



POINT TO LA POINTE
2.1 MILE OPEN WATER SWIM

SWIMMER INFORMATION

Ursula Garrison, Race Director
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Point to La Pointe Open Water Swim

Washington Avenue Beach

Bayfield, WI

Saturday, August 5, 2023

<https://www.bayfieldrec.org/point-to-la-pointe.html>

EVENT ORGANIZER — We are Recreation and Fitness Resources, a non-profit organization based in Bayfield, WI. Our goal is to provide affordable programs, classes and events that promote healthful, fun, and active lifestyles.

We Operate the Bayfield Area Rec Center, North Coast Sailing Program, The Polar Plunge & Color Run, and the Point to La Pointe Open Water Swim. Our programs, classes and activities provide much needed economic support to our small communities and our Fundraising Events allow us to maintain operations and provide financial scholarships to families and individuals who could not otherwise have access to these programs and facilities. For youth, our programs like swimming and sailing lessons, help children develop independence, self-reliance, and confidence. For seniors our Silver Sneaker's and Aqua Fit classes, help seniors maintain cognitive abilities and physical strength, and provide a place to socialize and gather. For families, our pool provides a safe environment in which families can enjoy time together. For the local economy – our events provide a much-needed economic boost. Hotels and campgrounds are sold out the weekend of the swim and restaurants, bars and local stores receive a much-needed influx of visitors and shoppers. Our 25-meter pool (The only one in a 70-mile radius available to the public) provides a training venue for a variety of entities and organizations like Fire and EMS services, The National Park Service, Kayak Outfitters, who use our pool to keep their staff trained and certified in CPR, AED, SCUBA, Lifeguarding, Rescue Readiness and more. Thank you for participating in the 2023 Point to La Pointe Open Water Swim and helping us continue our mission. We hope you enjoy this event as much as we do. You can find out more about us by visiting our website www.Bayfieldrec.org.

RACE OVERVIEW

Swimming to Madeline Island has been a storied feat around the Bayfield area for decades. Starting as a community swim for 24 people in 2006, the Point to La Pointe has grown into a thriving race that sells out annually.

The race is a 2.1 mile, point to point swim that starts in Bayfield, Wisconsin, and proceeds across the waters of Lake Superior to land on beautiful Madeline Island.

CONTACT & QUESTIONS

Race Director: Ursula Garrison

email: ursula@bayfieldrec.org

Bayfield Rec Center

140 S. Broad Street # 1146

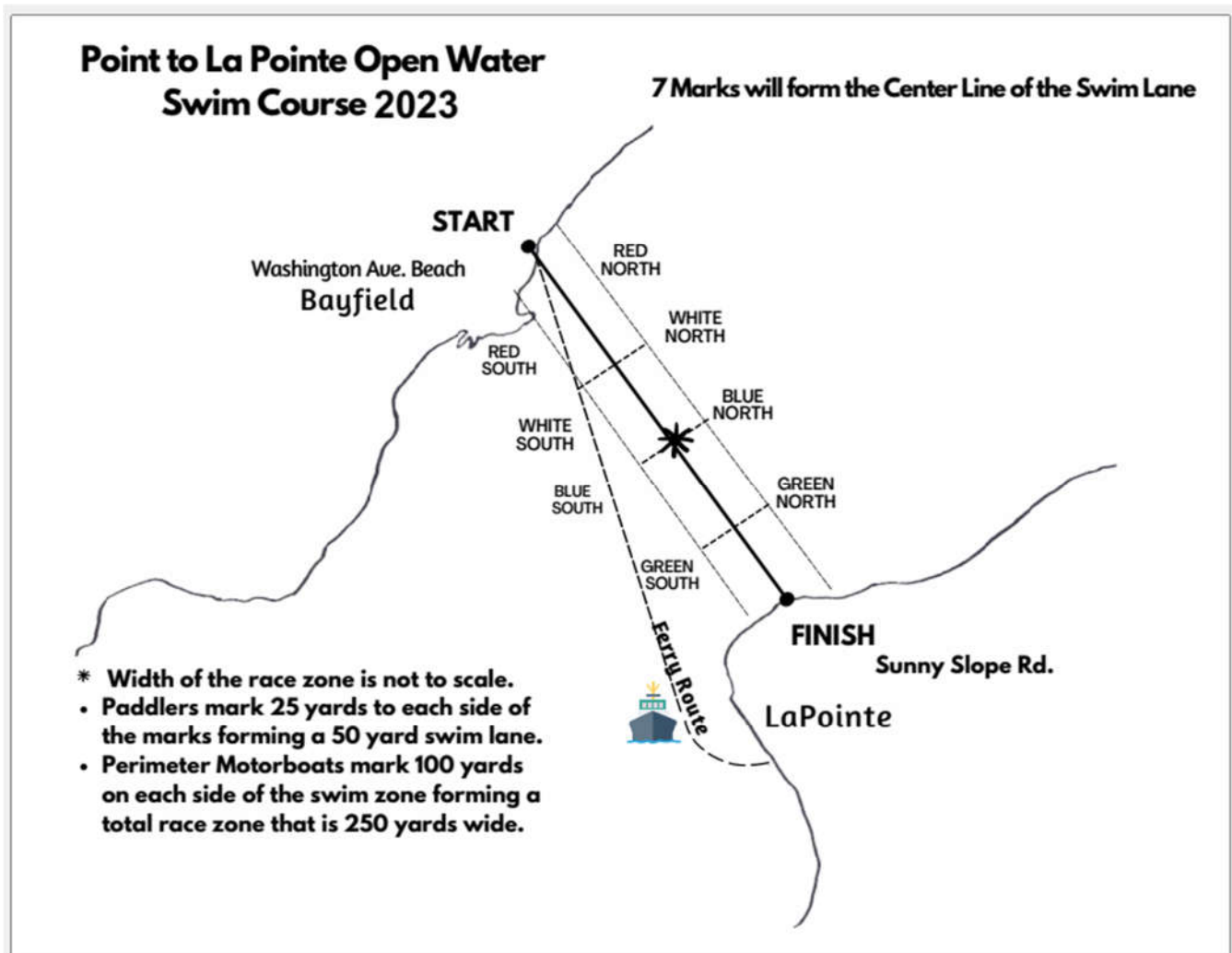
Bayfield, WI 54814

RACE VENUE

- Race check-in (Lakeside Pavilion, Bayfield, WI: Friday 2pm – 9pm)
- Packet pick-up (Lakeside Pavilion, Bayfield, WI: Friday 2pm – 9pm)
- Swimmer Gear Drop-off (Lakeside Pavilion, Bayfield, WI: Friday 2pm – 9pm)
- Pre-purchased Merchandise pickup (Lakeside Pavilion, Bayfield, WI: Friday 2pm – 9pm)
- Late check-in (Lakeside Pavilion, Bayfield, WI: Saturday 5am -6am)
- Swimmer Bag Drop-off at U-Haul Truck (Saturday: Washington Ave. Beach - 6am – 6:30am)
- Finish Line – Sunny Slope Rd
- Awards Ceremony – (La Pointe Elementary School, Madeline Island) 11:00 am

RACECOURSE

The swim starts at the Washington Ave. Beach in Bayfield, across 2.1 miles of Lake Superior and ends at Sunny Slope Rd in Madeline Island (AKA: La Pointe). The swimming area is fifty yards wide. Buoys will mark the middle of the swim lane at 1/3-mile intervals. Safety Paddlers form an escort perimeter twenty-five yards to each side of the swim lane. Safety motorboats will form a perimeter one hundred yards to each side of the swimming lane. The Coastguard boats will be in the outer perimeter to prevent other vessels from entering the swimming area. Swimmers should stay within twenty-five yards of the marking Buoys.



RACE MARKERS

The course is marked with sailing buoys. **The first mark is to keep you away from the ferry lane; swim to the LEFT of it.**

Swimmers are expected to pass nearby (within 25 yards) of these buoys for safety reasons. Safety Paddlers will redirect swimmers that are going off course. Swimmers are expected to follow steering instructions from Safety Paddlers.

RACE SCHEDULE

Friday – Check-in, Packet Pickup, Merchandise Pickup

TIME	DESCRIPTION	LOCATION
2:00 PM – 9:00 PM	Check-in, Packet Pickup, Swag Pickup	<u>Lakeside Pavilion, Bayfield, WI</u>
2:00 PM – 9:00 PM	Pre-purchased merchandise pickup	<u>Lakeside Pavilion, Bayfield, WI</u>
2:00 PM – 9:00 PM	Swimmer Bag Drop-off	<u>Lakeside Pavilion, Bayfield, WI</u>

Saturday – Race Day

TIME	DESCRIPTION	LOCATION
5:30 AM – 6:00 AM	Race day packet pickup	<u>Lakeside Pavilion, Bayfield, WI</u>
5:00 AM – 6:30 AM	Swimmer Bags drop-off (any bags that were not dropped off on Friday)	(Start Line) Washington Avenue Beach (U-Haul Truck)
5:00 AM – 6:30 AM	Time Tracking Chips Issued	Start-line - Washington Avenue Beach Tables.
7: 00 AM- 7:20 AM	Mandatory Safety Briefing/Race Instructions	(Start Line) Washington Avenue Beach
7:20 AM 7:23 AM 7:26 AM 7:29 AM	Race Start: Competitive Waves – 7:20, 7:23, 7:26: 7:29 arranged by mile swim time. Waves will start in 3-minute intervals.	(Start Line) Washington Avenue Beach
7:32 AM 7:35 AM	Race Start: Non-Competitive Waves 7:32, 7:35	(Start Line) Washington Avenue Beach
10:05 AM	Pull Out – All swimmers still in the water will be pulled out.	Lake Superior
11:00 AM	Awards Ceremony (La Pointe Elementary School) Fundraising Breakfast (Benefits La Pointe Elementary School)	<u>La Pointe Elementary School</u> 868 White Fish Street Madeline Island, WI

RACE TIME LIMITS

Timing ends at 10 am. This means that all swimmers must have completed the race by this time. Cut-off times are set for the safety of swimmers, respect for the finish line hosts as well as all volunteers

and hired personnel from local agencies, such as Fire, Ambulance, etc. needed to carry out this event safely and effectively. Swimmers that have not finished the race by this time will be pulled from the water. Please read the “Swimmers off the Water” section to see how to retrieve your gear and/or make it back to the island.

PARKING & RESTROOMS

Parking is always a challenge in a small, picturesque Bayfield. We encourage those who are staying in Bayfield to walk to registration at the Pavilion if possible. On Saturday of the race, porta-potties will be available by the beach for those needing restrooms.

Parking on the island is even more challenging than in Bayfield. There will be extremely limited parking by the finish line. We encourage everyone to take advantage of the free shuttle buses that will take people from the ferry landing to the finish line rather than driving. After 11, the shuttles will run through 4 pm, giving rides to the park and back to the ferry landing.

RACE SWAG, GOODIES & POST RACE FOOD

Everyone who registered will receive an event hoodie to memorialize their participation. There are also T-shirts, hats and other items that can be pre-ordered by June 30th. At the finish line there will be coffee and snacks available for participants. [Purchase Merchandise](#)

EVENT MUGS

Event mugs are not part of the swimmer swag. Event mugs are available for sale directly from our website. If you would like to order a mug, the deadline is **June 30, 2023**. To purchase a mug, click on the link -> [Purchase a mug](#)



FUNDRAISING PARTICIPANTS

As you know, this event is a fundraiser for our organization. As such, we want to incentivize those of you who are fundraising with a small token of our appreciation. The Top 3 Fundraising participants that raise a minimum of \$1000 will receive a special award.

SWIMMERS OFF THE WATER

Swimmers that have not completed the race by 10am will be removed from the water for their safety and transported back to Bayfield.

Swimmers may also be removed from the water at any time if they show signs of hypothermia, are visibly exhausted, injured or are otherwise unable to continue the race or if the swimmer requests removal from the water. More information about what to do if you are removed from the water is found under Safety – Need Assistance Mid Race section.

Swimmers that are pulled from the water will be transported to a designated site (TBD). Once pulled, swimmers will be evaluated and either released or transported to a nearby emergency center if warranted. If released, at the designated location, you will be provided with sandals, dry clothes, and a ferry ticket back to Madeline Island. If you get pulled out of the water, you will turn in your chip at this designated location. Do not leave your chip with the kayak, safety boat or coast guard boat. Once at the drop off location, we will transport you to the ferry line so you can catch a ride back to the island.

Nobody thinks that they will be one of the swimmers who will be pulled out of the water. Maybe you won't be, but it's better to have a plan and not need it than to need it and not have it. Please have a personal plan if you have family or friends that will be with you during the event in case you get pulled out of the water. The plan should include who will be traveling to whom. Will you be going back to the Island, or will they be coming to Bayfield with your gear? The last thing you want is to end up on opposite sides (Your family in Bayfield with all your gear and you on the Island with nothing.)

FINISH LINE

To cross the finish-line you will have to climb a set of stairs to the dock. First, swim past the RIGHT end of the L dock at the white house and the large orange tetrahedron buoy. Then, turn left and follow the buoys and noodles to head toward a yellow set of stairs at the dock. You will have to walk up the stairs about five steps (with handrails on both sides). Your time is taken when you cross a mat on the dock. At this point a team of volunteers will remove your timing chip. Swimmers should then continue up to the yard and not congregate on the dock. (See pictures at the end of the document.)

SWIMMERS STAYING ON MADELINE ISLAND

If you are staying on Madeline Island on Friday night, your transportation to the start in Bayfield is an unpublished 6:00am ferry. Be there at 5:45am to be sure you don't miss it! Your ticket is in your packet which you should pick up Friday at the designated location. If you miss this ferry, **you will miss the race.**

SPECTATORS STAYING ON THE ISLAND

Spectators on the island that want to see the swim start may have to take a later ferry if there is no room in the 6 am ferry. Spectators must pay the standard fee (it is recommended that you have a pre-purchased ticket or exact change ready.) For more information about the Madeline Island Ferry Line schedule visit their website at www.madferry.com

SPECTATORS STAYING IN BAYFIELD

Those staying in Bayfield should take the ferry to Madeline Island. Upon landing at the ferry terminal, the finish line is a 1/2 mile walk north. The address is Sunny Slope Road, La Pointe, WI 54850. We will be running two BART buses to provide transportation from the ferry terminal to the finish line. The shuttle buses will pick up near the ferry terminal and drop spectators off at the finish line.

We ask cars to drive to park in town and take the shuttle bus to the finish or drive about 50 yards past the finish line home to a parking lot. Please note there is very limited parking at the finish line. Spectators are strongly encouraged to park in town and take a shuttle to the finish line.

SWIMMING AIDS

Swimming aids (fins, snorkels, hand paddles) are allowed in the Non-Competitive Division but not the Competitive Division.

Swim Buoys are allowed and highly encouraged in all divisions. In addition to increasing safety by making you more visible in the water, swim buoys provide you with buoyancy assistance should you need it, while you await removal from the water.

WETSUITS

All swimmers are required to wear a wetsuit. If you would like to swim without a wetsuit, you must apply in advance for permission from the race director (specific non-wetsuit experience is required). To

obtain a waiver, contact the race director. Water temperatures will be announced during the mandatory safety briefing.

NEOPRENE GLOVES & BOOTIES

Booties, gloves (with nonwebbed fingers) and cold protection are allowed in all divisions.

SAFETY

Personal Paddlers

Personal Paddlers, under a special exception, paddle alongside their assigned swimmer for the duration of the race. Personal Paddlers must attend the Paddler Safety Meeting (6:25 am) at Race Start (Washington Beach)

At 6:40 am - After the Paddler Safety Meeting. Personal Paddlers immediately move in the water to the North of the Starting Line. Accompanying swimmer should begin the race from the North end of the Starting. **Please note that those with personal paddlers must start the race on the last non-competitive wave.**

Personal Paddlers must carry a V.H.F. Radio. Personal paddlers must return to Bayfield with a Safety Paddler Group and be checked out onshore at the Start location on Washington Beach.

Need Assistance Mid Race?

If you need assistance during the race, raise your hand or personal safety buoy and a safety paddler or kayaker will assist you. You may rest while hanging onto your safety buoy or a kayak so long as the kayak/paddler does not provide forward movement assistance. If you need assistance beyond rest. (e.g., you're too exhausted to continue, you have a cramp, signs of hypothermia, or another situation, etc.) The safety paddler/kayaker will notify a safety boat to assist with your removal from the water. More information on what happens after you get pulled out of the water can be found in Swimmers out of the Water section.

Hypothermia Signs - If you start to get cold and can't think straight, you are experiencing mild hypothermia and should make the choice to end your swim. Full hypothermia is a serious medical condition and may result in death. Don't be ashamed or hesitate to call it quits early. If you decide it's just not your day, stay put and raise your hand. A Safety Paddler will come over to you and signal for a support boat.

Signs that you could be becoming hypothermic include:

- uncontrollable shivering and numbness
- loss of simple coordination – swimming stroke changes, swimming position may become more vertical.
- weakness in arms and legs – may feel sluggish.
- clenched jaw and some difficulty speaking freely.
- hands becoming claw-like and being less able to control them.

CHECK-IN & PACKET PICKUP PROCEDURES

Check-in and Packet pick-up will take place from 2 pm to 9 pm on Friday, August 4, 2023. The check-in area will be divided by bib number (1-200, 201-400, 401-600). Bib numbers will be assigned based on mile speed reported when you registered. You will receive your bib number before the race. At

check-in proceed to the check-in station that corresponds to your bib number and give the volunteer your last name. There will also be boards outside the Pavilion with a list of names and bib numbers.

At check-in, you will receive a labeled envelope that contains your participant number with contents necessary for the race.

- Numbered Swim Cap
- Labeled numbered trash bag (for your personal gear)
- Labeled number tag (to be used in lieu of the trash bag)
- A Ferry ticket – to return from Madeline Island back to Bayfield.
- Sponsor marketing materials/goodies

Take your labeled envelope and proceed to the apparel area where you can pick up your hoodie. The labeled envelope contains the size of the hoodie you ordered at registration. Show the envelope to the organizer at the apparel station to receive your hoodie. The number of hoodies we ordered was based on the size participants indicated at the time of registration. Participants may NOT change the size of their hoodie at packet pickup.

If you purchased additional merchandise, such as a mug, a t-shirt, backpack, or additional hoodies, please proceed to the “On-Line Orders/Pre-Purchased Merchandise” station. Show the organizer your packet envelope or bib number and they will provide you with the merchandise you ordered.

AWARDS

There will be awards for overall swimmer in male and female categories. Additionally, there will be awards for 1st, 2nd, and 3rd place finishers in the following age groups in both male and female categories.

No double dipping of awards. If a swimmer finishes first overall and first in the age group, only the greater of the two prizes will be awarded.

AGE CATEGORIES

13-19	30-34	45-49	60-64
20-24	35-39	50-54	65-69
25-29	40-44	55-59	70+

CANCELLATION/RACE POSTPONEMENT

The Point to La Pointe Open Water Swim operates on a permit from the US Coast Guard. The safety of the swimmers and safety team is our top priority. For this reason, race organizers, in consultation with the US Coast Guard, will postpone or cancel the race under the following conditions:

- Fog - the furthest point in the course must be visible to the naked eye from Bayfield.
- Lightning – the race will not be started if there is visible lightning, audible thunder, or a weather radar showing a threatening system approaching the area.
- Winds and Waves – the race will not be started if wave heights exceed 3’ on the course. Certain winds or winds forecasted to build during the race could result in cancellation.
- Race Organizers reserve the right to postpone, alter, or cancel the race for any reason.

If the race cannot start before 11am, it will be cancelled. Some conditions (strong winds or storms all day) may require outright cancellation. In the event of cancellation, no refunds will be issued.

If conditions become unsafe mid-race, swimmers will be pulled out of the water in accordance with the US Coast Guard approved safety plan.

Individual Cancellations - In case of individual cancellation or event cancellation due to weather, there are no refunds, transfers, or credits. We strongly recommend cancellation insurance. Cancellation insurance covers unexpected items that would cause you to cancel your participation.

POST RACE

RESULTS

Results will be posted on our website live as they reported. [Results Link](#)

Retrieving my Gear - When you make it to Madeline Island, your gear will be waiting for you over there. Follow the signs to the designated location. You can also plan with your friends and family, so they keep your gear for you instead of dropping it off with us.

MISCELLANEOUS

Please make sure you add our email to your inbox so that messages do not go into spam or junk folders. If you unsubscribe from the list, you will not receive updates from the race.

INSURANCE

At registration you were offered the opportunity to purchase event insurance from Fanshield (an independent 3rd party insurance co.) in the event you needed to cancel your registration due to an injury or other qualifying event. Should you need to file a claim, please contact Fanshield directly at <https://www.fanshield.com/file-a-refund-request>.

DOGS/PETS AT FINISH LINE

Absolutely NO dogs/pets are allowed at the finish line. The race ends on private property that the owners graciously allow us to use year after year. Please be respectful of our host's wishes.

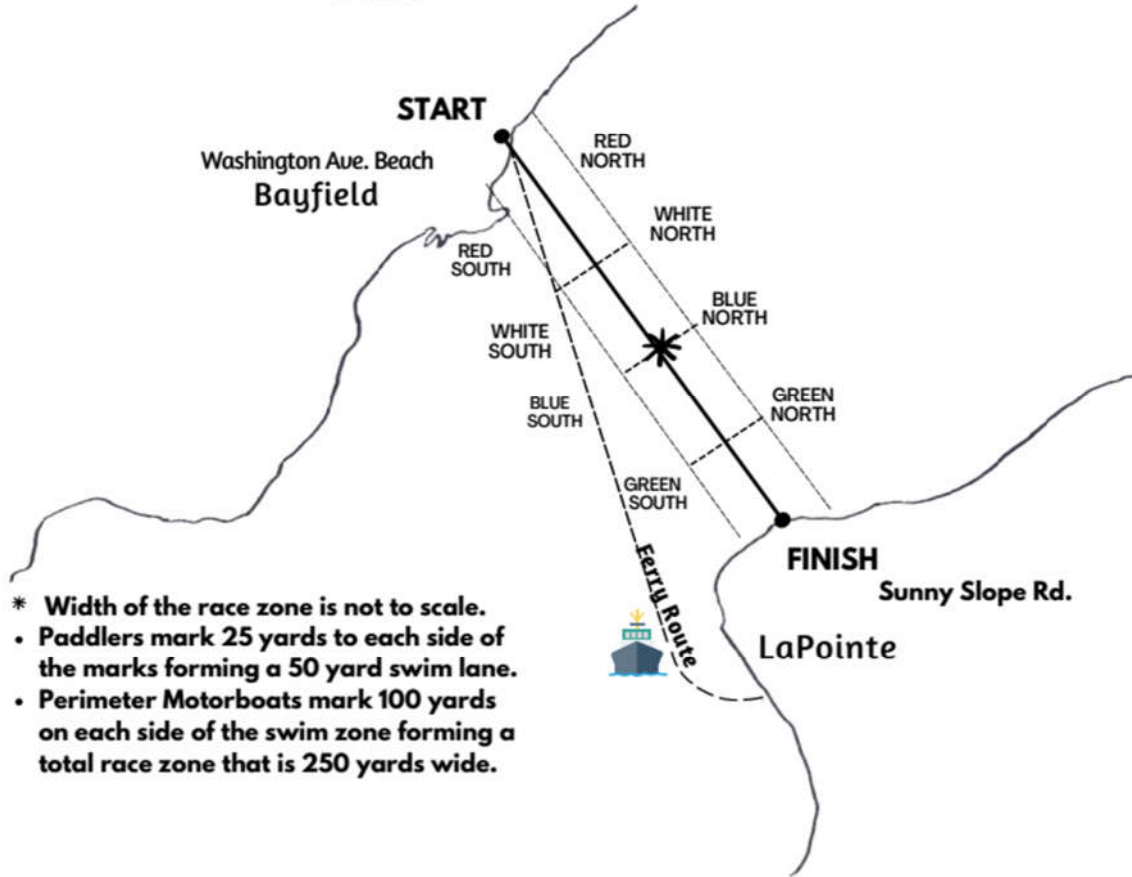
Race Day Checklist

- Anti-fog Solution
- Ear Plugs
- Goggles
- Spare Goggles
- Silicone Cap (to put under the cap given to you at packet pickup - optional)
- Swimsuit
- Wetsuit
- Wetsuit Lubrication
- Personal Buoy (highly recommended)
- Sun block
- Post swim clothes (You may turn this in at packet pickup on Friday)
- Wallet
- Money
- Footwear
- Plan for family/friends in the event I can't finish the race.
 - Do you have each other's phone numbers? _____
 - Are you going back to the island to retrieve your gear or are they coming to Bayfield with your gear?

Map of Racecourse

Point to La Pointe Open Water Swim Course 2023

7 Marks will form the Center Line of the Swim Lane



Start Line



Finish Line



