

BRING ON THE BAY 2026 - 3KM SWIMMER INFO EMAIL

Please read in full, especially if you're a returning swimmer as some items have changed in 2026!

Dear 3KM Swimmers,

Welcome to the **19th annual Bring on the Bay Open Water Swim**, sponsored by Bushtukah and hosted by the Nepean Sailing Club (NSC)! This email provides swimmers with everything they need to know before race day. You can also check out bringonthebay.com for more info.

Before we get into the details:

- **DONATE:** With one week to go, if you haven't already, please ask your family and friends to [sponsor your swim!](#) The goal is to raise more than \$150,000 for Ottawa's Easter Seals, one of the few charities left that helps families with financial assistance in order to increase the independence of their child with disabilities.
- **VOLUNTEER:** Our incredible volunteers make this event run like a well oiled machine! Race volunteers and water safety volunteers (kayaks, canoes, stand-up paddleboards) are always needed. If your friends or family wish to join, please contact us by email at bringonthebay@gmail.com or botbsafetysmallcraft@gmail.com
- **THANK YOU:** to our [generous sponsors](#), without whom BoTB would not be possible: **Bushtukah, NSC, GoSwim, MyFloat, Agent Signs, Kid with a Crayon Art & Design, Technosport, Zinati Realty, IG Wealth Management, Regimbal, and the City of Ottawa.** Thank you for all your support!

BRING ON THE BAY 3KM RACE INFO

- **START:** 8:00AM Saturday July 11, 2026
- **WHERE:** Nepean Sailing Club



Registration Details:

- Please review your personal registration info by visiting [Race Roster](#). You can make a number of amendments yourself, including changes to your wetsuit status or team affiliation, but if you have any questions or issues please contact bringonthebay@gmail.com.
- The water temperature is currently 23C, suitable for wetsuit and non-wetsuit swimmers. Given the weather, we expect water temperatures to keep rising before swim day.

Race Kit Pick-up and Late Registration:

- **Pick up your race kit Thursday July 9th @2-8pm, or Friday July 10th @ 2-8pm**, at the NSC, 3259 Carling Avenue, at Dick Bell Park.
- You will receive a BOTB swim bag, swim cap (colours are assigned based on your predicted time), a bag tag for your gear, and some info and swag from our sponsors.
- If you pre-ordered a BOTB T-shirt or BOTB sport towels, it will be available for pick-up.
- While you're there, check out the start and grab a beverage or meal on the patio.

- Very limited packet pick-up is available on Saturday July 11 @ 7-7:30am at the NSC, primarily for out of town swimmers. *Friends or family can pick up your race kit Thurs/Fri if you can't make it in person.*

Swim Day - Parking & Shuttles:

- On swim day, **free parking** is available at:
 - **Nepean Sailing Club** and nearby **Andy Hayden** Park. Do not park alongside the road in Dick Bell Park to avoid parking tickets, and park only in designated parking spaces and follow the guidance of our parking volunteers. ***BOTB will not be responsible for tickets if you have parked in an unauthorized area.***
 - **Cineplex Theatre Complex, 3090 Carling Avenue** which is about 5 minutes away - courtesy of Zinati Realty, our new parking sponsor. We encourage you to use this new parking location for your convenience as you will also be closer to your car after the race finishes.
- **Free buses will run every 5 minutes from 6:30 until 11:00am** to transport you to the start - and back to your car after the race finishes.

Before the Swim / Chip Pick Up:

- Please see the NSC / race start map [HERE](#). Enter through the pedestrian gate to the boatyard or through the clubhouse main doors if you need to pick up your race kit (2nd floor 7-7:30) and head to the start. There are washrooms in the clubhouse, sailing school pavilion and porta potties near the start.
- **To pick up your Sportstats timing chip** please have your cap with your number clearly marked on both sides. You should wear your timing chip on either ankle. If you drop out of the swim after you pick up your timing chip (but before you start), please return the chip to an official asap.
- Give your tagged bag to our volunteers at the bag drop (look for the Penske truck). You will collect it at the finish at Britannia Park.
- Locate the marshal holding a post up with your cap colour and line up with your wave.

[BOTB Safety and Swim Rules:](#)

- There are ample boats, canoes, kayaks, and paddleboards patrolling the course for your safety. Swimmers may stop and hold on to a boat for the purpose of rest and recovery, but individual escorts are not allowed!

- Your swim cap included in your race kit must be clearly marked with your number on both sides and worn during the race.
- Goggles are strongly recommended, and there are no restrictions on wetsuits as long as you've signed up in the wetsuit category.
- **Swim buoys are permitted but fins, paddles and other swim aids are NOT;** violators will not be eligible for awards.
- **Music listening devices are NOT allowed.** We want you to be able to hear commands from our water safety team, possible distress calls from fellow swimmers and cheers from the spectators on the sailboats anchored along the course!
- Volunteer medical staff will be available at the finish line. Swimmers requiring medical attention during the swim may be transported from their stopping location to the finish line. Remember to return your timing chip if you leave the swim early.

The Swim:

- **The 3km swim begins at 8am sharp**, with the elite swimmers. You may warm up before the swim but please be out of the water by 7:45 am.
- The rest of the swimmers enter the water on a rolling start from the dock, with faster swimmers ahead of slower swimmers. Please try to stick to your group. Your start time will be based on crossing a timing mat on the dock just prior to entering the water.
- The course is well marked with large buoys and at least 30 sailboats anchored along the course. Keep the swim markers and sailboats to your right. Sailboats will display 'distance-to-go' signboards every 100m approaching finish line.
- **There** is one sharp turn right to head to Windsurfers Beach to finish under the Bushtukah arch. As you round the buoy, keep it and the sailboats on your right.

Finish and Recovery Area:

- Your timing chip will be collected, you can pick up your bag and grab some food and refreshments (for participants only). Please see the finish area map [HERE](#).
- All participants will receive a beautiful finisher's medal designed by Graham Ross, owner of Kid With a Crayon Art & Design.
- Shuttle buses are available to transport your family and friends from the start to the finish line, and back again. A continuous flow of buses will depart the NSC approximately every five minutes, stopping at the Cineplex Parking Complex, to Britannia and back. ***Parking is extremely limited at Britannia Park and the roads need to be kept passable for emergency vehicles and public transit.*** Please ask your family and friends to take the bus and leave the car at the Cineplex Theatres on Carling Avenue. It WILL be quicker!

- Please ask your family and friends to take the shuttle and leave their car at NSC. It WILL be quicker than driving Britannia and parking, as space is limited and priority is for 1.5k swimmers.

Awards:

- All participants will receive a beautiful finisher's medal designed by Graham Ross, owner of Kid With a Crayon Art & Design. Plenty of prizes, courtesy of Bushtukah, will be available, so stick around!
- A short awards presentation will take place at approximately 9:15am. Awards medals will be presented to the top 3 male and female overall winners in both wetsuit and non-wetsuit categories. The top 3 wetsuit and non-wetsuit swimmers in each age group will also receive awards (minus the overall winners).
- Results will be provided onsite by Sportstats. After the event, you can check [Sportstats](#) and the [BOTB Results page](#).

Bad Weather:

- We will make every attempt to run the event safely and on time. In the unlikely case of severe weather (lightning, low visibility, strong northwest winds with resulting high waves or possibly air quality), the swim may be delayed or possibly canceled.
- We will try to give you as much notice as possible using email, [Facebook](#) and [Instagram](#). Please sign up so you can follow us!
- If the event is completely canceled or you cannot swim with us, Easter Seals may be able to issue you a tax receipt for your donation. Unfortunately, there will be no refunds; we appreciate your understanding.

We are looking forward to a great turnout and a wonderful day for swimming!
See you on Saturday, July 11, 2026.

If you know someone who didn't receive this email but is racing the 3km please feel free to forward it on.

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Race Directors

bringonthebay@gmail.com