



# RACE BOOK

## WALMART OZ MILE SWIM

September 22<sup>nd</sup> – 24<sup>th</sup>, 2023

### SCHEDULE

#### Friday, September 22<sup>nd</sup>

Expo Presented by Heartfelt Homes

4:30 PM – 7:30 PM

The Red Barn

1525 NW Shores Loop

Bentonville, AR 72712

Parking area for Expo:

1210 NW Leopard Ln

Bentonville, AR 72712

#### Saturday, September 23<sup>rd</sup>

Swim Clinic with 2-time Olympian Michelle Weber

12:30 PM – 2:30 PM

Pre-swim at race venue

2:00 PM – 4:00 PM

Beaver Lake Dam Pavilion Park

GPS: 36°25'37.3"N 93°50'54.2"W

[Google Map Link](#)





# RACE DAY

Sunday, September 24<sup>th</sup>

6:00 AM Meet for Carpool Caravan – parking is limited at race venue and there is a \$5 per car fee, please carpool  
800 SW A St  
West Parking lot  
Bentonville, AR 72712

6:05 AM Departure for race site

6:45 AM Check-in opens, packet pickup is available onsite  
Beaver Lake Dam Pavilion Park  
GPS: 36°25'37.3"N 93°50'54.2"W  
[Google Map Link](#)

6:00 AM Third Space Coffee

7:00 AM Pre-Swim in designated swim area only (to the right of start area)

7:00 AM Kayak Safety Meeting – for volunteers

7:40 AM Youth Wave Participant Safety Meeting

7:48 AM National Anthem, Alivia Johnson (participant)

7:50 AM Participants enter the water for the YOUTH WAVE

8:00 AM YOUTH WAVE begins

8:30 AM Elite Wave Participant Safety Meeting

8:35 AM Participants enter the water for the ELITE WAVE

8:45 AM ELITE WAVE begins

9:15 AM Age Group Wave Safety Meeting

9:20 AM Participants enter the water for the AGE GROUP WAVE

9:30 AM AGE GROUP WAVE begins

10:00 AM Para Wave Safety Meeting begins

10:05 AM Para Wave enters the water

10:15 AM Para Wave begins

10:20 AM Participants enter the water for the OZ WAVE

10:30 AM OZ WAVE begins

11:30 AM Awards begin (or when the final athlete is out of the water)

11:45 AM Register for 2024's event!

12:00 PM Everyone enjoy each other's company

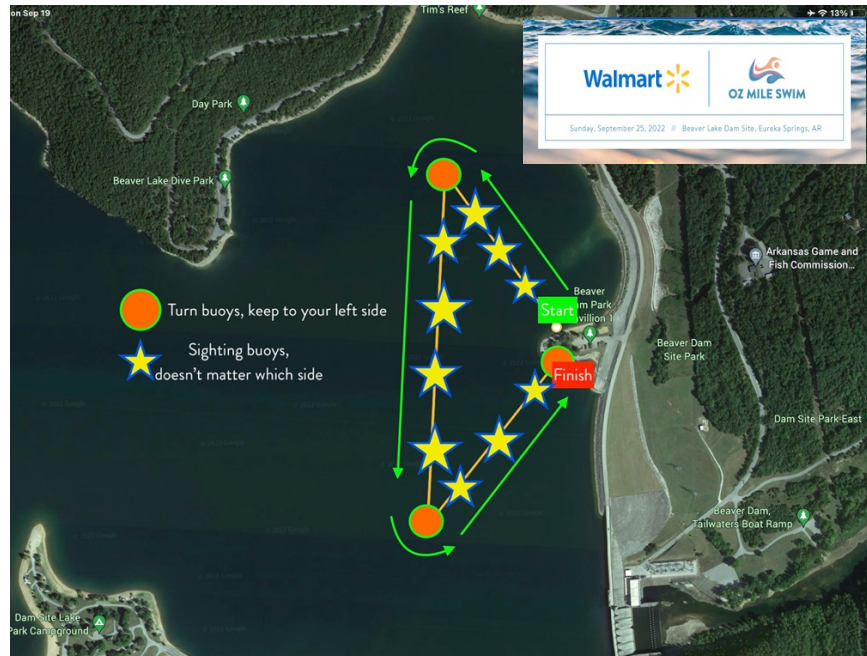
12:45 PM Shuttle caravan departs





# MAPS

## SWIM COURSE



Each wave will allow participants to enter the water approximately 10 minutes before their wave start. The timing chip will activate based on where you enter the water. Therefore, you must enter the water at the “start” area. Swimmers will make two left turns around 7-foot orange triangle “turn” buoys. You must keep the orange turn buoys to your left. There will be additional sighting buoys, yellow and blue Walmart buoys and yellow buoys. It does not matter which side you are for the sighting buoys. The buoy marking the finish exit is also a large orange buoy, keep it to your left. Exit the water carefully, but know that your time does not stop until you have crossed the timing mat just out of the water.





## PARKING LOCATIONS – PLEASE Carpool!

A caravan will depart promptly at 6:05 AM from the west side of the Fire Station parking lot. The address is 800 SW A St, Bentonville, AR 72712, GPS coordinates are: 36.36388989301456, -94.21190920851059

Caravan departure map:



### Parking continued...

The event is located on Army Corps of Engineer property. This means there is a \$5 access fee per car. This is another incentive to **carpool**.

There is parking along the north side of the venue that holds approximately 150 cars, this is first come, first served. There will be a section reserved for Handicap Parking, where you must have a permit.

Additional parking is available on the river side of the dam. This is approximately 1 mile from the venue. We have 3 shuttles available to you that will be running constantly beginning at 6:45 AM. Again, **PLEASE CARPOOL!**







## Race Venue

Beaver Lake Dam Pavilion Park

GPS: 36°25'37.3"N 93°50'54.2"W

[Google Map Link](#)





# MEDICAL

UAMS, the University of Arkansas for Medical Sciences, is our official healthcare provider for race day. Please look for the UAMS tent for any medical issues. Participants requiring additional medical assistance may be transported to one of the area hospitals. The hospital and ambulance provider will bill you directly.

# BENEFACTORS

We have partnered with two philanthropic organizations:

The Rampy MS Research Foundation, whose mission is to advance Multiple Sclerosis research while bringing encouragement to the MS community and beyond.

The Joys of Swimming, with a mission to provide water safety education to save lives and develop lifelong swimmers.

Please consider making a donation to these amazing organizations. Thank you!





# RACE RULES

All swimmers are required to wear the supplied race swim cap with your race timing ID for safety reasons.

Each of the WAVES have specific rules. The YOUTH, ELITE, AND AGE GROUP rules will be governed by USMS rules. The YOUTH Wave is for swimmers 13-18 years old. The ELITE Wave is for swimmers finishing in under 30 minutes.

The OZ Wave is the special “FUN” Wave. Ages 8 – 12 MUST wear a safety buoy. There will be some available for purchase of \$35 at the Friday evening Expo. If you are wanting to wear a wetsuit, the OZ Wave is where you will swim. You can even complete it with fins, or paddles, or both! The OZ Wave is NOT a race – this wave is an EVENT! Your time in the OZ Wave does NOT count toward any awards.

At any time, you may utilize the assistance of a kayaker or stand-up paddle board. They are there for you! However, for you to finish your swim, you cannot make any forward progress while holding onto a kayak or paddle board. Swimmers who are picked up by a boat and brought to the finish line are considered a DNF (did not finish). If you are a DNF, please make sure that you tell the finisher volunteers that you were assisted so that they can make the correct notation and all swimmers can be accounted for.

Swimmer Signals: We will utilize the international signals for swimmer distress: wave one arm for help, and place one hand on head if okay.

Current USMS Open Water rules will apply. All 18 and over participants must have an annual or daily USMS membership. <https://usms-cdn.azureedge.net/-/media/usms/pdfs/volunteer%20central/rule%20book/part%203.pdf?rev=548f79d9869b47af8fb4b6779a95a9ac&hash=B363D25FAFEB1679A293D46243137FAF>.





# AWARDS

Each finisher will receive a finisher's medal upon exiting the water. T-shirt, hat, and bag will have been given during check-in or packet pick-up.

The YOUTH Wave, swimmers ages 13-18, is how the YOUTH Team awards are determined. The Age Group Awards are based on your fastest mile (excluding the OZ Wave). The ELITE Wave is for participants finishing in under 30 minutes, but their times will qualify for the Age Group Awards. For the MASTERS Team award, times from the ELITE Wave or AGE GROUP Wave will dictate the winners.

The fastest female and male swimmers from the competitive waves of the OZ Mile Swim will be awarded travel and entry to the aQuelle Midmar in February 2024.

[\\*Award Terms & Conditions 2023](#)

# WEATHER POLICY

We will do everything within our power to provide the safest event possible. If there is extreme weather or lightning in the area, the race will be postponed until there is no thunder for 30 minutes. If thunder and / or lightning weather continues, the race will be cancelled. We will swim in the rain as long as we have visibility of over 150 yards. If fog is an issue, we will need a minimum of 150 yards of visibility on the course.

We will communicate any delays via the email provided during your registration.

Please follow our Instagram and Facebook as we will provide updates there as well.

On race day, weather updates will be provided during announcements if necessary. If updates are needed during the race, information will be communicated through our emergency personnel, volunteers, and our safety kayakers. In the event that weather conditions present an imminent danger to our participants or staff, the race will be canceled. Less severe conditions could result in an alteration of the course, length, and, or starting time.







## A note from our Race Director...

Dear swimmers,

As I plan for this year's event, I looked back to last year's note. It is so appropriate that I think I need to include it again!

From 2022's event, "I am honored to be able to share my love of swimming with each and every one of you. We will all arrive on race day having done hard things as we prepare for this event. My hope is that we all come together as a swimming community to have an amazing shared life experience. Imagine all of us leaving this weekend with a new story to share, new friends to applaud, and new ways to be inspired. May your journey be short and your experiences fulfilling!"

Looking forward to seeing so many returning faces and to meet our new friends!

Thank you for choosing this event to be a part of, we are truly grateful.

Happy Swimming!

Bonnie Adams

