



POINT-TO-POINT SWIM

FREQUENTLY ASKED QUESTIONS

1. What is the cost of the swim?

The registration fee for entries received between now and July 9 is \$50.00. The registration fee for entries received on July 10 is \$60.00. Payment is made by credit card through the on-line registration [here](#).

2. Can you enter the day of the race?

Yes, you may enter on site race day between 7AM-8AM. Cash, check or credit payments are accepted. No refunds or substitutions on race day.

3. What is the age minimum to participate?

Participants must be 16 years of age or older. Waiver requests are available for those under 16 and must include verification of successful completion of another long-distance open water swim within the last twelve months. Waiver decision of the Aquatics Director is final.

4. What is the ability level needed to swim Point-To-Point?

Point-To-Point is a one-mile open water swim which is 1650 yards or 66 laps (25 yards). Swimmers should be able to swim continuously and comfortably for 1 hour in order to participate.

5. What is the swim course for the Point-To-Point Swim?

The start is near the cannons at Compo beach and swim half a mile and circle back to exit near the start.

6. Is there a time limit on the swim?

Yes. There will be a 75-minute time limit for the swim. For safety reasons, those swimmers still in the water after 75 minutes will be instructed to swim to shore.

7. What support will be for the Point-To-Point swim?

Compo Beach Lifeguards are in the water and on shore. Westport EMS is also on location during the swim.

8. What is the check in procedure for the race?

Packet pick-up is done on the day of the swim starting at 7AM. You may pick-up your race packet which includes colored swim cap for your wave and your t-shirt. The packet pick-up is located under the Point-To-Point tent near the starting area. Early arrival is strongly recommended.

9. What do I need to bring to the check-in?

You are not required to bring anything to the check-in if you pre-registered. If you are registering the day off, please bring cash, check or credit card.

10. Where do I park the day of the race?

Parking at Compo beach is open to swim participants.

11. Do you provide storage of personal belongings during the swim?

No. Sorry, we are unable to provide this service. Participants are obligated to make their own arrangements for personal items.

12. What is the water temperature usually like during the Point-To-Point Swim?

The water temperature for the swim varies from year to year but the average water temperature for Compo Beach in July has been around 72 degrees. Generally, the water temperature isn't a huge issue for most swimmers but there is a wetsuit optional entry.

13. Can I wear a wetsuit during the swim?

Yes, you can choose to wear a wetsuit but would not qualify for awards.

14. Do I have to wear the provided swim cap?

Yes. The caps designate your official participation in the swim as well as your wave group.

15. Do all swimmers start at the same time?

No. The race will be conducted in three separate waves. All swimmers in the "Advanced" group will start in the first wave which will begin at 8:05 a.m. All swimmers in the "Intermediate" group will start in the second which will begin at 8:15a.m. All swimmers in the "Beginner" group will start in the third wave which will begin at 8:25a.m.

16. What do I do if I need help during the swim?

Swimmers needing assistance should stop swimming, float on their back and raise their arm. This will alert rescue personnel to your need for assistance.

17. What do I do if I choose to exit the swim prior to finishing?

It is important that all swimmers dropping out of the swim prior to the finish check- in with lifeguard personnel, make their way to shore and check in at the tent. This allows rescue personnel to account for all swimmers.

18. How will the swim be timed?

All swimmers will be given an index card with their time as they exit the water to bring to the tent where times are recorded.

19. What awards will be given and when are they awarded?

Top 3 Male and Top 3 Female Overall will be awarded following the swim. Bagels, water, fruit will be provided for all participants after the swim.

20. Can I get a refund if I have a conflict and can't participate in the swim?

No. Like most athletic events, the Point-To-Point Swim has a no refund policy.

21. Are volunteers needed to help put on Point-To-Point? How do I volunteer?

Yes. We couldn't put on this event without the help from our wonderful volunteers. We have volunteer opportunities (15 and over) to help with the "check-in" process the morning of the race and at the finish line. All volunteers get a Point-To-Point t- shirt. If you would like to volunteer, please email Josephine Rojas at jrojas@westporty.org.

22. Are there any swim groups that can help me prepare for this race?

Yes, Westport Weston Family YMCA has a robust adult lap swim community. Join our [Swim Fit or Master Swim](#) group to get yourself in the best swim shape possible for the Point-To-Point.

23. My question was not answered here. What should I do?

Please email your question to our Aquatics Director, Josephine Rojas at jrojas@westporty.org.