



Nockamixon Swim Challenge

ATHLETE GUIDE

A letter from the director

Dear Steelman Racing Athletes,

I am so happy you are racing in the Steelman Racing Nockamixon Swim Challenge! Please read the entire Nockamixon Swim Challenge Athlete Guide. If you have any questions regarding the content of this document, please contact me directly at info@steelmanracing.com. I will have limited access to email after Friday night on race weekend. Steelman Racing staff will be on location at Nockamixon State Park during race weekend from Saturday morning until the completion of the race. **Race packet pick-up is Sunday, June 22nd, race day morning.** All athlete numbers will be given out at Packet Pick-up. Please see the Nockamixon Swim Challenge Event Schedule for each event's specific pick-up time and start time on race day. It will be an awesome day and thank you for racing with us!

Race hard,

Dave Michener
Steelman Racing Race Director
#steelmanready!

Athlete Guide Contents

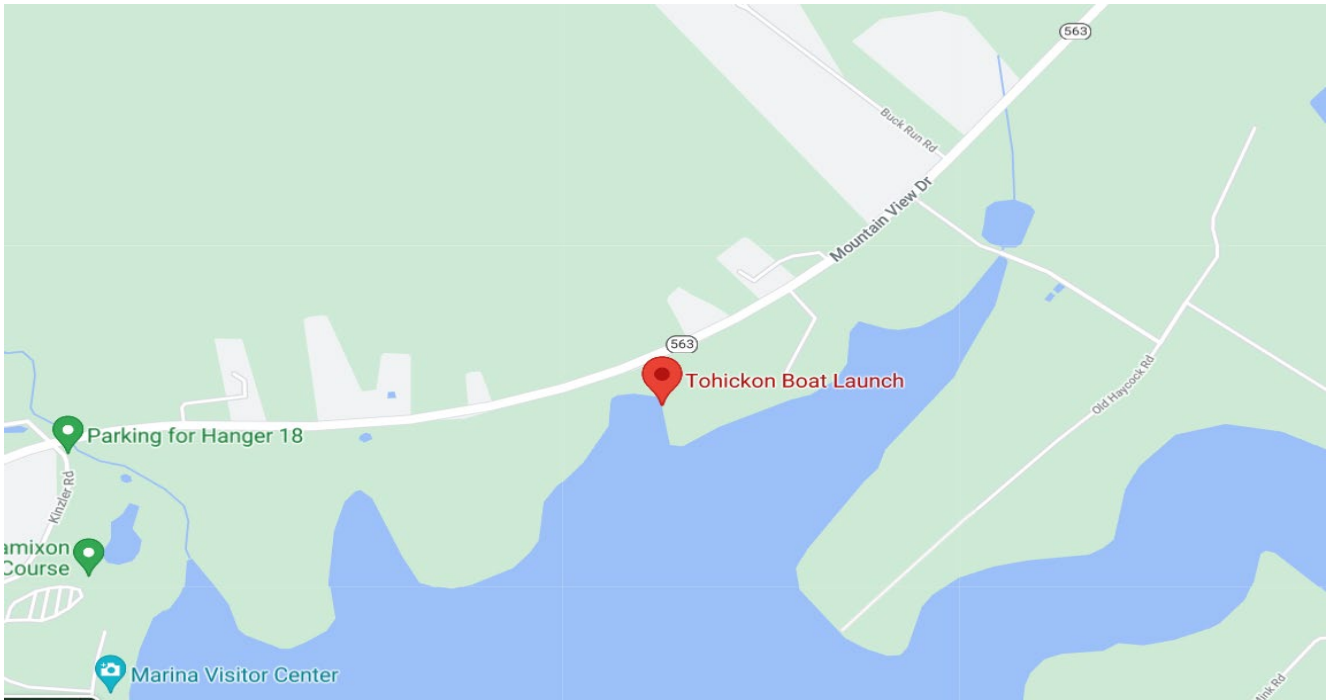
- **Location / Parking / Shuttle**
- **Event Schedule**
- **Race Day Procedures**
- **Courses**
- **Race Tags**
- **Aid Station**
- **Results / Awards**
- **Bib List**



Event Information

Location:

- Tohickon Boat Launch, 1818-1898 Mountain View Dr, Quakertown, PA 18951



Parking

- **Please CARPOOL to the race!!!**

- There are approximately 350 parking spots at the Tohickon Boat Launch
- **There is NO parking on the grass anywhere at the Tohickon Boat Launch**
 - DCNR will be patrolling the area and will ticket cars parked on the grass
- **ATTENTION 1 MILE AND RELAY SWIMMERS** - There will be shuttle bus services starting at **9:00 AM to noon** between the main marina parking lot in Nockamixon State Park and the Tohickon Boat launch for swimmers and spectators to use.
 - Please follow the signs entering the park from Harrisburg School Road to the marina and wait by the Shuttle Pick-Up sign for the bus
 - **DO NOT FORGET YOUR ID or PHOTO OF YOUR ID**



Event Schedule

All race numbers will be assigned at Packet Pick-up on race day.

Distance	3 Mile	2 Mile	1 Mile & 3 Mile Relay
Swim Cap Color	Pink	Green	Yellow
Packet Pickup Time	6:00 AM	7:30 AM	9:00 AM
Bag Drop Time	6:30 AM	8:00 AM	9:30 AM
Start Time	7:00 AM	8:30 AM	10:00 AM
Awards Time	10:15 AM	10:45 AM	11:30 AM

All athletes should arrive at the race based on their packet pickup time.

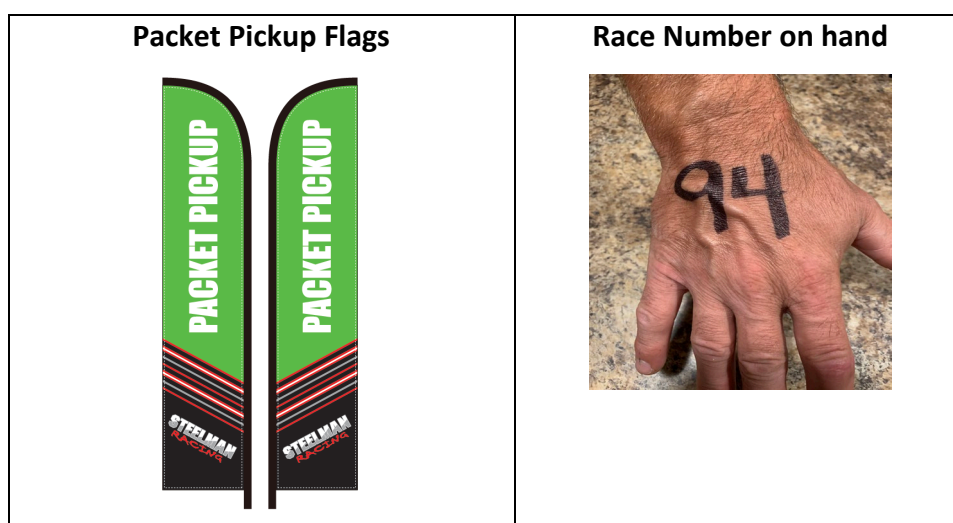
The 1-mile, 2-mile, and 3-mile event cut-off time is 11:00 AM.



The advertisement features a background image of a swimmer in a pool. On the left, two side-by-side photos show a woman's hair: the left photo shows frizzy, dry hair labeled 'BEFORE', and the right photo shows smooth, healthy hair labeled 'AFTER'. To the right of these photos, the text 'STOP CHLORINE & SALTWATER DAMAGE' is displayed in large, bold letters. Below this, a yellow button reads 'SHOP 20% OFF' and a purple button reads 'USE CODE STEELMAN'. The TRIHARD logo is in the top right corner. A small disclaimer at the bottom right states: '*During sales, the code will give them an extra 5% off'.

Race Day Procedures

All swimmers will pick up their packets from the Packet Pick-up tent at the race venue (please look for the green flags). All swimmers will receive their swim cap, timing chip, and Steelman Racing Open Water Swimming shirt. All swimmers need to put their race number on their right hand in black permanent marker (markers will be available at the race). Swimmers will receive their Steelman Racing Open Water Finisher Medal after they finish their race.

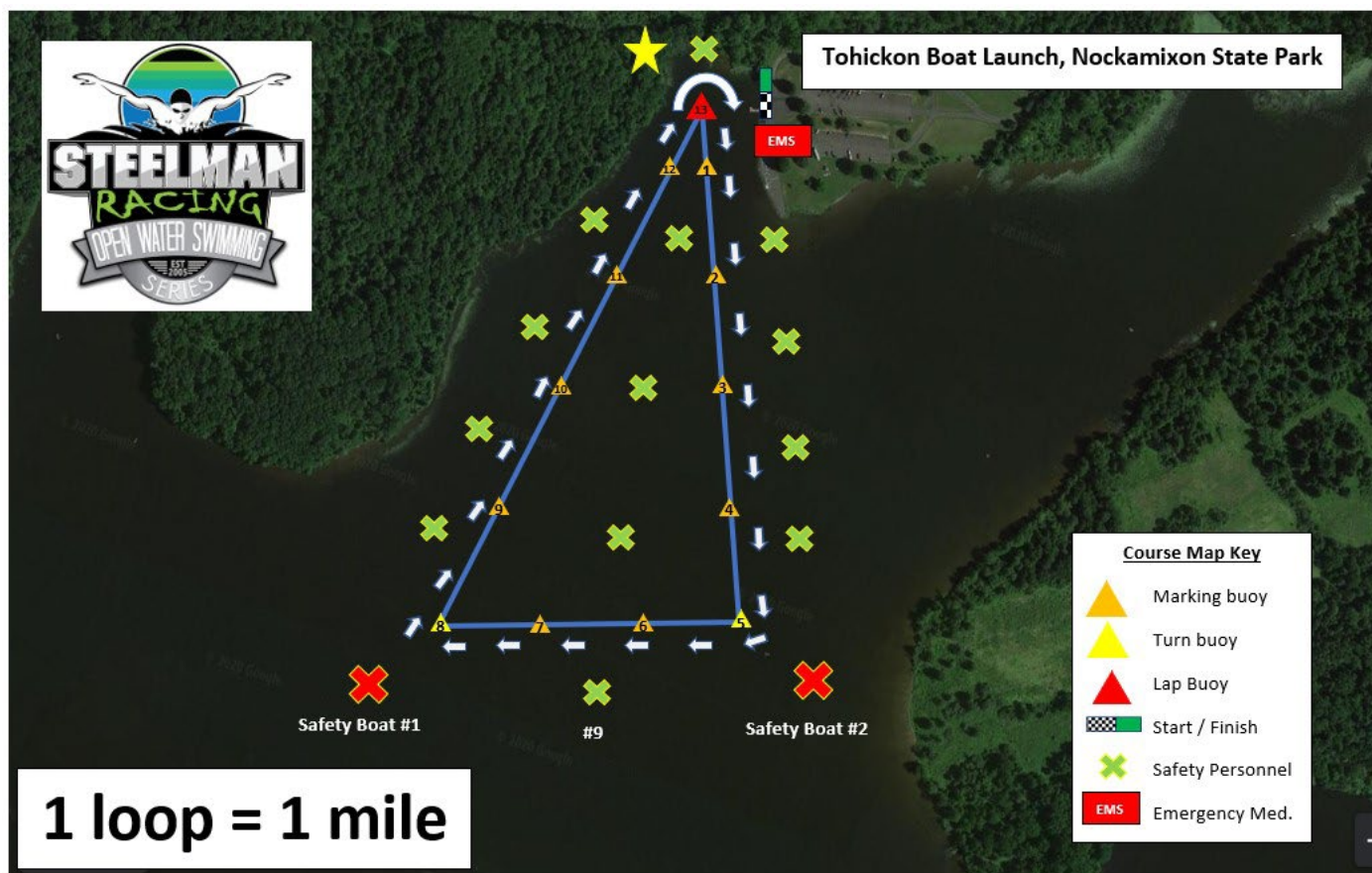


When your Bag Drop Time is called over the public announcement system, please come to the Bag Drop Area wearing your timing chip, swim cap, and wetsuit (if you are wearing one). Athletes can store their personal items (towel, footwear, etc.) in the Bag Drop Area. After swimmers deposit their gear in the Bag Drop area, they will proceed to the starting chute. At the end of the starting chute, athletes will have their timing chip read before entering the water in a rolling start format. Each swimmer's race starts when he/she crosses over the timing mats before entering the water. A swimmer's race ends when he/she exits the water and crosses over the timing mats again.

After exiting the water and crossing the timing mats, swimmers will be directed to re-enter the Bag Drop Area to collect their belongs. Swimmers will get their post-race food and finisher medal before they leave the Bag Drop area. The 3-mile, 2-mile, and 1-mile races will have separate awards ceremonies. Please see Award Times on the Events schedule on the previous page. **Awards will not be mailed to swimmers that do not attend the awards ceremony.** It is critical to the success of the event that all athletes follow the Race Day Procedures to help us hold a safe race. Thank you!

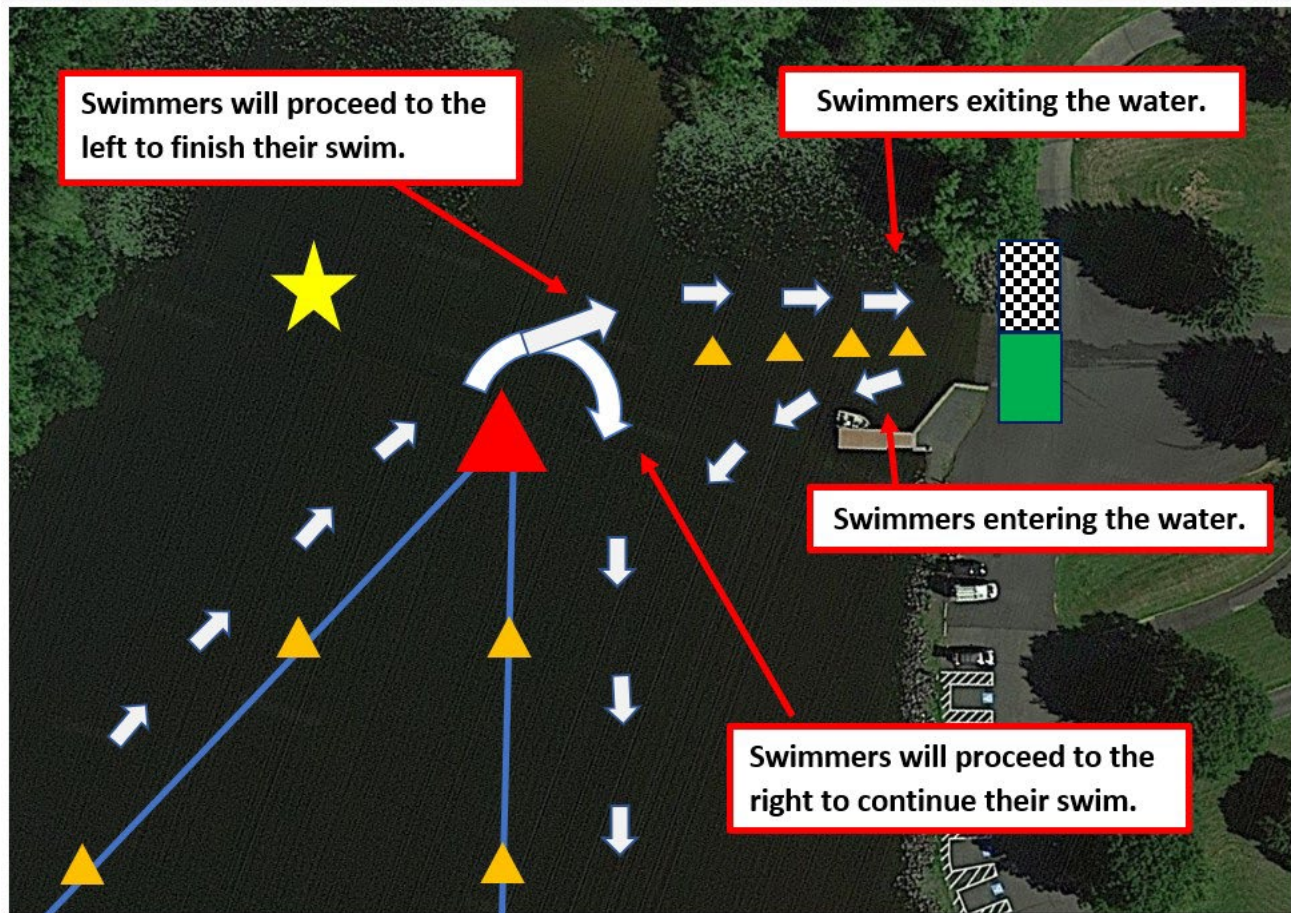
Course Description

The Nockamixon Swim Challenge course is a triangular shaped course that is one mile long. Swimmers completing the 3-mile event will swim the course three times, swimmers completing the 2-mile event will swim the course two times, and swimmers completing the 1-mile event will swim the course one time. Swimmers should count their laps every time they pass the 8-foot red buoy (see large red triangle on course map below).



[CLICK HERE FOR AN ENLARGED MAP](#)

Swimmers will enter the water via the boat ramp and swim to the left to the first orange buoy (#1). Swimmers will then proceed straight out passing three additional orange buoys (#2 - #4) until they reach the first yellow turn buoy (#5). Swimmers will then turn right, pass two more orange buoys (#6 & #7), and continue to the next yellow buoy (#8) and make another right. Swimmers will then proceed to head back to the 8-foot red lap buoy (#13) passing orange buoys #9 - #12. Three-mile swimmers will be completing three laps, two-mile swimmers will be completing two laps, and one-mile swimmers will be completing one lap. All three and two-mile swimmers will complete their laps by going around the large red 8-foot lap buoy (#13).



Relays

Relay teams will be starting their race with Group C and have yellow swim caps. Each relay team member will have their own timing chip and enter the water with the 1-mile swimmers. All relay members will complete their 1-mile lap and exit the water. When all relay team members have finished their 1 mile swim, their times will be combined to form their relay team's time.

Swim Safety Buoys

Athletes are more than welcome to wear swim safety buoys for the swim. Steelman Racing is treating the use of swim safety buoys as an additional safety measure some athletes may choose to use during our swimming events. Our goal is to make our athletes as safe as possible in an open water setting, and the use of swim buoys can only help promote this high level of safety. If you chose to wear a swim safety buoy, please enter your event at the end of the rolling start line.

Swim Safety

There will be six lifeguards at the Nockamixon Swim Challenge. Lifeguards will be in kayaks and on the shore. There will be a total of 15 kayakers and two patrol boats from Haycock Fire Company in the water to provide additional support for the swimmers. **Any athlete that needs help during the race needs to raise his/her hand to signal a lifeguard or kayaker if one has not already attended to your needs.**



STOP CHLORINE & SALTWATER DAMAGE

20% OFF
SITEWIDE

SHOP 20% OFF
USE CODE **STEELMAN**

*During sales, the code will give them an extra 5% off

Race Results

Swimmers will be able to check their results after they finish their race via a QR code posted at the race venue or on monitors at the race timer's tent. **There will be awards ceremonies at this event for each race distance.** The 3-mile race awards will be at approximately 10:15 AM, the 2-mile will be at approximately at 10:45, and the 1-mile awards will be at approximately 11:30 AM. Please listen to announcements during the event for the specific awards times. If a swimmer wins an age group award, they need to be present to receive their award. **AWARDS WILL NOT BE MAILED TO AGE GROUP WINNERS.** Awards will be given out to the top three athletes in each age group below.

IMPORTANT: If the water temperature is 84 degrees or above, participants may NOT wear wetsuits.

Wetsuit Division	
3 Mile	
Male	Female
Top 3	Top 3
19 – under	19 - under
20 – 29	20 – 29
30 – 39	30 – 39
40 – 49	40 – 49
50 – 59	50 – 59
60 – 69	60 – 69
70 +	70 +

No Wetsuit Division	
3 Mile	
Male	Female
Top 3	Top 3
19 – under	19 - under
20 – 29	20 – 29
30 – 39	30 – 39
40 – 49	40 – 49
50 – 59	50 – 59
60 – 69	60 – 69
70 +	70 +

Wetsuit Division	
2 Mile	
Male	Female
Top 3	Top 3
19 – under	19 - under
20 – 29	20 – 29
30 – 39	30 – 39
40 – 49	40 – 49
50 – 59	50 – 59
60 – 69	60 – 69
70 +	70 +

No Wetsuit Division	
2 Mile	
Male	Female
Top 3	Top 3
19 – under	19 - under
20 – 29	20 – 29
30 – 39	30 – 39
40 – 49	40 – 49
50 – 59	50 – 59
60 – 69	60 – 69
70 +	70 +

Wetsuit and No Wetsuit Division	
1 Mile	
Male	Female
Top 3	Top 3
19 - under	19 - under
20 – 29	20 – 29
30 – 39	30 – 39
40 – 49	40 – 49
50 – 59	50 – 59
60 – 69	60 – 69
70 +	70 +

Top Adult Relay Teams		
Top All Male	Top All Female	Top Mixed Relay Team

Top Youth Relay Teams		
Top All Male	Top All Female	Top Mixed Relay Team

Spectators, family members and friends are welcome at this event!

Safety & Security Command Center

Adjacent to the Bag Drop Area, there will be a Command Center with Haycock Fire Company and Steelman Racing staff members. Any safety or medical concerns, athlete or volunteer related, should be brought to this area. For all other concerns, please find a Steelman Racing volunteer wearing a yellow or staff shirt.

The advertisement has a purple and blue background with a blurred image of a swimming pool. In the top right corner is the TRIHARD logo. On the left, a circular inset shows a woman swimming. Below it are five yellow stars. A quote from Lucy Charles Barclay is displayed. To the right of the quote are two bottles of TRIHARD product. A large yellow button with the text "SHOP 20% OFF" and "USE CODE STEELMAN" is on the right. At the bottom right, a small note states: "*During sales, the code will give them an extra 5% off".



★★★★★

"After countless hours swimming and smelling like chlorine, TRIHARD makes the smell disappear straight away"

- Lucy Charles Barclay -
Pro Triathlete

SHOP 20% OFF
USE CODE STEELMAN

*During sales, the code will give them an extra 5% off

