



2024 SAA-HOUSTON SWIMMER & VOLUNTEER PACKET

EVENT TIMELINE

Event Day Timeline
6:00 am: Land volunteers arrive
6:45 am: Water volunteers arrive
7:00 am: Mandatory Water Volunteer Safety Meeting
7:15 am: Swimmer Check In Opens. Closes at 8:00 am.
8:00 am: Welcome Program
8:25 am: Mandatory Swimmer Safety Meeting and Group Photograph at Start
8:30 am: Swims Start Based on Distance. 2-mile Swimmers Start First.

**** Course cutoff time is 11:00 am. ****

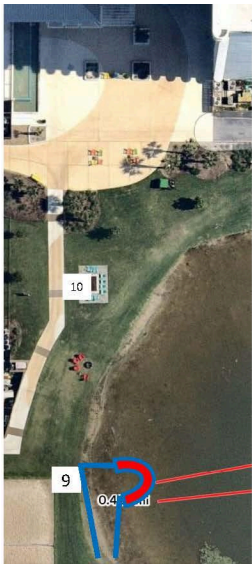
VENUE & COURSE MAPS

Swim Location

Margaritaville Lake Conroe
600 Margaritaville Parkway
Montgomery, TX 77356

Directions and venue information

Venue Map



1. Registration & Chips (3 tables)
2. T-shirts (2)
3. Body Marking (1)
4. Tattoos / Why I swim (1 / SAA tent)
5. Merch (1 / SAA tent)
6. WaveMaker (1 / SAA tent)
7. MD Anderson (1)
8. Food & Water (1 / SAA tent)
9. Timer (1)
10. DJ (1)
- A. Waivers (1)



Course Map

.5 mile – 1 loop
1 mile – 2 loops
2 mile – 4 loops



CHECK-IN & WHAT TO BRING

Upon arrival, please park and proceed directly to the white office, where you will find the Swimmer Check In Area, which will be clearly marked. **Swimmer Check In opens at 7:15 am and ends at 8:00 am.**

Be sure to follow the signs and check in *as soon as you arrive* to receive your cap, safety chip, t-shirt and get your body marked. **All swimmers and volunteers must check in and sign a [waiver](#).**

Once checked in, you are welcome to visit the other tables. Be sure to tag **@houston saa** and **@saaswim** in any photos you take!

What to Bring

1. **DONATIONS**- Please bring any additional donations you have in a sealed envelope labeled with your name clearly written on it, as well as the total amount, to present at Registration check in. We also accept credit card donations.
2. **WAIVERS** - Please fill it out LEGIBLY and COMPLETELY and bring with you in order to swim. If you are under 18, your legal guardian must sign the waiver as well. [Click here for waiver form.](#)
3. **OTHER ITEMS** - Directions, swimsuit, 2 pair of goggles, sunscreen, folding chair or blanket, and money for SAA merchandise.

Each finisher will receive a **beach towel** when they come out of the water, compliments of our beneficiary, MD Anderson Cancer Center!

Communication - Important! Please follow us on social media to get weather-related event changes.

Any updates leading up to the event will be posted on the SAA-Houston [website](#), [Facebook](#) page and [Instagram](#) page. Be sure to follow us if you are not doing so already! Additionally, in the event of a cancellation due to extreme weather or an emergency, an email will be sent out to all participants as quickly as possible. Additional event information is available on our website but is not updated as rapidly as on our social media feeds.

VOLUNTEERS

Volunteers

Thank you for helping us Make Waves to Fight Cancer.

Upon arrival, please park and proceed directly to the pavilion, where you will find the Registration Area and a dedicated Volunteer Check-in table. **All volunteers must check in and sign a [waiver](#).**

Land Volunteers: You will receive an email with your role and expected time of arrival from our volunteer coordinator. Should you have any questions or need to update us on your status for Saturday, please [email](#) Jenna immediately.

Water Volunteers: Please arrive promptly at 6:45 am to allow for enough time to check in at Registration, sign a waiver, and prepare your vessel. **There is a mandatory water safety meeting at 7:00 am. Water volunteers must provide their own kayak/paddleboard and lifejacket.** You will also receive an email from Jenna with specific information in regards to your role and where to deploy your vessel. Should you have any questions or need to update us on your status for Saturday, please [email](#) Jenna immediately.

SAFETY

Safety is our top priority at all SAA events, and we ask that you comply with all SAA safety personnel and procedures*.

- **All swimmers are required to sign a waiver at Registration Check-in.**
- 18 & under swimmers -- You must have a parent/guardian sign your [waiver](#). We recommend that you print the waiver IN ADVANCE, have a parent/guardian fill out, sign the waiver and bring the completed waiver with you to Registration check-in.
- **All swimmers are required to attend the Mandatory Safety Talk just prior to the swim.**
- **All swimmers are required to wear the safety chip distributed at check-in.**
- All swimmers must wear the correct cap color assigned at registration. (Cap colors coordinate with distance and pace groupings.)
- All swimmers must be body marked on each shoulder and hand.
- All swim distance groups will begin at the direction of the Event Safety Liaison. For the safety of ALL, swimmers should only enter the water when specifically instructed to do so by SAA personnel.
- Participants are **not permitted** to use Mp3 players, headphones, or any device that could impede hearing while swimming or on the course at any time.
- Participants are **not permitted** to use fins, paddles, buoys, and/or kickboards at Swim Across America open water events. Equipment may be used with approval from the [National Safety Director](#), local safety director, or event director.
- Snorkels may be used with approval from the National Safety Director or local safety director.
- Swim Across America-provided safe swimming buoys are recommended, however, are not considered life saving devices.
- All swimmers must adhere to the discretion of SAA safety personnel*.
- **All swimmers are required to visit the check-out table after swimming** to ensure proper sign out and return of safety chip to ensure that ALL Swimmers are properly accounted for after the event. Spectators are not permitted inside the start/finish chute unless otherwise approved.
- Angel Swimmers will be present to help support swimmers who feel less comfortable in open water. If you are concerned about your ability to swim in open water, please contact jenna@swimacrossamerica.org.

*Swim Across America reserves the right to remove or move a swimmer's position along the course via approved safety methods and as personnel deems appropriate, or make other operational changes, as needed. All swimmers must follow the direction of both National and local Swim Across America personnel. Noncompliance that endangers the participant or others may make the participant ineligible to participate in future Swim Across America events.

POLICIES

Water Temperature and Wetsuit Policy

Expected water temperature is in the low 80s. Wetsuits are not permitted.

Inclement Weather Policy

The safety of our events is our top priority. Due to the nature of open water swimming events taking place outdoors, safety concerns, including inclement weather, can necessitate a change to the original event plan. In the event of adverse weather conditions, the Event Director and Safety Coordinator, in conjunction with SAA National, local safety entities and/or law enforcement, may delay the event, modify the course, cancel the event, or move venue location. If safety concerns necessitate a change to the original event plan, Swim Across America will promptly notify participants via the event website, email and social media.

Course Compliance and Procedures

Swim Across America reserves the right to remove or move a swimmer's position along the course via approved safety methods and as personnel deems appropriate, or make other operational changes, as needed. All swimmers must follow the direction of both National and local Swim Across America personnel. Noncompliance that endangers the participant or others may make the participant ineligible to participate in future Swim Across America events.

If you have questions about our policies regarding inclement weather, swim equipment or wetsuits, please consult our [Policies page](#).

FUNDRAISING REMINDERS & TOOLS

Fundraising Reminders

Thanks to all of you for your fabulous fundraising efforts so far! Please remember that this event is about 'Making Waves to Fight Cancer' and the commitment you made to meet the **fundraising minimum** when you registered for the event. (Swimmers 18 years of age and over: \$300; Swimmers under 18: \$150)

Please bring any donated checks delivered directly to you or cash in a secure envelope with your name, amount, and donor details to the swim on Saturday. We also accept Apple Pay, check(s), cash or credit cards on event day.

Fundraising Made Easy

Here are some [great ideas](#) and [fundraising resources](#) any participant can use to improve their fundraising. Did you know most employers have a matching gifts program? Ask donors to check our [matching gifts](#) portal to see if they qualify.

New! SAA Good Move Fundraising App

Fundraising gets easier with the new [Good Move App](#). With a few clicks, you can reach out to your donor contacts via text message, email or social networks and have a larger impact. Don't wait - [download](#) today!

Be A WaveMaker at Your Swim

This year we are pulling out all the stops for our \$1,000+ fundraisers known as our WAVEMAKERS! If you have raised \$1,000 by Saturday, you are a WAVEMAKER! Make sure to stop by our **WaveMaker table** to get your [special SAA WaveMaker prize](#).

Get Social on Event Day and Win with @Block.Cancer and Elizabeth Beisel

Swim Across America and Block Cancer are proud to [partner](#) to offer an amazing giveaway to one lucky participant from each of our community charity swims in 2024. The rules are simple: post your best photos from the event on Instagram and tag **@saaswim** and **@block.cancer**. One winner will receive a Block Cancer Ted hoodie and Army Green beanie.

YOUR IMPACT

Established in 2019, SAA - Houston has raised over \$450,000 for our beneficiary: [MD Anderson Cancer Center](#).

Swim Across America - Houston supports the research project of Dr. Pratibha Sharma.

Patients diagnosed with brain tumors known as glioblastomas survive only 15 months on average and only 10 percent of patients live five years post diagnosis. Dr. Sharma will use SAA funds to deploy novel inhibitor drugs to study how these drugs starve glioblastoma cells of energy while sparing non-malignant and immune cells that are also present in the tumors and their surrounding tissue. The SAA funding will generate preliminary data that will enable Dr. Sharma to later secure federal grant funding to further develop this innovative treatment for patients.

Learn more about our beneficiary and your impact [here](#) or on the SAA-Houston [homepage](#).

