HarborFest Swimmer,

Thank you for registering for the 2011 Inaugural HarborFest Open Water Swims. We are looking forward to a great morning on the water and are pleased you will join us in the "Nation's River" to challenge yourself and unlock your undiscovered potential in open water swimming. The three swim courses are designed to provide safe and challenging events for novice and seasoned swimmers and a training opportunity for future triathlons and open water swim races. We will have walk-up registration available Sunday morning until one hour before each race. Encourage your family, friends, and training partners to join you for a challenging swim in the Potomac.

Thank you to our sponsors and partners: DC Triathlon Club (the DC Tri Club 2.4 mile IronSwim), Bonzai Sports, Old Town Tri Club, Aloft Hotels, Waterman's Sunscreen and Body Glove International. Please support the beneficiaries of our swims, High Cloud, Calleva Outdoor Sports and Surfaid International.

If you have registered but not completed the on-line registration form, please do so at REGISTRATION FORM.

Here are some fast facts for Sunday's swims. Please see the website (www.harborfestswims.com) for additional information.

LOCATION:

North Cove off the Main Pier at National Harbor, MD 20745

NATIONAL HARBOR GENERAL INFO, DIRECTIONS AND PARKING:

For general information regarding National Harbor, visit the National Harbor site at: www.nationalharbor.com

For directions to National Harbor see

http://www.nationalharbor.com/consumer/directions.htm

There are plenty of pay parking lots available near the swim venue. For specific lot information and rates see http://www.nationalharbor.com/consumer/parking.htm

SWIM SCHEDULE and CHECK-IN:

- Please arrive at least 45 minutes prior to your event for check in.
- Mandatory attendance is required for the SAFETY briefing on the pier prior to each event start.
- Start waves will be assigned at check in.
- You will be required to wear the numbered cap provided in your swim packet.

7:00 AM - Check in opens for packet pick-up and body marking

8:00 AM - Mandatory safety meeting for the 2.4 Miles Iron Swim

8:15 AM - 2.4 Miles Iron Swim start

10:00 AM – Mandatory safety meeting for 750 meter Sprint Swim AND 1500 meter Nation's Mile

10:20 AM - 750 meter Sprint Swim AND 1500 meter Nation's Mile start

WATER TEMPERATURE AND WETSUITS

An official water temperature reading will be taken at 6 am Sunday to determine if the swims are wetsuit legal. Although the water temperature has dropped with the recent cooler weather, we still anticipate the swims will **not** be wetsuit legal. We predict the water temperature to be in the range of 83F. Please be prepared to swim without a wetsuit.

WEATHER and CANCELLATION POLICY

The races will begin as planned, rain or shine with the following exceptions. We will delay the swim start due current or imminent thunderstorms and electrical activity in the vicinity of the race course. We will delay the swim or suspend the swim due to conditions that limit visibility of swimmers and kayakers before and after the swim start. Delays will be of sufficient time for a safe start and foreseeable completion of the swim. Cancellation will occur only when delays have extended a complete swim beyond our allowable time permit. We will be monitoring weather events with live radar feeds, NOAA live radio broadcasts and telephone contacts of various agencies.

ON SITE FACILITIES & BAG CHECK

Public restrooms are available and located near the swim venue. We will have a bag drop area near the swim start/finish. Please leave valuables at home or securely locked in your car as we do not guarantee the safety of personal belongings.

We will have a supervised area for bag check and offer trash bags to store and protect your belongings, but be prepared for wet weather.

TIMING AND RECOGNITION AWARDS:

All swims will be timed and results posted as soon as possible following each race. Certificates will be award to first, second, and third place finishers per standard USMS 5 year age groups

Thank you for swimming in the 2011 HarborFest Open Water Swims. We look forward to seeing you Sunday morning. Have a great swim!