



SCHEDULE AND REMINDERS

SATURDAY, August 6, 2016

Location: **Sitka Sound Science Center, 834 Lincoln St.**

4:30 PM - Pre-Race Registration

5:00 Welcome, Introduction and Sitka Sound Swim History

5:15 Swimmer Safety and Course Review

5:30 USCG Auxiliary Course Safety

5:35 Kayaker Responsibilities

5:35 Safety Boats and Start/Finish Crew

5:50 Tips/Techniques/Additional Questions and Wrap-up

6:00 PM -- Salmon bake and social

SUNDAY August 7, 2016

Location: **RACE START AREA - Sitka Sound Science Center / Sage Beach**

STAGED STARTS:

10K- 7:30 AM Starting line gathering - Final Course review and updates
8:00 AM 10K START

6K- 8:00 AM Starting line gathering
8:45 AM 6K START

3K- 9:00 AM Starting line gathering
9:30 AM 3K Start

1K- 10:15 AM Starting line gathering registration and final check-in.
11:00 AM 1K START

Awards and celebration! - Anticipated to be at approximately 11:30 AM when the last 10k swimmer crosses the finish line. Please stay for our group photo to be published on many of our sponsor websites and Facebook pages!

THINGS TO REMEMBER:

Swimmers: suits, caps (race cap required), goggles, towels and warm clothes for after. Helpful to have slip on sandals or Crocs for start/finish to walk into the water. For those swimming the 10/6/3K swims be sure to have plenty of hydration beverages and foods (goo, gels, bars).

Kayakers: warm clothing and of course dress for the possibility of rain or shine. Raingear, hats and sunglasses highly recommended regardless of current weather. Hydration and fuel supplies for both kayaker and swimmer. If you can, please bring a cell phone and a waterproof case or a VHF radio.