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FOR IMMEDIATE RELEASE

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WESPORT WESTON FAMILY YMCA TO HOST 43rd OPEN WATER CHARITY SWIM AT COMPO BEACH ON SUNDAY, JULY 10

The Westport Weston Family YMCA's Point-to-Point Compo Beach Charity Open Water Swim, one of Westport's longest running sporting events, will take place on Sunday, July 10 from 7AM-11AM. The 43rd annual charity swim covers a 1-mile distance and kicks off near the Compo Beach cannons.

All proceeds go to the Y's aquatics programs to improve aquatics safety in the community, including swim lessons that teach children and adults essential lifesaving water safety skills that build confidence in and around water and help to minimize the risk of drowning.

The charity open water swim draws numerous local swimmers, as well as competitors from New York, New Jersey, Upper New England and across Connecticut, and is separated into four heats based on ability. Advanced swimmers have the first heat at 8:00AM, intermediate swimmers take the second heat at 8:05AM, beginners start at 8:10AM with the fourth and final special needs heat starting at 8:15AM with My Team Triumph.

This year WWFY is partnering with [My Team Triumph](#) a national non-profit athletic ride-along organization created for children, teens, adults, and veterans with disabilities who would otherwise not be able to experience endurance events such as open water swims, road races, or triathlons. The group has more than 30 Captains and 200+ volunteers. Captains or special needs athletes are paired with able-bodied angel volunteers who use specialized racing equipment such as a raft to pull their Captain during the race. Special needs athletes who would like to participate must register in advance with [My Team Triumph](#).

Check-in and day-of registration open at 7 AM. Early registration can be done online at 7AM. Early reg and is \$50. In-person line at westporty.org cost \$60 and can be done at Compo Beach starting at 7 AM. \$60 and can be done at Compo Beach starting at 7AM. The top three men's and women's finishers will win awards. Registered swimmers get an official Point-to-Point swim cap and t-shirt.

For more information, please contact Josephine Rojas, Aquatic Director: 203-226-8981 or jrojas@westporty.org

The Westport Weston Family YMCA is an inclusive non-profit organization that builds wholeness and wellness in spirit, mind, and body. Our cause is to strengthen the community by developing and nurturing youth, motivating healthy living, and fostering social responsibility. We offer financial assistance for membership and programs and welcome all regardless of needs, challenges, or goals.

The Westport Weston Family YMCA's Point-to-Point Compo Beach Open Water Swim, one of Westport's longest running sporting events, will take place on Jul10th and will run from 7AM-11AM. The 43rd annual Point-to-Point Swim will take place near the cannons at Compo Beach. Participants will swim around buoys, ending with a sprint across the sand to the finish line, covering a distance of one mile.

The Open Water Swim, which has drawn hundreds of participants in the past, including competitors from New York, New Jersey, Upper New England and across Connecticut, is separated into four heats, based on ability, giving everyone an appropriate field in which to compete.

This year we will be partnering with [My Team Triumph](#) a national non-profit athletic program created for children, teens, adults and veterans with disabilities whose roster includes more than 30 Captains, and over 200 volunteers.

Captains are challenged athletes who are the inspiration of our team. Able-bodied volunteers utilize specialized racing equipment to guide their Captain in a race. Crossing the finish line together, or with assistance from a volunteer, teams build lasting bonds through an unforgettable experience.

Check-in and registration open at 7AM and the swim event will be conducted in four group heats, separated by tiers of ability. Advanced swimmers will have the first heat at 8:00AM followed by intermediate swimmers taking the second heat at 8:05AM, beginners fearlessly following suit at 8:10AM and rounding the fourth heat at 8:15AM with My Team Triumph.

All registered swimmers will get an official Point to Point Swim cap and t-shirt with the top three men's and women's finishers winning awards.

Early registration fee is \$50 with day-of registrations costing \$60 which can be done online at westporty.org/43rd or in person the day of. If you have a special needs athlete that would like to participate, please reach out to [My Team Triumph](#) to register for the event.

The point to Point one-mile open water swim proceeds will benefit Westport Weston Family Y's aquatics safety and swim lessons that teach children and adults essential lifesaving water safety skills and build confidence in and around water.

For more information, please contact Josephine Rojas, Aquatic Director: 203-226-8981 or jrojas@westporty.org