PRESENTED BY

*Changes made after the athlete letter was sent out will be in red.

Venue Location: Park Point Recreation Area 4750 Minnesota Ave, Duluth, MN 55802

SATURDAY August 22nd REGISTRATION AND PACKET PICK-UP

- 5-7 pm Registration and packet pick up at the **Park Point Recreation Area**
- 6:00 pm Decision on race day swim
- 6:00 pm Safety Meeting at the beach side finish line (If you cannot make this there will be a safety briefing before each race)*.
- 6:20 pm Swim Safety Meeting for Kayakers/Lifeguards/Spotter Volunteers (If you cannot make this there a safety briefing before each race

SUNDAY, August 24th - RACE DAY

- 6:30-8:30 am Bussing from the **Park Point Recreation Area** to the start lines
- 6-8:00 am Packet Pick-up at the Gazebo
- 7:00 am Last bus for the 3.7 mile
- **7:30 am 3.7 Mile Start. Enter at 8th Street S public Access.**
- 7:30 am Last Bus for the 2 mile
- **7:50 am 2 Mile Start. Enter at 28th Street S Public Access (Next to St. Anthony on the Lake)**
- 7:45 am Last bus for the 1 mile
- **8:10 am 1 mile Start. Enter at 38th Street S Public Access**
- 8:25 am First Finisher
- 8:30 am Saunas and pancakes at the Gazebo

Bridge Schedule: https://canalpark.com/duluth-ship-schedule/ Note that the Aerial Lift Bridge goes up for a few minutes every half hour (if there is a need for smaller boats). If a large boat comes under the bridge that can be a delay of 30 minutes. We will monitor this and send updates if needed.

SWIM STARTS: At each start we will have all swimmers walk past a timing station 5 minutes before the start. You are allowed to enter the water before this to warm up but ALL SWIMMERS must check in by walking past the detector

DROPPING OUT: If you drop out please make sure to TURN IN YOUR TIMING CHIP to a lifeguard or at the finish line. All chips will be collected after swimmers have completed the race.

Maps

3.7 Mile starts next to the canal (Enter at 8th St S Public Access)
2 Mile starts about 28th St S
1 Mile starts about 38th St S

Parking will be in the first lots as you enter the park. (There is limited on street parking at each of the starting lines)

Shuttle Busses will pick up swimmers and their spotters from 6:30-to 8:00 from the bus loading area indicated on the map. There will not be bus shuttle service for swimmers and their spotters after the race.

Port-o-potties There are port-o-potties in the parking lot, and there will be one near each of the bus drop off locations.

Poison Ivy Please note that there is poison ivy off the trails, so please do not veer off the trails as you make your way to and from the beach.

Spotters You are encouraged to have a spotter that can take the bus to the start with you. They will be given whistles in order to make sure they can get the attention of the lifeguards in case they are needed and a space blanket in case you come out early. They should also carry a towel and warm clothes for you. The spotter should take anything you bring with you to the start. For those without spotters we will have small plastic bags and a bin for water shoes/flip flops/shirts to bring back to the sauna area. Please no backpacks in the bagdrop.

Swimmers Equipment We will have a random assignment for swim cap colors, or bring your own, and we will write your number on it. The ***number*** should be worn on the ***right*** side so people on the beach can see your numbers. It is strongly encouraged that swimmers wear wetsuits and have a neoprene beanie in case of cold

water (and Body Glide or Gold Bond Friction Defense to prevent chafing). Swimmers are also able to wear neoprene gloves (no webbing) and booties for their comfort and a swim buoy for safety.

Non-competitive division Non-Competitive Division is not a race but will be timed for the swimmer's interest. Swim aids such as fins, snorkels, and hand paddles are permitted, and Open Water Swim Buoys are strongly recommended. All Swimmers will start at the same time, with the non-competitive swimmers behind the competitive racers. You will also be issued a swim cap with your number. The ***number*** should be worn on the ***right*** side so people on the beach can see your numbers.

Water Temperature The temperature varies throughout the summer and changes with the wind direction. Want to know what it is right now? This is a scientific site run through the MN Sea Grant Need historical data? Check out SeaTemperature.info. Also check out the Park Point Beach Conditions. We also check https://www.d.umn.edu/buoys/, and https://lakemonster.com/lake/WI/Lake%20Superior-water-temperature-237 We will make a decision on the race by 6pm on Saturday night.

Race Changes Depending on the weather and the water temperature the race course may be altered. With red flag warnings, or exceedingly cold water on the lake side of park point we will pivot to the bay side and have one mile loop course near the sailing club up towards the rowing club (It is walkable from the parking lot).

Dropping Down in Distance If you feel that you would like to drop down in races please let us know. This can be done leading up to the race, or at registration. We want you in the best race for you.

General Rules:

1. Full sleeve wetsuits and neoprene head cap highly recommended.
2. A personal spotter who walks on beach recommended
3. Temperature below 58 equals shortened race or pivot to bay
4. Rip currents will cause a pivot to the bay
5. Timing: mass starts when gun goes off and finish is on beach where you cross the timing mat.
6. Note that the FINISH line is in the water, and you will keep your order of finish as you walk out of the water (This is for safety reasons) so the times on the official results will be slightly off. Please use your own devices of you need an accurate swimming time.
7. Drafting allowed
8. No walking forward
9. You can exit water and sit on beach at anytime. Then go back in and finish and won't be penalized, but no forward walking on beach
10. If you drop out, simply exit water and walk to finish line. Inform head timer and turn in the chip.
11. Lifeguards will be on beach and in the water along w kayakers in the water
12. A Red Flag Warning on the beach will have us pivot to a 1mile looped course in the bay.
13. Booties and neoprene gloves are permitted in regular race. Webbed gloves, paddles and fins are allowed in the non-competitive division.

Kayakers If you have someone coming to kayak along with you please make sure to sign up and make a note of their starting race in the volunteer submission.
https://runsignup.com/Race/Volunteer/MN/Duluth/GreatLakeSuperiorSwim. We will offer a shuttle for kayakers back to their vehicles.

Please make sure only to use the official entries to the lake. These are shown on the map at
https://duluthmn.maps.arcgis.com/apps/View/index.html?appid=858a94c6007f4bafbe45afa08e47e054

The Great Lake Superior Swim 2026

Water Safety Team

Duluth, MN

Swimmer Guidelines

PLEASE NOTE THAT THERE ARE NUMEROUS ATHLETES SWIMMING, AND THE WATER SAFETY TEAM NEEDS TO MONITOR ALL OF THEM.

If a lifeguard or kayaker determines you are unable to finish the swim, they will help you to safety onto the beach shore. The Water Safety Team and Duluth Fire Department are the final authority on this decision.

Event Preparation

- Review the athlete letter on the event website and be familiarized with the swim course, buoy locations, start / finish lines, and how to swim in any oncoming waves.
- Full sleeve wetsuits and neoprene head cap highly recommended.
- Know the appearance and clothing of your assigned spotter (volunteers permitting).

During the Event

- Swim parallel to shore and k*eep course buoys on your right side.* It is your responsibility to stay on course, and a kayaker will provide redirection if necessary.
- If you start to feel unwell, swim closer to shore to a shallower depth and try to stand up. You will not be disqualified if no forward progress is made by walking.
- If you're feeling distress, wave your arms to signal for a kayaker or spotter.
- Keep in mind the following Hypothermia symptoms according to the CDC:
    - Shivering, fumbling hands, or difficulty / irregular / shallow breathing.
    - Extreme exhaustion, drowsiness, slurred speech, memory loss.
        - Confusion could escalate to the point where the swimmer doesn't know where they are or has difficulty keeping track of direction.

After the Event

- Immediately warm back up after the swim and rehydrate. Take time to stretch and recover.
- If feeling lightheaded, nauseous, or any kind of discomfort, request assistance.
- If you or someone else felt in danger during the swim or experienced an emergency, report it to the Water Safety Team to help improve future athletic events.

The Great Lake Superior Swim 2026

Water Safety Team

Duluth, MN

Spotter Guidelines

Event Preparation

- Review the athlete letter on the event website and be familiarized with the swim course, buoy locations, start / finish lines, and assigned zone(s).
- Bring essentials: hydration, sunscreen, hat, towel, warm clothing, and a communication device (e.g., cell phone in waterproof case). A whistle will be provided and select volunteers will have orange flags.

During the Event

- Stay alert by constantly scanning swimmers and surroundings.
- **Watch for signs of distress, such as irregular strokes, frequent stopping, or hand waving.**
- Keep in mind the following Hypothermia symptoms according to the CDC:
    - Shivering, fumbling hands, or difficulty / irregular / shallow breathing.
    - Extreme exhaustion, drowsiness, slurred speech, memory loss.
        - Confusion could escalate to the point where the swimmer doesn't know where they are or has difficulty keeping track of direction.
- Only use whistle and orange flag during an emergency (see protocol at bottom).

Emergency Protocol

- Signal an emergency by **waving hands and making long whistle blasts**. Select volunteers will be provided an orange flag to raise vertically.
    - Continue regular signals until emergency services arrive.
- Keep sight of distressed swimmer at all times.
    - Do not enter the water unless absolutely necessary.
    - Without endangering oneself or others, use best judgement to encourage swimmer to safety at a shallower water depth.
    - If swimmer comes on shore, stay with swimmer until rescue arrives.
    - Assist rescue personnel as directed without obstructing their access.
- Communicate swimmer's bib number, condition, and location clearly to emergency services. Use landmarks or GPS to relay accurate location if needed.

After the Event

- Regroup with the Water Safety Team to share any feedback to improve event water safety.
- Report any dangerous situations or incidents to the lifeguards.

The Great Lake Superior Swim 2026

Water Safety Team

Duluth, MN

Kayaker Guidelines

Event Preparation

- Review the athlete letter on the event website and be familiarized with the swim course, buoy locations, start / finish lines, and assigned zone(s).
- Ensure kayak is seaworthy, and properly equipped with paddles and a lifejacket.
- Bring essentials: hydration, sunscreen, hat, warm clothing, and a communication device (e.g., cell phone in waterproof case). A whistle will be provided for emergencies (see protocol at bottom).
- Protect Minnesota waterways from invasive species by double-checking all kayak equipment is cleaned and drained according to MN DNR paddling best practices.

During the Event

- Wear a life jacket at all times. Stay alert by constantly scanning swimmers and surroundings.
- **Watch for signs of distress, such as irregular strokes, frequent stopping, or hand waving.**
- Assist in keeping swimmers on the course and gently provide any redirection as needed.
    - Use a loud voice or hand signals to get swimmer attention. Be aware of recreational boat traffic
- Maintain an appropriate distance to swimmers. Don't be closer than a kayak's length away, and provide swimmer enough time to correct course themselves prior to interrupting.
- Keep in mind the following Hypothermia symptoms according to the CDC:
    - Shivering, fumbling hands, or difficulty / irregular / shallow breathing.
    - Extreme exhaustion, drowsiness, slurred speech, memory loss.
        - Confusion could escalate to the point where the swimmer doesn't know where they are or has difficulty keeping track of direction.
- Offer flotation assistance to distressed swimmers with a paddle or allow them to rest on the front of the kayak. Swimmers will not be disqualified for resting, as long as no intentional forward progress is made.
    - **Do not have swimmers rest on the side or back of the kayak, or pull swimmers onboard.**

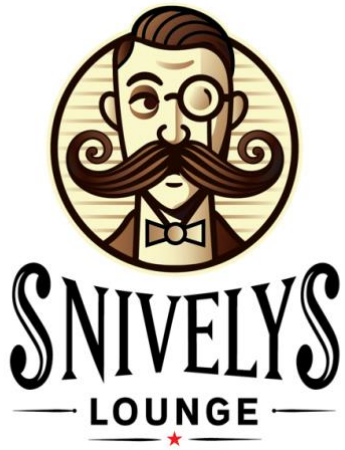
Emergency Protocol

- Lifeguards and volunteer kayakers are the final authority on swim safety.
    - If a swimmer doesn't appear to be able to complete swim, encourage them to stand up and take a break on the shore. Have a spotter supervise the swimmer, and return to kayak safety zone.
    - Communicate swimmer's bib number, condition, and location to emergency services. Use landmarks or GPS to relay accurate location if needed.
- Signal emergency by **waiving kayak paddle vertically, and making long whistle blasts** to alert lifeguards and the Duluth Fire Department. Continue regular signals until emergency services arrive. Assist rescue personnel as directed without obstruction.
    - Stay with and keep sight of distressed swimmer until further instructions are provided.

After the Event

- Regroup with the Water Safety Team to share any feedback to improve event water safety.
    - Report any dangerous situations or incidents to the lifeguards.
- "*Clean in Clean Out*" according to MN DNR aquatic invasive species laws.
    - Clean any aquatic plants off of kayak and drain equipment by removing drain plugs.

Thanks to our sponsors!



A few extra maps

1 mile Bus Drop

2mile Bus Drop Off

3.7 Mile Bus Drop