



EVENT INFORMATION

La Jolla Rough Water Swim

Welcome to *America's Premier Rough Water Swim*SM, a summertime tradition since 1916. The following information answers our most frequently asked questions and will hopefully make your day at the swim more enjoyable. Thank you for choosing our event. Have a great swim!

DIRECTIONS TO THE START (LA JOLLA COVE)

The start and finish for all events is on the beach at La Jolla Cove, located in the 1100 block of Coast Boulevard (Thomas Bros. page 1227, F-6). Try to avoid Coast Boulevard after 7:00^{AM} due to heavy traffic.

FROM THE NORTH: Take I-5 south to La Jolla Village Drive. Proceed west approximately 0.7 mile to Torrey Pines Road (stoplight) and turn left (south). Drive about 2.7 miles to Prospect Place (stoplight) and turn right (west). Proceed down Prospect, park in downtown La Jolla and walk down to La Jolla Cove.

FROM THE SOUTH: Take I-5 north to La Jolla Pkwy and proceed west approximately 2.5 miles to Prospect Place (stoplight) and turn right (west). Proceed down Prospect, park in La Jolla and walk down to the Cove.

PARKING NEAR THE COVE

Park only in marked spaces and avoid areas which may cause a safety hazard or block driveways. WATCH FOR *NO PARKING* SIGNS as several areas will be closed for this event. Vehicles blocking emergency access, double parked or parked in no parking areas WILL BE TOWED. Avoid Coast Boulevard adjacent to La Jolla Cove. Adequate street and public parking is available in downtown La Jolla.

RACE PACKETS, TIMING CHIPS & ARM BANDS

Each entrant is required to check-in on the day of the event, or the day before at Saturday Check-In (see *Swimmer Check-In* below). After receiving your Race Packet, check the information on the packet label for accuracy and the Arm Band color against the table at right. Your Race Packet also contains a Timing Chip and neoprene ankle band. Both are required for access to the beach and Start Line.

Chip Timing is used for all awards and the Official Results. Swimmers crossing the Finish Line without the Chip attached as instructed will be disqualified and ineligible for any award.

Securely attach your Timing Chip and ankle band when your event age group is called for topside staging.

EVENT COLOR CODES

GREEN	JUNIOR EVENT
YELLOW	AMATEUR EVENT
BLUE	MASTERS MEN
PINK	MASTERS WOMEN
PURPLE	GATORMAN®

SWIMMER CHECK-IN (SUNDAY - DAY OF RACE)

ALL EVENTS (Sunday) Arrive early and anticipate long lines. Swimmers arriving after the starting time of their check-in period should plan on up to sixty minutes to be processed and receive their Race Packet.

Location: Above the Cove adjacent to the Official's stage, approximately 50 feet west of Coast Blvd.

Alternative: Swimmers wishing to avoid the long check-in lines may check-in on Saturday (see below).

JUNIOR EVENT (8:00^{AM} - 8:45^{AM}) Junior swimmers have two check-in lines, one for Junior Boys, the other for Junior Girls. Junior swimmers 10 years old and under should be in line no later than 8:00^{AM}.

AMATEUR EVENT (9:30^{AM} - 1:00^{PM}) There are two Amateur check-in lines, one for Amateur Boys, the other for Amateur Girls. Amateur swimmers should not wait until the last hour to check-in.

MEN MASTERS EVENT (9:30^{AM} - 11:30^{AM}) Men Masters have three check-in lines, one for each of the following age groups; 19-39, 40-49 & 50+. To expedite the check-in procedure, please arrive early and have the required Picture ID (Driver's License or Passport) out and available for check-in personnel. After receiving your Race Packet, please check all information for accuracy and note your *Starting Wave*.

WOMEN MASTERS EVENT (9:30^{AM} - 10:30^{AM}) There are two Women Masters check-in lines, one for women 19-39, the other for women 40 and over. To expedite the check-in procedure, please have the required Picture ID (Driver's License or Passport) out and available for check-in personnel. After receiving your Race Packet, please check all information for accuracy and note your *Starting Wave*.

GATORMAN EVENT (9:30^{AM} - 1:00^{PM}) Gatorman competitors have two check-in lines, one for Gatorman Men, the other for Gatorman Women. To expedite the check-in procedure, please have the required Picture ID (Driver's License or Passport) out and available for check-in personnel. After receiving your Race Packet, please check all information for accuracy. Gatorman entrants have the advantage of a three hour check-in. If you wait until the last hour, however, plan on a long line.

★DUALS★ (pre-registered in the Masters and Gatorman) The following check-in procedure is required for *Duals*: **A** Check-in for Masters event and receive your Masters Packet; **B** Swim the Masters event; **C** Check-in for the Gatorman AT THE *PROBLEM DESK* only after completing the Masters event. For scanning accuracy, swimmers are permitted to wear only one Timing Chip and Arm Band at a time.

Note: If you choose to swim only the Gatorman, go to the *Problem Desk* anytime to receive your Packet.

SATURDAY CHECK-IN (DAY BEFORE RACE)

ALL EVENTS (9:00^{AM} - 12:00^{PM}) Swimmers wishing to avoid the long check-in lines on Sunday may check-in on Saturday morning between 9:00^{AM} and Noon. Registration for open events will be available only UNTIL THE EVENTS ARE SOLD-OUT. Event T-Shirts are also available at Saturday Check-In.

Location: Washington Mutual, in downtown La Jolla at 7777 Girard Avenue (corner of Silverado).

Reminder: Picture ID (Driver's License or Passport) is required for Masters and Gatorman check-in.

SWIMMER'S ATTIRE

ALL EVENTS The use of flotation and/or propulsion aids of any kind are prohibited, including wet suits, neoprene suits, swim fins (any kind) and hand paddles. LJRWS acceptable attire includes one or two swim suits (standard porous type), neoprene caps (one), standard swim caps (one or two) and grease.

GATORMAN All competitors are required to wear bright yellow caps (supplied at check-in) for safety.

WARM-UP CLOTHING

Swimmers wishing to deposit their warm-up clothing while they're in the water may do so at the *Swimmer WARM-UP* booth located immediately adjacent to the T-Shirt booth (facing Coast Boulevard). Masters or Gatorman entrants should check-in before depositing warm-ups since your ID is required. All warm-ups must be claimed prior to 3:00^{PM}. **DO NOT DEPOSIT MONEY OR VALUABLES.**

THE START (LA JOLLA COVE)

ALL EVENTS The event starting times, listed below, are subject to weather, unsafe water conditions and other delays beyond our control. None of the events, however, will start before the listed start time. Swimmers should be ready for staging a minimum of 20 minutes prior to their listed event start time.

JUNIOR (9:00^{AM}) The Junior event is uniquely comprised of ten individual races, one for each division. Unlike the other events, which start swimmers in waves, each subsequent race starts only after ALL competitors from the previous race have finished.

AMATEUR (1:35^{PM}) The Amateur event is divided by sex into two start waves. The second wave (girls) will start approximately ten minutes after the first wave (boys).

MEN MASTERS (12:00^{PM}) The Men Masters are started in three (age group) waves separated by approximately five minutes. Your assigned start wave is printed on your Arm Band.

WOMEN MASTERS (11:00^{AM}) The Women Masters are started in two (age group) waves separated by approximately five minutes. Your assigned start wave is printed on your Arm Band.

GATORMAN (1:30^{PM}) All (five hundred) competitors in the Gatorman are started together (single start). Due to the large field, all swimmers should be checked-in and ready for beach staging by 12:45^{PM}.

THE COURSE

JUNIOR (250 yard) The Junior course consists of three legs with two (left) turns marked by flagged buoys. Swimmers start on the beach, swim counter-clockwise around the two buoys and finish on the beach.

MASTERS AND AMATEUR (one mile) This triangular course has two (left) turns clearly marked by twenty foot (red and yellow) balloon columns. Swimmers start on the beach, swim counter-clockwise around the two buoys and finish on the beach. See *The Finish* below for additional information.

Note: The one mile course officially closes forty-five minutes after the start of the last start wave.

GATORMAN (three miles) The tri-leg course consists of two long legs (1.49 mi) and one short leg (0.02 mi). Swimmers start on the beach and swim towards the (west) end of Scripps pier. You will sight the two turn buoys about one-hundred feet short of the pier. Swim counter-clockwise around the two buoys then straight back to the Cove. See *Paddlers* and *The Finish* below for additional information.

Note: The Gatorman course officially closes one hour and forty-five minutes (1:45) after start of race.

PADDLERS - GATORMAN

Of the five LJRWS events, the Gatorman is by far the most technical. Tides, currents and navigation play major roles in successfully executing the Gatorman course. For this reason, board paddlers are recommended and a definite tactical advantage. If you select to swim with a paddler (wise choice), he or she must check-in with you to receive a *Paddler* (beach access) arm band and a *Notice to Paddlers*.

Note: Only paddleboards and surfboards are permitted on the course. **KAYAKS ARE PROHIBITED.**

THE FINISH (LA JOLLA COVE)

ALL EVENTS The Finish Line for all events is located on the beach near the base of the Lifeguard tower. A high-intensity (aircraft runway) strobe beacon centered within a large red & yellow diamond target is located above the Finish Line to guide swimmers unfamiliar with the area and La Jolla Cove landmarks.

Note: You have not finished the race until you cross the *Timing Gate* (clearly marked) on the beach. Races have been won, and lost, during that short run between the water and the Gate (10-30 feet)

AWARDS

ALL EVENTS ALL official finishers are awarded a *LJRWS Survivor* medal or *Gatorman Finisher* medal.

JUNIOR EVENT Trophies are awarded to the first five finishers in each division. In addition, the top three USAS teams will be awarded team trophies. USAS teams with a minimum of ten finishers are eligible.

AMATEUR EVENT The top five Amateur swimmers in each division are awarded LJRWS medals.

MEN MASTERS EVENT LJRWS medals are awarded to the first five finishers in each age group.

WOMEN MASTERS EVENT LJRWS medals are awarded to the first five finishers in each age group.

GATORMAN CHAMPIONSHIP Gatorman Three Mile Championship medals are awarded to the first five official finishers in each age division. In addition, the top three finishers overall (male and female) receive Championship trophies, the top male and female overall also receive prize money.

Note: Only official finishers (under 1:45) are eligible for awards including the Finisher's Medal & T-Shirt.

LJRWS FOUNDATION (a California Non-Profit [501(c)(3)] Corporation)

While the adult events carry themselves financially, the Junior and Amateur entry fees have always been set with the priority of allowing all children to participate, regardless of financial background. Since the cost of the children's events actually exceed that of the adult events, the difference is underwritten by donations to the Foundation. The Foundation's staff is exclusively volunteer and there are no paid fund raisers, therefore, one hundred percent (100%) of each donation is used to provide funding for the children's events and Junior athletics. Tax deductible donations, of any amount, are greatly appreciated and may be mailed to: LJRWS Foundation, P.O. Box 2127, La Jolla, CA 92038.