



ISCA INTERNATIONAL OPEN WATER CUP -EAST

September 22, 2019

SUNDAY EVENT ONLY

LOCATION: [Mariners Landing at Smith Mountain Lake](#)
1245 Graves Harbor Trail
Huddleston, VA 24104
540-296-1004
www.marinerslanding.com

****** Please make sure you take a moment to familiarize yourself with this location (see website above) and plan accordingly. The start location is on the beach directly behind the Mariner's Landing condos.*

DIRECTOR: Doug Fonder
540-397-0505
dougfonder@gmail.com

EVENTS: **PLEASE NOTE THAT FOR 2019 ALL EVENTS WILL RUN ON A SINGLE DAY, SUNDAY SEPTEMBER 22.**

- **5K RACE** (*Open to All Ages*)
 - **Registration** 8:00-8:45am
 - **Start:** 9:00am
 - Important note: All 5K swimmers must have completed the race by 11:30am to accommodate the next event's start.
- **1/2-MILE RACE** (*Open to Ages 9 & Under Only*)
 - **Registration:** 10:00-11:15am
 - **Start:** 11:30am
- **1-MILE RACE** (*Open to All Ages*)
 - **Registration:** 10:00-11:15am
 - **Start:** 12:00 Noon

AGE DIVISIONS:

- **1/2 Mile:** 9 & Under Only
- **1 Mile:** 10-11, 12-13, 14-15, 16-19, 20-29, 30-39, 40-49, 50 & Over
- **5K:** 12 & Under, 13-15, 16-19, 20-29, 30-39, 40-49, 50 & Over

ABOUT THE COURSE: *Detailed directions with landmarks (including any changes) will be available at check-in.* For the 1-Mile and 5K races, there will be an in-water start at the beach. All 9 & Under swimmers in the ½ mile will be taken by boat to the half-way point of the course and swim their event from boat start to finish line.

DATE/TIME: Check-in for the 5K will be on Sunday September 22, 2018 from 8:00-8:45am with a race start of 9:00am sharp.

Check-in for the 1 (and ½ mile) races will be on Sunday September 22 from 10:00-11:15am.

****1/2 mile race boat will depart shore at 11:15am and the race will finish at approx 12:00noon. The 1 mile flights will begin from the beach at 12:00noon****

**ENTRY FEE
& DEADLINE:**

\$50 for one event or \$70 for both the morning 5K and mid-morning event

T-Shirts & tickets for food at the awards ceremony are included with registrations which have been sent in by the preregistration deadline of **Monday, September 16, 2019.**

LATE ENTRIES:

On site entries are welcome, but must be submitted no later than 8:45am on September 22nd for the 5K event and no later than 11:15 am September 22nd for the one mile (and 1/2 mile) races. Absolutely no entries will be accepted after these times on race days!

T-Shirts WILL NOT be given for late entries, but will be available for purchase for \$15 on-site at the event.

GENERAL INFO:

1. Rest rooms and dressing rooms are available at the site.
2. Water temperature averages approximately 80 degrees.
3. Wetsuits are permitted.
4. **Cancellation due to weather is always possible. No Refunds.**
5. Overnight accommodations are available with at [Westlake Waterfront Hotel](#).

SAFETY:

Rescue personnel will be beach side during all events. Kayakers will patrol the course during the race to keep swimmers from excessively departing the course route. Motorized boat will be available for emergency assistance during events.

FOOD/DRINK:

All paid participants, including on-site entries, will receive a ticket for food at the awards ceremony following Sunday's races. ***Meal tickets will be available for purchase for \$10 at the event for non-competitors.***

PARKING:

Parking spaces are available at Mariners Landing.

AWARDS/SOCIAL:

Awards will be given for first through third in each age group, male and female classification. (Awards will be presented at the social, immediately after the finish of the last race on Sunday).

RESULTS:

Results will be posted on site upon availability. Post-race results can

viewed on our website at <http://www.swimisca.org> within 2 business days after the event.

ENTRIES:

May be submitted via postal mail, [online](#) or at the race site prior to close of the registration period.

OVERNIGHT ACCOMMODATIONS available at:

Westlake Waterfront Inn

2050 Morewood Rd

Hardy, VA 24101

540-721-3307

<https://westlake-waterfront-inn.com/>