



2023 SAA-HOUSTON SWIMMER & VOLUNTEER PACKET

EVENT TIMELINE

Event Day Timeline
7:30 am: Registration Opens. Closes at 8:15 am.
7:35 am: Mandatory Water Volunteer Safety Meeting
8:00 am: Welcome Program
8:25 am: Swimmer Safety Meeting and Group Photograph at Start
8:30 am: 2 Mile Swim Start
8:35 am: 1 Mile Swim Start
8:40 am: ½ Mile Swim Start

**** Course cutoff time is 10:30 am. ****

VENUE & COURSE MAPS

Swim Location

[Lake Longhorn](#)

2391 Gun Range Road
League City, TX 77573

Directions

The Lake Longhorn sign was destroyed by Hurricane Nicholas. Please look for the Gun Range Road sign and the brand new Amazon Center. Gun Range Road is paved then turns into a gravel road, You will drive all the way to the back and then take a left.


Venue Policy


STRICTLY NO PETS ALLOWED. NO EXCEPTIONS.

Site Map



1. Registration & T-shirts (3 tables)
2. Timing Chip & Body Marking (1)
3. WaveMaker (1)
4. Tattoos / Why I swim (2)
5. Merchandise (1)
6. Food & Water (2)
7. Timer (1)
8. 2 porta potties

 Swim in/out arch

 Swimmer chute
w/ swimmer
checkout &
towels

 Parking

Course Map



CHECK-IN & WHAT TO BRING

Upon arrival, please park and proceed directly to the white office, where you will find the Registration Area, which will be clearly marked. **Registration opens at 7:30 am and ends at 8:15 am.**

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

All participants must also fill out this [Lake Longhorn waiver](#) BEFORE arriving. Please complete the Lake Longhorn waiver by Thursday night to speed up check in on Saturday morning.

Once checked in, you are welcome to visit the other tables. Be sure to tag **@houstonsaa** and **@saaswim** in any photos you take!

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. **WAIVERS** - Please fill it out LEGIBLY and COMPLETELY and bring with you in order to swim. If you are under 18, your legal guardian must sign the waiver as well. [Click here for waiver form](#). **You must also fill out the [Lake Longhorn waiver](#) BEFORE arriving. Please complete the Lake Longhorn waiver by Thursday night to speed up check in on Saturday morning.**
3. **OTHER ITEMS** - Directions, swimsuit, 2 pair of goggles, sunscreen, folding chair or blanket, and money for SAA merchandise.

Each finisher will receive a **beach towel** when they come out of the water, compliments of our beneficiary, MD Anderson Cancer Center!

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-Houston [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

Volunteers

Thank you for helping us Make Waves to Fight Cancer.

Upon arrival, please park and proceed directly to the pavilion, where you will find the Registration Area and a dedicated Volunteer Check-in table. **All volunteers must check in and sign a [waiver](#).**

You must also fill out this [Lake Longhorn waiver](#) BEFORE arriving. Please complete it by Thursday night to speed up check in on Saturday morning.

Land Volunteers: You should receive an email with your role and expected time of arrival from PERSON/EMAIL. Should you have any questions or need to update us on your status for Saturday, please email Jenna immediately: jenna@swimacrossamerica.org

Water Volunteers: Suggested arrival time on event day is **7:15 am**, to allow for enough time to check in at Registration, sign a waiver, and prepare your vessel. **There is a mandatory water safety meeting at 7:35 am.** You will also receive an email with specific information in regards to your role and where to deploy your vessel. Should you have any questions or need to update us on your status for Saturday, please email [Jenna](#) immediately.

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. You must also fill out this [Lake Longhorn waiver](#) BEFORE arriving.**
- 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. **You must also fill out this [Lake Longhorn waiver](#) BEFORE arriving.**
- **All swimmers are required to attend the Mandatory Safety Talk.**
- **All swimmers are required to wear the safety chip distributed at check-in.**
- All swimmers must wear the correct cap color assigned at registration.
- All swimmers must be body marked.
- Mp3 players and headphones are **not allowed** on the course.
- All swim distances will begin at the direction of the Swim Director. For the safety of ALL, swimmers should only enter the water when specifically instructed to do so by SAA personnel.
- If a swimmer decides to exit the water onto a boat on his/her own accord, or if a swimmer is removed from the water by Swim Across America personnel for any reason; that swimmer will not be allowed to re-enter the water. ALL swimmers must adhere to the discretion of SAA safety personnel.
- **All swimmers are required to visit the Check-out table after swimming to ensure proper sign out and return of safety chip and to ensure that ALL Swimmers are properly accounted for after the event.** Spectators are not permitted inside the start/finish chute unless otherwise approved.
- Angel Swimmers are provided to give support to swimmers less comfortable in open water. If you would like to be assigned an angel swimmer, please contact Jenna Jacobs: jenna@swimacrossamerica.org
- Lake Longhorn does not require swim buoys for our event. If you'd like to swim with a swim buoy, Swim Across America will have some available for use during your swim.

*Swim Across America reserves the right to remove or move a swimmer's position along the course via approved safety methods and personnel as determined appropriate, or make any other operational changes thereof. All swimmers must follow the directions of SAA personnel. Noncompliance may endanger the participant or others, and may make the participant ineligible to participate in future Swim Across America events.

POLICIES

Water Temperature and Wetsuit Policy

Expected water temperature is in the low 80s. Wetsuits are not permitted.

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 and Safety Directors, 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.

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 meet the **fundraising minimum** when you registered for the event. (Swimmers 18 years of age and over: \$300; Swimmers under 18 or current college students: \$150)

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 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.

SAA Fundraising Mobile App

Fundraising gets easier with the [SAA Mobile 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!

Be A WaveMaker at Your Swim

This year we are pulling out all the stops for our \$1,000+ fundraisers known as our WAVEMAKERS! If you have raised \$1,000 by Saturday, you are a WAVEMAKER! Make sure to stop by our **WaveMaker table** to get your [special SAA WaveMaker prize](#).

Get Social and Win with @SwimOutlet

Contest Details: Want to show your love for Swim Across America and win a \$100 SwimOutlet.com gift card? It's as easy as taking an awesome SAA-spirited photo and tagging [@saaswim](#) and [@swimoutlet](#) when you post on Instagram. Show us the best the SAA community has to offer and we'll select the best [Instagram](#) photo that's posted from the swim.

Top Fundraiser Wins an SAA x Gill Aqua Parka

This year, the top individual fundraiser will receive an SAA-branded [Gill Aqua Parka](#). Get to the top of the leaderboard to win yours!

YOUR IMPACT

Established in 2019, SAA - Houston has raised over \$390,000 for our beneficiary: [MD Anderson Cancer Center](#).

Swim Across America - Houston supports the research project of Dr. Pratibha Sharma.

Patients diagnosed with brain tumors known as glioblastomas survive only 15 months on average and only 10 percent of patients live five years post diagnosis. Dr. Sharma will use SAA funds to deploy novel inhibitor drugs to study how these drugs starve glioblastoma cells of energy while sparing non-malignant and immune cells that are also present in the tumors and their surrounding tissue. The SAA funding will generate preliminary data that will enable Dr. Sharma to later secure federal grant funding to further develop this innovative treatment for patients.

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

