



## Tour of Buoys 1.5-Mile and 5-Mile Swims Hosted by the La Jolla Cove Swim Club Sunday, August 2, 2009 at La Jolla Shores Beach, La Jolla, CA

**Event:** The Tour of Buoys is not a USMS sanctioned event and is also restricted to current members of the La Jolla Cove Swim Club. Non-members must join for the balance of the year for an additional charge (see below). Each participant in the 5 mile swim must provide their own paddler escort and must compete in regulation gear: swim cap(s), swimsuit, and goggles. In the 1.5 mile swim, competitors can choose a regulation division or a non-regulation division which allows for wetsuits and/or fins. Competitors in the non-regulation division are not eligible for awards.

**Location:** The race is held in the La Jolla Ecological Reserve, which is seaside of Kellogg Park in La Jolla, California. The course begins near the boat launching area on La Jolla Shores Beach and then follows the perimeter buoys of the La Jolla Ecological Reserve. The Start/Finish area is located south of the centrally located parking lot and Main Lifeguard Tower in Kellogg Park. Ocean water temperature in August is usually 68-72 degrees Fahrenheit.

### **Schedule:**

**5-Mile Event** - 5-Mile Event. Check-In time for swimmers is 7-8 a.m. Paddler escorts must attend a briefing on the course and the rules for escorting a swimmer which will begin at 8 a.m. with an expected launch time of 8:15. Swimmers must attend a similar briefing and roll call at 8:15. Starting time for the event will be no earlier than 8:30. There will be a four hour time limit for the event. At the end of four hours, swimmers still in the water will be directed to exit the course at the nearest point on the shore.

**1.5-Mile Event** - Check-In time is 7:30-8:30 a.m. The swimmer briefing and roll call will take place at 8:45, with an expected start time of 9 a.m. Cut-off time for this event will be the same as the 5-mile event, i.e. four hours after the beginning of the 5-mile event.

In order to ensure a timely start for the events, Check-In times will be strictly enforced. The **awards presentation** will begin no earlier than 11:30 a.m.

**Eligibility:** The event is open only to **members of the La Jolla Cove Swim Club** who are 16 years of age or older as of August 2, 2009. (See "Event" above) **Non-members** may purchase a pro-rated membership for \$10, which is renewable as of January 1, 2010.

**Entries & Fees:** The 1.5-Mile entry fee for applications postmarked on/before July 16 is \$30 and \$40 for the 5-Mile event. Those postmarked after July 16 but on/before July 30 are \$40 for the 1.5-Mile and \$50 for the 5-Mile event. Day of entry applications for the 1.5-Mile event is \$60, and \$70 for the 5-Mile event, but tee shirts cannot be guaranteed for these applicants or their escorts. Fees include tee shirts and lunch.

### **Race Directors/Information:**

Paula Selby (619) 303-0423 or David Lamott (619) 222-3436.  
E-mail: [plselby@cox.net](mailto:plselby@cox.net) or [diamott1@cox.net](mailto:diamott1@cox.net)

### **Rules:**

- 1) Current USMS long distance swimming rules govern the 5-Mile event and regulation division for the 1.5-Mile event.
- 2) A USMS-legal swim suit, cap and goggles are all that can be worn for the regulation divisions. Wetsuits or fins are allowed for the 1.5-Mile non-regulation event.
- 3) **Each participant in the 5-Mile race must have and is responsible for a paddleboard or kayak escort.** Race Management will NOT PROVIDE OR BROKER paddlers and kayaks.
- 4) **Incomplete entry forms will be returned to the applicant.**

**Kayak & Wetsuit Rentals:** A list of kayak and wetsuit rental companies is posted on the event website at:

<http://www.lajollacoveswimclub.org/Templates/ToBInfo.htm>

**Safety:** In addition to the individual escort paddlers required for 5-mile event participants, safety kayakers with radios will be stationed along the course. The Course Marshal will be in a chase boat with a radio and cell phone and will be able to call lifeguards if necessary. Attempts will be made to minimize, if not eliminate, exhaust fumes from motorized water craft. Lifeguards and Paramedics will be informed ahead of time regarding event plans. The course is also monitored from the Main Lifeguard Tower at La Jolla Shores Beach.

**Seeding:** Race organizers may create wave starts for the 5-Mile event, and faster swimmers may start later. Each applicant must submit an "expected per-mile pace (Minutes:Seconds per mile)" based on his or her open water swimming experience within the past year.

**Post-Race Food:** Pre- and post-race food and drink will be provided for registered swimmers and their escorts. Guests of competitors may purchase meal tickets on race day for \$5 per person.

**Awards:** Medals will be given to the first three swimmers in each USMS age group/gender category for the regulation divisions, only. Non-regulation participants in the 1.5-Mile event are not eligible for awards. A special plaque will be awarded to overall male and female winners. Results will be posted approximately one week after the race on [www.lajollacoveswimclub.org](http://www.lajollacoveswimclub.org).

**Directions:** From the north take I-5 to Hwy 52 East; exit at Regents Rd and double back onto 52 West; stay in the left lanes which become La Jolla Pkwy.

From the south take I-5 to La Jolla Pkwy.

Continue West on La Jolla Pkwy; at the 3rd traffic signal turn right on La Jolla Shores Drive. Drive about half a mile and turn left onto Calle Frescota. Drive SLOWLY through the neighborhood to the Kellogg Park parking lot. The Check-In site and Start/Finish are on the La Jolla Shores beach 200 yards south of the parking lot.