



## 2026 SWIM-A-THON BASIC INFORMATION

**We're incredibly excited for our 2026 Swim-A-Thon event!** This document is meant to answer a few of the FAQs we usually get – don't hesitate to reach out if you have any questions for your swimmer(s) or questions this doesn't address.

**Who can participate?** Any BACer that is active with us this winter, as well as any fall BACer provided that they've registered for 2026 for USA Swimming. Connect with Coach Jacob with any questions.

**Participation and Fundraising:** Participation and/or fundraising are NOT mandatory and not necessarily linked. If a swimmer wants to attend but can't raise funds, that's okay! If a swimmer can't attend but wants to raise funds, that's great too! It'll be a great BAC event, so we'd love to have as much participation as possible, but we know not everyone is able to attend.

**How does the fundraising work?** There are two ways donors can support a swimmer – flat pledges (eg. \$50 total) or pledges per length (eg. \$1 a length) or a combo of both. Pledges can come from anyone, but swimmers most often connect with family and family friends. Young swimmers frequently do a lot more lengths than parents guess they might, so be aware of that when doing pledges per length

**REMINDER - BAC IS A 501c3 NON-PROFIT, ALL DONATIONS ARE TAX EXEMPT!**

**What are the prizes?** We've partnered with Simply Swimming and TYR to provide some GREAT prizes. If you didn't see the [SAT HYPE VIDEO](#) on YouTube you can check it out – prizes are also posted to the web!

**What does the money go towards?** BAC has an incredible history of using Swim-A-Thon funds to give back to the swim community and to other charitable causes. Money in the past has gone toward breast cancer research, swimming lesson scholarships, and to support Alzheimer's research. For 2026 we're focusing on "BAC FOR THE FUTURE" and most of the funds raised will go towards a dedicated 'BAC Facility Fund'

- **USA Swimming Foundation:** a portion of all SAT funds raised across the country go to the charitable arm of USA Swimming. A major part of their mission is to aid swim lesson and learn-to-swim programs for underrepresented populations.
- **BAC Facility Fund:** BAC has always been big supporters of the different pools we used, including helping pay for scoreboards, UV light filtration, and other facility improvements. But we've also been involved with different existing and potential partners about expanding pool options and our access. Over the past 6 months some of these discussions have really accelerated. We aren't yet at the stage to announce anything formal, but funds raised from the 2026 SAT will help us capitalize on any different opportunities as they come up!

**What's the schedule?** Similar to last year, we're offering some different SAT experiences for different groups at different times and pools. What they'll all have in common is a TON OF SWIMMING and a LOT OF FUN! We'll also have some fun food at or after each one! The basics are listed below

- BARABOO AND SAUK SWIMMERS @ Sauk Prairie HS – FRIDAY, JANUARY 16<sup>TH</sup>
- MADISON LBs, RIBBON, AND TROPHY SWIMMERS @ Edgewood HS – SATURDAY, JANUARY 17<sup>TH</sup>
- MADISON SILVER, JUNIOR, AND JP SWIMMERS @ Edgewood HS – SATURDAY, JANUARY 17<sup>TH</sup>
- MADISON SENIOR/SP AND GOLD SWIMMERS @ Edgewood HS – SUNDAY, JANUARY 18<sup>TH</sup>

**FOR DETAILS ON EACH OPTIONS – LIKE EXACT TIMES FOR DIFFERENT AGES – BE SURE TO CHECK OUT THE SAT SCHEDULE DOCUMENT!!**

**How does the actual swimming work?** Swimmers have up to two hours to do as many lengths as they want. They can swim free or non-free, kick, use fins, whatever! Swimmers can hop out to take a snack break and restart, power through, or do whatever works for them.

**Who counts a swimmer's lengths?** If a swimmer is doing pledges by length they need someone (not a coach) to count their lengths. We will provide clipboards, pencils, and counting sheets to help out. (It's also up to you how strict you want to be or how much you want to fight with your swimmer when they invariably miscount their lengths! As far as we're concerned, an approximation or even an exaggeration is just fine!)

**What about FUN STUFF?!** We've got plenty planned! We'll have some drinks and snacks available for swimmers. We'll be playing music throughout and we'll have a few fun 'side activities' or games planned to break the time up a bit. If your swimmer has a great idea, email Coach Jacob and let him know!

**Volunteers needed!** We'd appreciate help keeping the food area well stocked, keeping food off the deck, and keeping the deck clean. We owe a HUGE shout-out to Edgewood and Sauk for allowing us to host this event, so we want to be as courteous and as CLEAN as possible. If you're able to volunteer you can sign up via [THIS SIGN UP GENIUS](#) LINK – we only need 2-3 at a time and we broke most into two shifts :^)

**FUNDS CAN BE COLLECTED THROUGH FRIDAY, JANUARY 21<sup>st</sup> and PRIZES WILL BE AVAILABLE AT REGIONALS!**

