





Arms around Bainbridge

Open Water Swim 14 Aug, 2010

Swimmer Instructions:

1. Be on time for your swim. Arrive one hour before the scheduled start of your segment.

Segment		Start location	Start time	Finish location	FinishTime
One		Blakely Harbor North side trailhead	5:00 AM	Point White dock	8:45 AM
Two		Point White dock	8:45 AM	Dock Street road end	Noon
Three		Dock Street road end	Noon	Fay Bainbridge Park	2:45 PM
Four		Fay Bainbridge Park	2:45 PM	Green's house at Blakely	7:45 PM

2. Allow time to check in, get your picture taken, transfer your gear to a boat, arrange your transportation logistics and chat it up your fellow swimmers.
3. Checklist of swim gear:
 1. Wet suit
 2. Caps
 3. Booties and gloves
 4. Goggles
 5. Body glide, ear plugs, fins, etc
4. Food and fluids for your swim.
5. Identify location of kayakers and the escort boat.
6. Bring your change of clothes/gear that you want transported by the escort boat in a labeled bag. Use a dry bag if you have one. While you may not necessarily want to swim the entire leg, you will be on a boat for the entire segment of that leg, up to 5 hours total in and out of the water.
7. Identify your point of exit and arrange for logistics support.
8. Post event celebration!! Party at Jon & Brenda Green's residence at 10403 NE Seaborn Rd, on the north shore of Blakely Harbor.
9. Enjoy the experience.

August 14, 2010 ARMS SWIM PLAN

Segment	#	Leg	Neighborhood	Distance	Minutes	cumulative minutes	cumulative hours/min	Start/check points
Red team 7.55 miles 3.5 hours	1	Blakely Harbor to Restoration Pt around to Country Club Pool	Blakely Harbor	2.13				5:15 AM
	2	Country Club to Fort Ward	South Beach	2.21	60	60	1:00	6:15
	3	Fort Ward to Lynnwood Center	Pleasant Beach	1.51	62	122	2:02	7:17
	4	Lynnwood Center to Point White	Point White Beach	1.7	42	164	2:44	7:59
					48	211	3:31	8:46
Hit Rich passage at 8:15 AM Pt White dock by 8:45 AM								

Goal time: 8:30 AM at Point White

Dock

Blue team 6.46 miles 3.0 to 3.5 hrs	1	Point White dock to Westwood	West Baker Hill	1.71				
	2	Westwood to Fletcher Bay	Fletcher Bay	1.36	51	263	4:23	9:38
	3	Fletcher Bay to Battlepoint	Battlepoint	1.6	41	304	5:04	10:19
	4	Battle Point to Dock Street	Venice	1.79	48	352	5:52	11:07
					54	405	6:45	12:00

Goal time: 12 noon

Orange team 6.13 miles 3 hrs	1	Dock Street to Agate pass entry	Manzanita	1.8				
	2	Agate pass West to East	Agate passage	2.37	50	456	7:36	12:51
	3	Cross Port Madison to Fay Bainbridge	Port Madison	1.96	62	517	8:37	13:52
					55	572	9:32	14:47

Goal time: 2: 45 PM

Yellow team 8.74 miles 4.5 to 5 hrs	1	Fay Bainbridge to Rolling Bay	Sunrise	2.33				
	2	Rolling Bay, skiff point, across Murden Cove	Rolling bay	2.05	68	640	10:40	15:55
	3	Ferndale around Yoemalt to Wing Point	Manitou Beach	2.11	59	699	11:39	16:54
	4	Eagle Harbor Crossing	Wing point	0	61	760	12:40	17:55
					10	770	12:50	18:05
					65	836	13:56	19:11

Goal time: 7:15 PM

28.88

Sunrise 6:05 AM	Low tide	2:47 AM	1
Sunset 8:24 PM	High tide	8:55 AM	10
	Low tide	2:41 PM	2.9
	High tide	8:57 PM	12.2



Arms around Bainbridge Island

Arms around Bainbridge A 30 mile swim

1. Overview of swim

- a. The swim consists of a circumnavigation of the island in one day. The swim begins just before dawn in Blakely Harbor and finishes at dusk at the same location. This year we swim in a clockwise direction because of the tides.
- b. This is challenging swim even for well seasoned swimmers. Sections of the route are very cold, as cold as 45 degrees even in mid August. Certain sections can get rough due to wind exposure and at times we can be competing with weekend boat traffic. There are many obstacles to contend with along the way. Not just cold water but cold scuzzy water, jelly fish in all sizes, curious seals, shoreline anchor buoys, docks and submerged obstructions. If you are still excited about the journey and want to commit yourself to the event we insist on the following preparations:
 - i. You must be a good swimmer. Meaning you actively train with a Master's group, you are a regular lap swimmer or regular open water enthusiast.
 - ii. You must be capable of swimming a mile in open water in 40 minutes or less.
 - iii. You must have a full body wet suit designed specifically for open water swimming. Required accessories include a hood, booties, gloves and a quality pair of goggles.
 - iv. Recommended extra accessories include earplugs, they really help in cold water, a rash guard under the suit, body glide, silicon or other means to prevent chafing.
 - v. You must prepare a duffle size bag, identified with your name, include a change of clothes, food and water and supplies you need for your swim. This duffle bag goes on an escort boat. A single bag, preferably water proof is recommended.
 - vi. Open water training prior to the event is essential. Begin your preparations two to three months in advance and procure your equipment as soon as possible.
 - vii. Practice with other swimmers or a kayaker in open water. Practice swimming and sighting to maintain a consistent course.
- c. The swim is conducted as a continuous relay swim around the perimeter of Bainbridge island. One or more swimmers are in the water for a set distance or time. When the distance or time increment is reached another swimmer(s) will enter the water and continue on the next leg of the swim.

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- d. The swim is divided into four major sections. A group of swimmers will be assigned to each of these sections and will work together in relay fashion to complete their assigned distance. The start and finish times for the swim are scheduled such that each section will be completed before the subsequent section begins. Should a section fail to finish within the allocated time the next section will begin at their designated start time. This is necessary to hit Agate passage swimming with the current and to finish the swim before dark.
- e. The starting swimmer will leave from the head of Port Blakely Harbor no later than 5:00 AM. The finish of the swim is designated at the same spot and is planned for a finish before 8:00 PM.
- f. Qualifying swimmers will be assigned to a team by the swim organizer based on a combination of your desired swim times, the difficulty of the section and the groupings of swimmers.

2. Swim and Logistic plan

a. Section 1, the red team.

- i. The lead swimmer and two kayakers arrive at 4:30 AM and prepare for water entry and start of swim at 5:00 AM. All this happens in the dark because sunrise is not until 6 AM.
- ii. The escort boat(s) launch elsewhere and meet in Blakely Harbor for the swim start.
- iii. Boats will lead or trail the swimmer and kayakers, make drops and pickups in the water and not on shore.
- iv. Red team continues until Point White dock is reached. Red team Swimmers and kayakers can exit water here. Transportation and logistics will be arranged as we get closer to the event. Volunteers will be available for shuttle service.

b. Section 2, the blue team

- i. All swimmers and kayakers arrive at 7:30 am to prepare for a water entry and start of swim at 8:45 am or sooner if the Red team finishes early (We want this to happen so be ready)
- ii. Boats will arrive from their preferred launch point at 7:45 AM at the Point White dock and load up supplies and the remaining blue team swimmers.
- iii. The blue team will continue in relay fashion with drops and pick ups made in the water until the finish at Dock street. All swimmers will need to make a wet exit at this point and swim to Dock street as there is no place to moor a boat
- iv. Swimmers and kayakers can exit at Dock Street.

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c. Section 3, the Orange team:

- i. All swimmers and kayakers arrive at 11:00 am to prepare for a water entry and start of swim at 12:00 Noon or sooner if the Blue team finishes before the noon hour (We want this to happen so we can be at the Agate pass bridge by 1:00 pm)
- ii. The main boat, assuming we have a new boating team will arrive from their preferred launch point at 11:00 am and anchor just outside dock street. All swimmers except the lead swimmer will make it to the boat. One of the kayaks or the skiff will ferry out the swimmers supplies.
- iii. The orange team will continue in relay fashion with drops and pick ups made in the water until the finish at Fay Bainbridge. All swimmers will need to make a wet exit at this point and swim to shore street as there is no place to moor a boat.
- iv. The trailing skiff will ferry in supplies and junk in and out to the arriving orange team and the yellow team that is preparing for the last segment.
- v. Swimmers and kayakers exiting at this point will be supported by volunteers for transportation logistics.

d. Section 4, the yellow team

- i. All swimmers and kayakers arrive at 2:00 pm to prepare for a water entry and start of swim at 2:45 pm or sooner if the orange team finishes early.
- ii. The main boat, assuming we have a new boating team, will arrive from their preferred launch point at 2:00 pm and anchor just outside the beach at Fay. All swimmers except the lead swimmer will make it to the boat. One of the kayaks or the skiff will ferry out the swimmers supplies.
- iii. The Yellow team will continue in relay fashion with drops and pick ups made in the water until we reach Wing point. To avoid swimming across the narrow ferry channel, we will pick up all swimmers and motor across this gap at the Harbor and drop in the next swimmer beyond the channel marker. The kayaks will paddle across the channel and continue their escort role at the swimmer drop point.
- iv. The trailing skiff will ferry in supplies and junk in and out of Eagle Harbor as needed to support this leg of the swim while the swim continues.
- v. The orange team will continue in relay fashion with drops and pick ups made in the water until the finish at the head of Blakely Harbor. All swimmers will need to make a wet exit at this point and swim to shore from the boat.

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- vi. As many participants as possible coordinate with each other to greet the last swimmers at Blakley Harbor.
 - e. Section 5, the White team
 - i. The white team is the ground support, and post event party organizer.
- 3. Safety and Emergency procedures
 - a. There will be a designated chain of command for each team. The team leader will have the responsibility to check equipment, swimmers and kayakers for proper gear and swim preparation. Weather conditions may change rapidly. The team leader must be prepared to communicate conditions and instructions regarding the swim to the support team on the water and the swimmers. A mandatory pre meeting for each team leader will be announced.
 - b. More detailed safety and emergency procedures will be communicated to each participant prior to the day of the event.