The Penticton KISU Swim Club hosts

THE OPEN WATER DOWNHILL CHALLENGE

Saturday, August 15, 2009 - Penticton River Channel - Penticton, BC

DATE: Saturday, August 15, 2009 - 8:00am Race; 9:30am Breakfast BBQ and Awards

LOCATION: Penticton River Channel and Skaha Lake Park, Penticton, BC

HOSTED BY: Penticton KISU Swim Club

COURSE: 6km - full Channel - 8am start. 13&Over swimmers ONLY for the full 6km swim.
3km - half Channel - 8am start

Swimmers may choose to swim either the full length of the river channel (6km) or they may start at the mid-way point of the river channel (3km). The Penticton River Channel runs south from Okanagan Lake to Skaha Lake. It is approximately 20m wide (on average) and varies in depth. The temperature and speed of the channel can vary, depending on the weather and the height of the dam. The water is flat (no rapids), and there are two bridge abutments along the course. The Penticton River Channel is a public place and there may be other people floating down the channel on inflatable rafts and tubes. Motorized vehicles are not permitted on the river channel.

SHUTTLE SERVICE will be offered at designated times for swimmers or spotters who require return transportation to the start of the race. "Boat/Bike Check" service will also be offered (by donation) for spotters who need to leave boats or bikes at the end of the course while they retrieve their vehicles and/or enjoy the post-race breakfast BBQ.

RACE DIRECTORS: Nancy Telford (KISUTravelManager@gmail.com) and Jill Doroshuk (KISUVicePresident@gmail.com) or phone 250-496-5776.

GENERAL RULES:

This is a non-sanctioned event open to all interested swimmers (Age Group, Masters, BCSSA, Tri-Club, etc). Swimmers must be 13 years or older to swim the 6km course. Swimmers of any age are invited to swim the 3km course.

Age Groups are based on the age of the swimmer as of August 15, 2009.

SWAD swimmers are welcome.

Exhibition Category: Any swimmer wishing to participate in the Rubber Ducky Category may swim the race with the assistance of a floatation device.

ENTRIES:

Pre-Registration deadline is **Monday, August 10, 2009**. Please mail your registration and payment to:

KISU Swim Club
Open Water Downhill Challenge Registrar
P.O. Box 22048
Penticton, BC
V2A 8L1

Registration inquiries can be made to KISUAdmin@gmail.com.
Late entries and day of race entries will be accepted at the discretion of the Registrars.

FEES: Entry Fees are $30, for pre-registrations received by August 10, 2009.

Late Entries and Day of Race entries will be $45.

Entry Fees include a Meal Ticket for the post-race Breakfast BBQ held at Skaha Lake Park at the completion of the race.

All Fees are payable to "KISU Swim Club".

REGISTRATION AND WARM-UPS:

Early check-in for pre-registered participants will take place on Friday, August 14, from 6pm-7pm at the Penticton Community Centre (325 Power St).

All competitors NOT pre-registered by August 10 must register on race day at the check-in tent no later than 1 hour prior to the start of the race. Check-in tents will be located in the Days Inn parking lot (www.daysinnpenticton.ca) for the 6km swim and the Home Hardware parking lot for the 3km swim.

Check-in opens at 6:30am and closes at 7:30am. All pre-registered competitors must be checked in no later than 7:30am. Competitors will receive their race package, cap and number at Check-In.

Warm-ups will be open from 7:00 - 7:30am. It is recommended that swimmers warm up by swimming AGAINST the current to avoid having to exit the channel and walk back up to the race start.

PRE-RACE BRIEFING:

There will be a mandatory pre-race briefing at each starting point at 7:45am. All competitors MUST be present or may be denied participation in the race.

SAFETY:

Race organizers will have a number of safety crafts (kayaks and canoes) available along the race course. There will also be safety personnel stationed on shore along the course. Swimmers may also bring along their own spotters on bicycles or non-motorized water crafts.

AWARDS:

Awards and draw prizes will be presented at the Breakfast BBQ being held from 9:30 - 11:30am at Skaha Lake Park.

1st, 2nd and 3rd place awards will be presented based on age group, gender, and wetsuit/no wetsuit. Age groups will be 10&Under, 11-12yrs, 13-14yrs, 15-19yrs, 20-29yrs, 30-39yrs, 40-49yrs, 50-59yrs, and 60&Over.

1st place award will be presented to the, fastest overall male, fastest overall female fastest overall SWAD swimmer, and Rubber Ducky category.

Swimmers must be present in order to receive draw prizes.

BREAKFAST BBQ & AWARDS PRESENTATIONS:

Please plan to share some post-race fun with us at our Breakfast BBQ in Skaha Lake Park, a short walk from the exit point of the race.

The KISU Swim Club will be hosting a breakfast for all swimmers. Breakfast tickets will be included in the race packages picked up at check-in. Additional Breakfast tickets will be available for sale at the park.