



RACE BOOK

OZ MILE SWIM

September 20th – 21st, 2025

SCHEDULE

HOG Swim Presented by Highlands Oncology Group

Saturday, September 20th

Beaver Lake Dam Pavilion Park

GPS: 36°25'37.3"N 93°50'54.2"W

[Google Map Link](#)

8:00 AM Kayak Safety Meeting – for volunteers

8:30 AM Pre-Swim in designated swim area only (to the right of start area)

8:30 AM Check-in opens

8:45 AM HOG Charity Participant Safety Meeting

8:50 AM National Anthem

8:55 AM Participants enter the water for the Grand Prix Open Water Series Mid & Long Distance

9:00 AM Grand Prix Open Water Series Mid & Long Distance begins

9:01 AM Participants enter the water for the HOG Charity Swim

9:03 AM HOG Charity Swim begins



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ARSI OPEN WATER CHAMPIONSHIPS

- 11:15 AM ARSI Participant Safety Meeting
- 11:20 AM National Anthem, Heather Applegate
- 11:25 AM Participants enter the water for the 2 Mile
- 11:30 AM ARSI 2 Mile begins
- 12:30 PM ARSI Participant Safety Meeting
- 12:40 PM Participants enter the water for the 1 Mile
- 12:45 ARSI 1 Mile begins
- 1:30 PM Buddy Swim Participant Safety Meeting
- 1:40 PM Participants enter the water for the 500 Meter Buddy Swim
- 1:45 PM Buddy Swim begins
- 2:00 PM Awards (or when the final athlete is out of the water)

Expo Presented by Ozark Foundation

2:00 PM – 5:30 PM

Packet pickup, live music, free beverages, and vendors

3:00 Question & Answer session with World Champion and founder of Age Up Well, Arlette Godges. Followed by a Swim Clinic with tips and practice for open water swimming.

See bio [here](#)

4:00 – 5:30 PM Live Music by Penrose & Thorn, free beverages, and vendors





RACE DAY

Sunday, September 21st

6:45 AM Check-in opens, packet pickup is available onsite

Beaver Lake Dam Pavilion Park

GPS: 36°25'37.3"N 93°50'54.2"W

[Google Map Link](#)

7:00 AM Kayak Safety Meeting – for volunteers

7:05 AM Pre-Swim in designated swim area only (to the right of start area)

7:40 AM Youth Wave Participant Safety Meeting

7:48 AM National Anthem, Katie Redman

7:50 AM Participants enter the water for the YOUTH WAVE

8:00 AM YOUTH WAVE begins

8:30 AM Elite Wave Participant Safety Meeting

8:35 AM Participants enter the water for the ELITE WAVE

8:45 AM ELITE WAVE begins

9:15 AM Age Group Wave Safety Meeting

9:20 AM Participants enter the water for the AGE GROUP WAVE

9:30 AM AGE GROUP WAVE begins

10:00 AM Para Wave Safety Meeting begins

10:05 AM Para Wave enters the water

10:15 AM Para Wave begins

10:15 AM OZ Wave Safety Meeting

10:20 AM Participants enter the water for the OZ WAVE

10:30 AM OZ WAVE begins

11:30 AM Awards begin (or when the final athlete is out of the water)

11:45 AM Register for 2026's event!

12:00 PM Everyone enjoy each other's company



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MAPS

SWIM COURSE



Each wave will allow participants to enter the water approximately 10 minutes before their wave start. The timing chip will activate based on where you enter the water. Therefore, you must enter the water at the “start” area. Your time will not begin until the official airhorn start of the race. Swimmers will make two left turns around 7-foot orange triangle “turn” buoys. You must keep the orange turn buoys to your left. There will be additional sighting buoys, yellow and green buoys. It does not matter which side you are on of the sighting buoys. The buoy marking the finish exit is also a large orange buoy, keep it to your left. Exit the water carefully but know that your time does not stop until you have crossed the timing mat just out of the water.





HOG CHARITY SWIM

HOG Charity Swim Participants doing multiple miles: For your second and subsequent miles, you can either exit at the finish line at the end of lap 1, walk to the start and re-enter the water, or you can swim consecutively by utilizing 2 additional left turns, orange buoys. If you have beverages or nutrition, there will be a table set up for you to place your items so that you can consume by exiting and crossing the peninsula and accessing them during this transition.

HOG CHARITY Swim Relay Participants: For the relay exchange, the second swimmer will await their previous swimmer at the finish line exit. Once the previous swimmer has crossed the timing mat at the finish, the next swimmer can begin by crossing into the start area to complete their portion of the swim.

All Participants: Please reach out with ANY questions.

Grand Prix Series

For those participating in the Mid (2 mile) and Long (3 mile) distances for the Grand Prix Series, your event is Saturday morning. You will begin a few minutes prior to the start of the HOG Charity Swim. You will compete your miles consecutively by utilizing 2 additional left turns, orange buoys. For those participating in the Sprint (1 mile) distance, you will swim Sunday in either the Elite Wave or the Age Group Wave (or both, the faster time if doing both is how points are scored).

PARKING LOCATIONS – PLEASE Carpool!

A caravan will depart promptly at 6:05 AM from the west side of the Fire Station parking lot. The address is 800 SW A St, Bentonville, AR 72712, GPS coordinates are: 36.36388989301456, -94.21190920851059

Caravan departure map:





Parking continued...

The event is located on Army Corps of Engineer property. We have Adventure Subaru as our Parking Partner this year. Thanks to their generosity in sponsoring this event, they have covered your \$5 parking fee. There is parking along the north side of the venue that holds approximately 150 cars, this is first come, first served. There will be a section reserved for Handicap Parking, where you must have a permit.

Additional parking is available on the river side of the dam. This is approximately 1 mile from the venue. We have a shuttle available to you that will be running constantly beginning at 6:45 AM. **PLEASE CARPOOL!**

Race Venue

Beaver Lake Dam Pavilion Park

GPS: 36°25'37.3"N 93°50'54.2"W

[Google Map Link](#)





MEDICAL

We have lifeguards and a Physician courtesy of Community Clinic onsite. Please look for the medical tent or lifeguards for any medical issues. Participants requiring additional medical assistance may be transported to one of the area hospitals. The hospital and ambulance provider will bill you directly.

BENEFACTORS

We have partnered with three philanthropic organizations:

[Rampy MS Research Foundation](#)

The Rampy MS Research Foundation, whose mission is to advance Multiple Sclerosis research while bringing encouragement to the MS community and beyond.

[The Joys Of Swimming](#)

The Joys of Swimming, with a mission to provide water safety education to save lives and develop lifelong swimmers.

[Swim Across America](#)

The Swim Across America's mission is to fund cancer research, clinical trials, and patient programs through charity swims.

Please consider [donating](#) to these amazing organizations. Thank you!





RACE RULES

All swimmers are required to wear the supplied race swim cap with your race timing ID # on it for safety reasons. Also, have your race timing ID on BOTH shoulders.

Each of the WAVES have specific rules. The YOUTH, ELITE, AND AGE GROUP rules will be governed by USMS rules. The YOUTH Wave is for swimmers 13-18 years old. The ELITE Wave is for swimmers finishing in under 30 minutes.

The OZ Wave is the special “FUN” Wave. Ages 8 – 12 MUST wear a safety buoy.

There will be some available to borrow at the race venue.

If you are wanting to wear a wetsuit or safety buoy, the OZ Wave is where you will swim. You can even complete it with fins, or paddles, or both! The OZ Wave is NOT a race – this wave is an experience! Your time in the OZ Wave does NOT count toward any awards.

At any time, you may utilize the assistance of a kayaker or stand-up paddle board.

They are there for you! However, for you to finish your swim, you cannot make any forward progress while holding onto a kayak or paddle board. Swimmers who are picked up by a boat and brought to the finish line are considered a DNF (did not finish). If you are a DNF, please make sure that you tell the finisher volunteers that you were assisted so that they can make the correct notation and all swimmers can be accounted for.

Age determining date in open water shall be determined by the age of the swimmer on December 31 of the year of competition.

Swimmer Signals: We will utilize the international signals for swimmer distress: wave one arm for help, and place one hand on head if okay.

Current USMS Open Water rules will apply. All 18 and over participants must have an annual or daily USMS membership. [USMS Rules](#)





AWARDS

Each finisher will receive a finisher's medal upon exiting the water. T-shirt and bag will have been given during check-in or packet pick-up.

The YOUTH Wave, swimmers ages 13-18, is how the YOUTH Team awards are determined. The Age Group Awards are based on your fastest mile (excluding the OZ Wave). The ELITE Wave is for participants finishing in under 30 minutes, but their times will qualify for the Age Group Awards. For the MASTERS Team award, times from the ELITE Wave or AGE GROUP Wave will dictate the winners.

The overall fastest female and male swimmers from the competitive waves are eligible for additional items Antipaddles for training and a complimentary entry to OZ Mile Swim Festival 2026.

WEATHER POLICY

We will do everything within our power to provide the safest event possible. If there is extreme weather or lightning in the area, the race will be postponed until there is no thunder for 30 minutes. If thunder and / or lightning weather continues, the race will be cancelled. We will swim in the rain as long as we have visibility of over 400 yards. If fog is an issue, we will need a minimum of 400 yards of visibility on the course.

We will communicate any delays via the email provided during your registration.

Please follow our Instagram and Facebook as we will provide updates there as well.

On race day, weather updates will be provided during announcements if necessary. If updates are needed during the race, information will be communicated through our emergency personnel, volunteers, and our safety kayakers. In the event that weather conditions present an imminent danger to our participants or staff, the race will be canceled. Less severe conditions could result in an alteration of the course, length, and, or starting time.





A note from our Race Director...

Dear swimmers,

Every September, I find myself reflecting on what makes the OZ Mile Swim Festival so special. It always comes back to *you*—the athletes, families, volunteers, and community that come together to celebrate open water swimming.

As we head into our 5th year, I am reminded that open water swimming is more than a race—it's a test of courage, resilience, and connection. Unlike the pool, the open water offers no lane lines, no walls, and no guarantees. That's what makes every finish such an accomplishment. It's also what makes this community so powerful—we support each other, we share the same lake, and we leave with stories we'll carry long after the buoys come down.

This sport may still be young on the Olympic stage, but every one of you who takes part helps ensure its future. By showing up, you are inspiring the next generation, building awareness, and strengthening opportunities for open water in our region.

From first timers to seasoned veterans, I'm grateful you've chosen to make this part of your journey. May the water be calm, your swim be strong, and your experience be unforgettable.

See you at the lake!

Happy Swimming!
Bonnie Adams

