



2023 SAA-LONG ISLAND SOUND SWIMMER & VOLUNTEER PACKET

EVENT TIMELINE

*Event Day Schedule is subject to change.

Please arrive before Check In closes at **7:00 AM SHARP!!** You will **NOT** be allowed to swim if you do not make sign in.

Event Day Timeline: Please note: NO HEATS THIS YEAR
4:45 am: 10K Swimmer Check In
5:00 am: Volunteer Sign In
5:30 am: 10K Swimmers Must be Aboard Transport Boats
5:45 am: All Other Swimmer Registration Opens (Closes at 7:00am)
7:00 - 7:15 am: Welcome & Mandatory Safety Talk
SWIMMERS NEEDING MORE TIME TO SWIM THEIR DISTANCE SHOULD ENTER WATER AS SOON AS POSSIBLE.
7:15 am: ALL 5K Swimmers proceed to work dock; (Enter water in Groups of 30, at 2-minute intervals)
7:30 am: All 2K Swimmers proceed to work dock; (Enter water in Groups of 30 at 2-minute intervals) REMINDER: ALL SWIMMERS MUST BE OUT OF THE WATER BY 10:15 AM OR YOU WILL BE PULLED
10:15 am: Post Event Celebration to Follow
Note: Swimmers under 12 years of age are NOT allowed to swim in the SAA-LIS Open Water Event. Swimmers 12 -14 years of age must be accompanied by a parent or parent-assigned adult and use a buoy

You **MUST** arrive before Check In closes at **7:00 AM**. You will **NOT** be allowed to swim if you do not make sign in.

VENUE & COURSE MAPS

Swim Location

[Larchmont Yacht Club](#)

1 Woodbine Ave.
Larchmont, New York 10538

[Larchmont Shore Club](#)

1 Oak Bluff Ave.
Larchmont, New York 10538

Course Map



Parking

DIAGONAL PARKING for volunteers & swimmers is **ON LARCHMONT AVE.**

Our **SHUTTLE BUSES** will be running up and down Larchmont Ave. One will go to the train station and between clubs all morning.

CHECK-IN & WHAT TO BRING

Upon arrival, please park and proceed directly to the pavilion, where you will find the Registration Area, which will be clearly marked. Registration opens at 4:45 am for 10K swimmers and 5:45 am for 5K & 2K swimmers. **Registration closes at 7:00 am. You CANNOT sign in past 7:00 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 body marked. **All swimmers and volunteers must check in** and sign a [waiver](#). It is faster if you download and pre-fill the waiver prior to arrival.

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. **WAIVER** - Please print, fill out LEGIBLY and COMPLETELY and bring with you in order to swim. If you are under 18, your legal guardian must sign your waiver. [Click here for waiver form.](#)
3. **Additional items** - Directions, swimsuit, wetsuit (appropriate for swimming), 2 pair of goggles, Vaseline, Aquaphor or BodyGlide (for under the arms, neck area), sunscreen, folding chair, or blanket (if desired), and a smile!

Each finisher will receive a beach towel when they come out of the water, compliments of our beneficiary, **Memorial Sloan Kettering Cancer Center**, along with other goodies! Each swimmer is invited to stay for brunch, compliments of Bristol-Myers Squibb.

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 - Long Island Sound [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

Thank you for helping us Make Waves to Fight Cancer!

Upon arrival, please **PARK DIAGONALLY ON LARCHMONT AVENUE** and proceed directly to the SAA village, where you will find the Registration Area and a dedicated Volunteer Check-in table. **All volunteers must check in** and sign a [waiver](#).

Land Volunteers: Suggested arrival time on **Saturday, July 29th, is 5:00 am**. Should you have any questions or need to update us on your status for Saturday, please contact **Diane May immediately: 914-844-8491 or dmay9293@aol.com**.

Water Volunteers: Suggested arrival time on **Saturday, July 29th, is 6:00-6:30 am**, for enough time to check in at Registration, sign waiver, and prepare your vessel.

- You **MUST** check-in. **There is a mandatory water safety meeting at 7:00 am.**
- You will receive an email with specific information in regard to your role and where to deploy your vessel, prior to event day.
- Should you have any questions or need to update us on your status for Saturday, **please contact Richard Clifford immediately: 917-854-5824 or ricardoclifford@gmail.com**.
- **Note: 10K Kayakers must be aboard transport boats no later than 5:30 am.**

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.
- 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.
- **Swimmers under 12 years of age are not allowed to swim** in the SAA-LIS open water event. We have plenty of pool swim choices!
- Swimmers **12 – 14 years of age must be accompanied by a parent or parent-assigned adult and USE A BUOY!**
- **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.
- **Headphones and Mp3 players are not allowed on the course.** Snorkels are **not allowed** on the course unless approved by SAA safety personnel*.
- All swim distances will begin at the direction of the Swim Director. For the safety of ALL, swimmers need to make sure they walk over the mat that activates their chip, and then 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 exit the beach by: 1) Walking over the mat, where the chip will acknowledge their return; Note even if you did not complete the swim, you **STILL** must go over the mat and sign out. 2) THEN visit the Check-out table after swimming 3) ensure proper sign out and 4) return of safety chip to ensure ALL Swimmers are properly accounted for. Spectators are not permitted inside the start/finish chute unless otherwise approved.

*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.

Please arrive before Check In closes at 7:00 AM. You will NOT be allowed to swim if you do not make sign in.

POLICIES

Water Temperature, Wetsuits, & Policies

- **Water Temperature:** Expected water temperature is in the **high 60's**.
- **Wetsuits:** Wetsuits are permitted and encouraged. SAA strongly encourages swimmers to choose an open water swimming / triathlon specific wetsuit over a general water sports wetsuit. Participants should practice swimming in a supervised open water test swim prior to event day with their anticipated swimsuit and/or wetsuit.
- **Equipment:** Headphones and Mp3 players while swimming are not allowed on the course at any time.
- **Inclement Weather Policy:**

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.

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If you have questions about our policies regarding inclement weather, swim equipment or wetsuits, please consult our [Policies page](#).

COVID-19 Safety Information

Each of our charity swims will follow local safety guidelines. To prevent the spread of COVID and reduce the potential risk of exposure to our participants and volunteers, we respectfully and cautiously ask anyone who is sick, feeling sick, tests positive for COVID-19, or has been in close contact with a person who has been diagnosed with COVID, that you do NOT attend the event. Please be mindful of the health and safety of others at all times.

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 meeting the **fundraising minimum** when you registered for the event. (5K Swimmers: \$500; 2K Swimmers: \$500 and 10K Swimmers: \$5,000)

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!

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

SAA-Long Island Sound supports immunotherapy research at the Swim Across America Laboratory, the research laboratories of Dr. Luis Diaz and the MSK Kids Department of Pediatrics at [Memorial Sloan Kettering Cancer Center](#), pediatric oncology research at Morgan [Columbia University Medical Center](#), immunotherapy research and clinical trials at the Swim Across America Laboratory at [Weill Cornell Cancer Center](#) and patient services with [Cancer Support Team](#).

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

