



**WHAT:** The Tour of Buoys Ocean Swim.

The race is held in the La Jolla Ecological Reserve, which is seaside of Kellogg Park in La Jolla, California. The course begins near the boat launching area on La Jolla Shores Beach and then follows the perimeter buoys of the La Jolla Ecological Reserve. The Start/Finish area is located south of the centrally located parking lot and Main Lifeguard Tower in Kellogg Park.

This featured 5-mile ocean race is over two laps of the buoys course, and all swimmers must be individually escorted during the swim. Additionally, an option of 2.5 mile and is being offered, which will be monitored by the City Lifeguards. There will be Regulation Divisions and Non-Regulations Divisions (Fins and or Wetsuits Permitted) in both the 5 Mile and 2.5 Mile races.

Ocean temperature in August is usually 68-72 degrees Fahrenheit.

**CHARITY BENEFICIARY:** TCSD Cares is 'the giving arm' of the Triathlon Club of San Diego. The mission of TCSD Cares is to support athletes with special needs in the California community through grants, gifts or other resources, and to provide scholarships to graduate and undergraduate students of 4-year California Universities who are involved in athletics and community services. <http://www.tcsdcares.org/>

La Jolla Cove Swim Club English Channel Relay Team consisting of the surviving spouses and wounded from the Naval Special Warfare (SEAL) community. <http://www.athenapassage.org>

**WHERE:** La Jolla Shores, (immediately north of boat and kayak launching area). The race will start and finish on the beach. The race is a Tour-of- Buoys, clock wise, two (2) laps around yellow Ecological Reserve Buoys: "A", "B", "D" and "E" and return to La Jolla Shores or one lap: "A", "B", "D" and "E" and lap around buoys "A" & "B" for the 2.5 mile.

**WHEN:** Sunday August 12th, 2012 at 8:30 am. The Five milers will start no earlier than 8:30am 2.5 milers no earlier than 9:00 am. Kayakers will launch about 8:15 a.m., after their briefing. Deadline (pull out) for all will be four (4) hours after 5 milers start.

**SCHEDULE: 5 Mile Event-**Check-In time for swimmers is 7-8 a.m. Paddler escorts must attend a briefing on the course and the rules for escorting a swimmer which will begin at 8 a.m. with an expected launch time of 8:15 a.m. Swimmers must attend a similar briefing and roll call at 8:15. Starting time for the event will be no earlier than 8:30 a.m. There will be a four-hour time limit for the event. At the end of four hours, swimmers still in the water will be directed to exit the course at the nearest point on the shore.

**2.5 Mile Event-**Check-In time is 7:30-8:30 a.m. The swimmer briefing and roll call will take place at 8:45 a.m. with an expected start time of 9 a.m. Cut-off time for this event will be the same as the 5-mile event, i.e. four hours after the beginning of the 5-mile event.

**WHAT ELSE:** SAFETY: Each 5-miler MUST have an individual kayak or paddleboard escort. Safety Monitors with radios will patrol the course. City Lifeguards will monitor 2.5 milers on paddleboards. One meter, orange inflatables will mark yellow turn buoys. Lifeguards and Paramedics will be notified in advance, on – station and available if necessary.

**FOOD:** Food and drink will be provided for registered swimmers and their escorts.

**REGISTRATION:** <https://triclubsandiego.webconnex.com/tob>