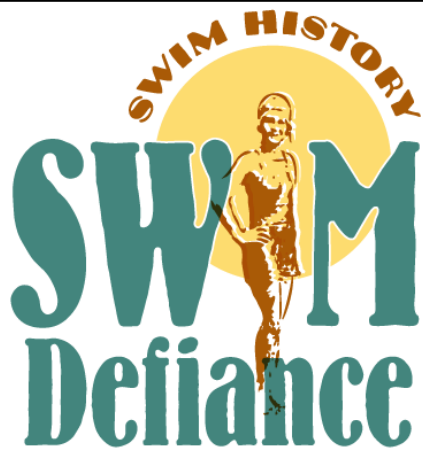


# 2021 Swim Defiance



**1K, 3K & 5K  
Open Water  
Saturday,  
July 31, 2021**

**LOCATION:** Cummings Park, 3939 Ruston Way, Tacoma, WA 98402

**EVENTS:** 1K Julie Memorial Swim, 3K swim OR 5K swim  
**COURSE:** Temporarily relocated to swim from Cummings Park to Jack Hyde Park parallel to the shoreline of Ruston Way.

**TIMELINE:** 10:15AM: Check-In

11:15 AM: Mandatory Competitor Safety Meeting at check-in

12:00 PM: 3K and 5K swim start at beach at Cummings Park

12:30 PM: 1K swim start at beach at Cummings Park

02:00PM: 1K, 3K and 5K cut-off time

**RACE DIRECTOR:** Zena Courtney, cell 206-651-0823, [swimdefiance@bluewave-aquatics.com](mailto:swimdefiance@bluewave-aquatics.com)

**ELIGIBILITY:** Open to all qualified swimmers registered as of Jul 31, 2021.

**RULES:** Race will follow the current USMS open water rules. Neoprene wetsuits, swim safe buoy and race provided caps are required, unless swimmer has pre-approval, email race director for wetsuit exemption form. Time limits are enforced as follows: 1K – 1.5 hr. limit, 3K and 5K – 2 hr. limit.

**SAFETY:** Kayakers/Certified Lifeguards/Tacoma Maritime Institute/Law Enforcement safety boats will monitor the entire course. Body marking required on hands. **Competitors must wear a high visibility swim buoy** (purchase info on website), the color-coded race cap, wetsuit. A race provided stick with competitor race number is required to surrender to race volunteer BEFORE entering the water to race.

**AWARDS:** Custom participant award and cap to all competitors. Custom event awards for male and female in each event. 1st-3rd place vintage medals will be presented to men and women in age groups 17 and younger, 18-24, 25-29, etc. Scrumptious pre/post race refreshments and extra sponsor kudos for recycle and beach pick-ups!

**ENTRY FEES:** \$10 Early Bird Discount: June 7-June 14  
\$80 – 1K & 3K short course swim, 15Jun-29Jul  
\$80 - 5K long course swim, 1Jun-29Jul

Add \$15 for day of race entries. Short sleeve perf. tee available for purchase. \$28-XS thru XL/ \$30 - 2XL&3XL

**ENTRY DEADLINE:** Race registration closes at 11:59 pm Pacific on Thursday, 7/29/2021. 100 max swimmers (at this time).

**ONLINE ENTRIES ONLY:** Opens 04/30/2021 [www.tbd](http://www.tbd)

**RESULTS:** Preliminary results available on race day and final results posted at <http://www.swimdefiance.com>.

**DIRECTIONS: FROM SEATTLE/Olympia:**

Cummings Park, 3939 Ruston Way, Tacoma, WA 98402

Take I-5 South from Seattle OR North from Olympia - to Tacoma (about 34 miles). Take Exit 133, City Center, toward Tacoma/I-705 N. Follow I-705 N to Schuster Pkwy exit (not Stadium Way) on the left. Follow Schuster Parkway and take the Ruston Road exit (not N 30th) on the left and go over overpass to Ruston Way. Follow Ruston Way west to Cummings Park at 3939 Ruston Way on the right just past the Les Davis Marine Park and Pier. Park in Metro Parks lot next to the designated Lobster Shop parking or at Judge Jack Tanner Park, 3427 Ruston Way, Tacoma, WA 98402 or park along Waterview Street located one block south of Ruston Way.

**LODGING:** Info on website: [www.swimdefiance.com](http://www.swimdefiance.com)

**RACE DETAILS:** The 1K, 3K and 5K swims are in a clockwise triangular course that start in the water at the beach just east of Cummings Park in potential wave starts at 12:00 for 3K/5K and 12:30PM for 1K. Course heads east on bay side/to left of no-wake buoy line. 3Kers make a right hand turn around designated turn buoy and return to start on land side of no-wake buoy line. 5Kers continue to Jack Hyde beach and make 3 right hand turns in a triangular fashion around three designated buoys and return to start on land side of no-wake buoy line. All swimmers will finish at the beach where they started with short waddle(!) across a timing mat.

