

Loon Lake "Into the Woods" Open Water Swim - USMS/Adults

August 8, 2026

THIS IS THE ADULT ENTRY PATH.

[CLICK HERE FOR THE YOUTH \(USA Swimming\) ENTRY PATH.](#)

Sanctioned by: Adirondack LMSC for USMS Inc.

Sanction



MEET DIRECTOR: Dennie Wilson
ENTRY CHAIR: Dennie Wilson
MEET REFEREE: Alisha Purzycki/Bob Singer
SAFETY MONITOR: Gary Slusher/Hawthorne Swan-Scott

EVENTS: There will be 400M, 1K and 2K races swimming in a rectangle-shaped course in Loon Lake. The start will be on the beach at the water's edge. The finish will be on the beach. Swimmers will swim in a counter clockwise direction around the course.

WAVES: Will be alternating USAS and USMS swimmers in waves.

LOCATION & DIRECTIONS: The event will be held at Loon Lake Public Beach 5381 NY-9, Chestertown NY 12817.

RACE DAY TIME LINE:

Course map shows each race event. First set of buoys show the turn for the 400m, the end buoys will be the turn around for the 1k, 2k and 3K, which will be counter clock wise in laps. Awards for all swims will be at the conclusion of each event.

400 M SWIM (open to USMS swimmers only)

- Check-in 8:30AM
- Pre-race Briefing 8:45AM
- Inspection and Roll Call 8:45AM
- USMS Swimming Start 9:00 AM

1 K SWIM (open to USA and USMS- heats shown below)

- Check-in 8:30AM - 9:00AM
- Pre-race Briefing 9:10 AM
- USA Inspection and Roll Call 9:15AM
- USA Swimming Start 9:15AM
- USMS Inspection and Roll Call 9:45AM
- USMS Swimming Start 9:45AM (or at the conclusion of the USA 1K)

3 K SWIM (open to USA swimmers only)

- Check-in 8:30AM – 10:00AM
- Pre-race Briefing 10:15AM
- Inspection and Roll Call 10:30AM
- USA Swimming Start 10:30AM

2 K SWIM (open to USMS swimmers only)

- Check-in 8:30AM – 11:00AM
- Pre-race Briefing 11:15M
- Inspection and Roll Call 11:30AM
- USMS Swimming Start 11:30 AM (or at the conclusion of the USA 3K)

RULES: USMS 2026 Rules govern this event, especially Articles 303.1-303.8 (Open Water Swim Rules).

NO WETSUITS. USMS Article 303.4.2 (Rules for Category 1 Swimwear)

ENTRIES: Online entries only through Club Assistant link: xxxxxxxxxxxx. Online entry will include verification of USMS membership or purchase of one event membership and signing the USMS liability waiver. "Saratoga Regional YMCA" will be the charge on your credit card. Online entries will close 11:59 p.m. August 5th, 2026. No late entries, no race day entries, no exceptions. Entry fees are non-refundable. T-shirts are guaranteed for all entries submitted before July 13th, 2026.

ELIGIBILITY: 2026 USMS registration is required of all participants. USMS One Event Registration is available for an additional fee.

FEES:

- Regular Entry Fee \$55.00 which includes cap, t-shirt (if registered by 7/13/26) and post race snacks.
- USMS One Event Registration Fee \$20.00
- You may swim in more than one event for the \$55 entry fee.
- Fees are non-refundable.
- T-shirt sizes are Unisex, sizes XS--XL

AGE GROUPS: Men's and Women's 18-24, 25-29, 30-34, etc. Age group is determined by age on 12/31/2026.

ENTRY LIMITS: Entries are limited to 100 total for all events.

CHECK-IN: Check in table will be located at the Town Beach, participants will be required to show Photo

ID. We will do body marking at the check in table.

TIMING: Timing will be done with using Webscorer Ap.

SAFETY: If the swimming conditions are not deemed safe (too much bacteria, debris, significant threat of severe thunderstorms etc.), the event will be canceled. This decision will be made by August 8th 2025 at 9:00AM and will be posted to the Glens Falls YMCA website <https://www.glensfallsymca.org/> and by email to registrants through Club Assistant.

MANDATORY SAFETY MEETING: All participants must attend the mandatory Pre-race Safety Meeting 15 minutes before race starts. Participants who do not attend will not be allowed to swim in the event.

WATER TEMPERATURE: Water temperature is expected to be in the range of 72 to 78 degrees.

WATER QUALITY: Water quality reports for Loon Lake beaches can be found at <https://www.warrencountyny.gov/water/loonlake>.

TIME LIMIT: A 90-minute time limit will be in effect for all swimmers.

PARKING: Parking is available at the Loon Lake Town Beach, the Loon Lake RV Park to the west of the beach, and the Loon Lake Boat Launch to the East of the town beach.

RESTROOMS: There are restrooms and a changing area located at the Loon Lake Town Beach.

RESULTS: Results will be emailed to registrants through club assistant and by posting to <https://www.glensfallsymca.org> and <http://www.adms.org> a few days after the event.

CONTACT:

Event Director: Dennie Wilson

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COURSE MAP:

400 turn is at the first set of white buoys

1k is one counter clockwise loop.

2k is 2 counter clockwise loops.

