

**Corona Del Mar Don Burns One Mile Ocean Swim**  
**Hosted by Newport Beach Ocean Lifeguard Association (NBOLA)**  
**Saturday August 26, 2023**

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc. Sanction #333-W003

**Date:** Saturday August 26, 2023

**Time:** 9:00AM Check-in, 10:00AM Race Start

**Location:** Corona Del Mar State Beach (Big Corona Beach), 3001 Ocean Blvd, Corona Del Mar, CA 92625.

**Directions:** From I-405 or SR73 (Toll Road), South on MacArthur Blvd to Hwy 1 (Coast Hwy); Turn left (South) on Hwy 1. Turn right onto Marguerite Ave and right onto Ocean Blvd. Take the large driveway on the left down to the Corona Del Mar State Beach parking lot on the beach. Parking charge at State Beach lot. Street parking available along Ocean Blvd.

**Rules:** United States Masters Swimming rules will govern. Current SPMS procedures will be enforced and take precedence over any errors or omissions on this form.

**Eligibility:** All swimmers must be registered with USMS for 2023 or foreign equivalents. One Day USMS Event (OEVT) membership WILL be available. Age on December 31, 2023, determines age group for the event. You must be at least 18 years of age on August 26th to compete. Bring a copy of your 2023 USMS card or foreign equivalent to race check-in.

**Entries:** \$60 pre-entry fee. \$80 race day (please pre-enter online!). One Day USMS membership \$20. **Entries will close on Saturday August 26, 2022 no later than 9:30AM.** Link to online entry:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2313&smid=16549](https://www.clubassistant.com/club/meet_information.cfm?c=2313&smid=16549)

**Disability Swimmers:** Disability swimmers are welcome. Please notify the meet director and meet referee, prior to the competition, of any disability and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment if required.

**Course:** The 1 mile swim starts at Lifeguard Tower #3 on the sand next to the Corona Del Mar jetty. Swim to buoy 200 yards offshore and then left/south down along the coast line. Round buoys on your left shoulder, return up coast along the swim lines back to the first buoy and swim to a finish onshore where you began, at Lifeguard Tower #3. This is an open ocean swim with no bottom or walls to hang onto, ocean conditions are always changing. Water temp and conditions subject to change.

**Start/Finish/Timing:** The event will start on the beach next to the jetty approximately 20 feet from the water's edge. The finish will be on the beach by Tower #3 marked with flags through the chute. A chip timing system will be used. **Chips must be worn on the ankle.**

**Safety/Conditions:** For safety reasons, participants should be adequately trained for competition. Previous experience is required and participants should be able to swim a pool mile under 45 minutes. An approved Safety Plan is on file. Since the safety of swimmers is of prime concern, the event may be delayed or canceled due to bad weather. The Event Director and Lifeguards will make this decision. There will be no refunds.

**Paddlers/Safety Buoys:** It is always recommended that swimmers wear a bright cap and be accompanied by a safety paddler. **Use of personal safety buoys must be approved by the race director.** Note that personal buoys will be considered category II swimwear (wetsuit division) for purposes of placement and scoring.

**Swimwear:** Swimwear shall be made from textile materials and not contain clasps or zippers. For both men and women, the swimsuit shall not cover the neck and shall not extend past the shoulder nor below the ankles. Wetsuits are permitted in the USMS Wetsuit Division, and will be scored separately.

**Swimmers are not permitted to wear or use any device or substance to help their speed, pace, navigation, buoyancy, or endurance during a swim such as smart goggles, smart watches, webbed gloves, paddles, pull buoys, fins, snorkels, buoyant armbands, audio players, etc.** Medical identification items may be worn. Any kind of tape on the body or flat armband is not permitted unless approved by the referee. Wetsuits and neoprene will be considered category II swimwear (wetsuit division) for purposes of placement and scoring.

**Awards:** 1st, 2nd, and 3rd Place Age Group Finishers (Male and Female) and 1st Place Divisional Awards presented at conclusion of the swim

**Questions/Event Director:** Michael Prichard [mprichard@nbfd.net](mailto:mprichard@nbfd.net)

**Race Day Timeline:**

9:00AM to 9:40AM – Positive check-in – pick up race packet and timing chip

9:00AM to 9:40AM – Race Numbering (Body Marking)

9:45AM – Mandatory Safety Meeting for ALL Participants

10:00AM – Race Start

**Age Divisions:** (Note: All Wetsuits and Neoprene bodywear/caps must enter wetsuit division.)

Seniors 18-24 years

Seniors 25-29 years

Masters 30-34 years

Masters 35-39 years

Masters 40-44 years

Masters 45-49 years

Masters 50-54 years

Masters 55-59 years

Veteran 60-64 years

Veteran 65-69 years

Veteran 70-74 years

Super Veteran 75 year plus

All Newport Lifeguard Division

All Men's Wetsuit Division

All Women's Wetsuit Division