will be run first as a separate event; this will be followed by 1-mile and 2-mile events that will be run concurrently, but in separate waves. Swimmers may enter either one event or two events as follows:

- ❖ One event: ½-mile only; 1-mile only; 2-mile only
- ❖ Two events: ½-mile + 1-mile; ½-mile + 2-mile

Registration/Check-In

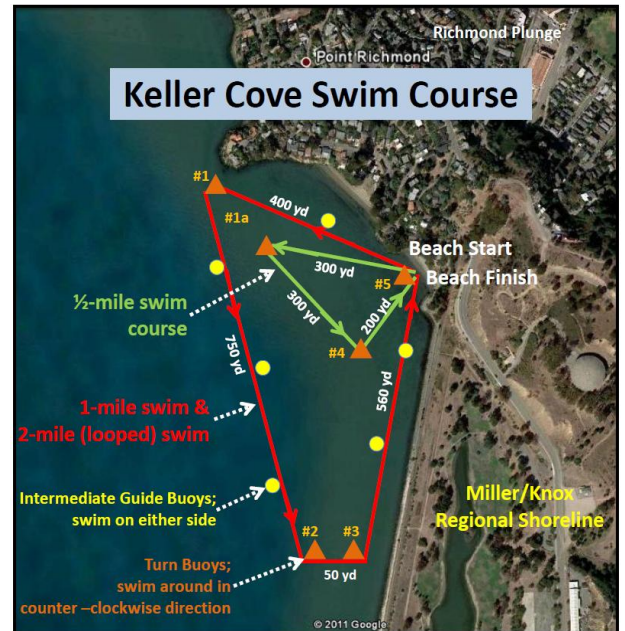
Registration may be made by mail, on-line, or at the event on race day. Registration and check-in will open at 7:30 am. Race day registration will require payment by cash or check (no credit cards accepted). Race-day registration will require entrants to provide USMS swimming card. Mailed registrations must include photocopy of valid membership card at time of entry.

Schedule of Activities

- ❖ Swimmer Check-in 7:30 am – 10:00 am
 - ❖ Welcome and Introductions: 9:00 am – 9:10 am
 - ❖ Race Instructions: ½ -mile 9:10 am – 9:25 am
 - ❖ ½ -mile Swim 9:30 am – 10:15 am
 - ❖ Race Instructions: 1 & 2 mile 10:10 am – 10:25 am
 - ❖ 1 & 2-mile Swims: 10:30 am – 12:30 pm
- ~~~~ Limited refreshments and Awards following Swims ~~~~

Swim Course

All swims will begin and end on Keller Beach and will follow a counter-clockwise course marked by brightly-colored buoys. The ½-mile swim will be run first as a separate event. After this is completed, the 1 and 2-mile swims will be run concurrently, beginning with the 2-mile swim wave, followed by the 1-mile swimmers divided into waves. The waves will start about 5 minutes apart. The 2-mile swim will consist of two loops of the 1-mile course. For swimmer safety, time limits will be: 45 minutes for ½-mile, 1 hour for 1-mile, and 2 hours for 2-mile swim.



Water Temperature and Wetsuits

Water temperature for the swim is expected to be in the range of 62-66 degrees. Swimmers are encouraged to wear wetsuits unless they are accustomed to swimming without wetsuits at the expected water temperature and for the distances offered in this event. Water temperatures near Keller Cove can be checked at: <https://www.ncei.noaa.gov/access/coastal-water-temperature-guide/cpac.html>.

Awards

- ❖ Masters Non-Wetsuit Division: ½, 1 and 2-mile swims; top 3 places in each 5-yr age groups; Men & Women
- ❖ Masters Wetsuit Division: ½, 1 and 2-mile swims; top 3 places 18-39, and 40+; Men & Women

Entry Fees

Category	On-line or Postmarked by	Entry Fee		Event T-shirt (extra)	Entry Fee w/T-shirt	
		Single Swim (½, 1 or 2-mi)	Two Swims		One Swim	Two Swims
Early	9/9/2021	\$60	\$75	\$10	\$70	\$85
Last Pre-Reg	9/16/2021	\$65	\$80	\$10	\$75	\$90
Race Day	-	\$75	\$90	\$15	\$90	\$105
Additional one event (OEVT) registration fee for non-USMS entrants						\$25

➤ All entries are non-refundable.

Water Safety & Lifeguard Services

Water safety and support will be provided under the direction of the East Bay Regional Park District (EBRPD) Aquatics Supervisor and lifeguards, including lifeguards, rescue boards, and two motorized boats. All EBRPD guidelines and criteria for open water swim events will be adhered to. The swim area (Keller Cove) is not subject to strong bay currents or significant boat traffic, as it lies off the main tidal channels in a relatively protected cove. Any boats in the area will be precluded from entering the swim area. All participants will be required to wear a brightly-colored swim cap (to be provided), and will receive body-marking for swimmer identification. The use of swim fins, pull buoys or other swimming devices will not be permitted. Personal escorts will only be permitted for handicap swimmers, with

approval from the EBRPD Aquatics Supervisor and RPM Race Safety Officer. Note: Under penalty of disqualification, swimmers may not make deliberate contact with craft, craft operators, and/or any physical features on or near the course during the swim.

Diversity and Inclusion. Richmond Plunge Masters and Pacific LMSC promote good sportsmanship by all athletes, coaches and spectators. We request your cooperation by supporting the participants in a positive manner. Profanity, intimidation, or discriminatory comments based on race, ethnicity, disability, gender, and gender and sexual identity that are directed at athletes, coaches or team representatives will not be tolerated and are grounds for removal from the site of competition.

COVID-19 Protocols. We will follow all Contra Costa County and East Bay Regional Parks COVID-19 protocols in effect at the time of the event. We plan to provide a disposable mask to swimmers that can be worn until entering the water. A disposable mask will be given to each swimmer upon exit from the water. We appreciate everyone's adherence to state, and local guidelines at the time of the event.

Directions & Parking

Driving Directions. Keller Beach is located at the intersection of Western Dr. and Dornan Dr. in Pt. Richmond, adjacent to the south portal of the Dornan Dr. Tunnel. From Highway 580, take the Canal Blvd exit and turn south; turn right at W. Cutting Blvd; turn left at Dornan Dr./S.Garrard and proceed past "The Plunge" through the tunnel. Keller Beach is on the right upon exiting the south side of the tunnel.

Parking. Parking near Keller Beach is limited to curbside parking along the west side of Dornan Dr, which stretches for a distance of approximately one mile to the south (toward San Francisco). Come early for close-in parking. Other parking options include: (a) street parking in Point Richmond (near the Plunge) and walk through the tunnel (1/4 mile); (b) Main Parking Lot for Miller/Knox Regional Shoreline (1/3 mile); (c) Dirt parking area across from Main Parking Lot (1/3 mile); and (d) Overflow and South Parking Lot (1/2 mile).

Contact Information:

For questions and more information regarding this swim event, Richmond Plunge Masters or general information on Masters swimming contacts are provided below:

Richmond Plunge Masters and Richmond Sailfish:

Race Director: Norm Hantzsche (nhantzsche@questaec.com)
Meet Referee: Mehdi Nourbakhsh (260beb39@opayq.com)
Race Safety Officer: John Schonder (richmondswims@gmail.com)
Website: <http://www.richmondswims.org>
Address: Richmond Swims, P.O. Box 70952, Richmond, CA 94807

USMS/Pacific Masters:

USMS Registration: <http://www.usms.org/reg>
Pacific Masters Swimming: <http://www.pacificmasters.org>

