2012 OPEN WATER SWIM—COTTAGE GROVE LAKE

SUNDAY, AUGUST 12, 2012

SPONSORED BY EMERALD AQUATICS WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS

Schedule:

Sanctioned by OMS, Inc. for USMS, Inc. <u>USMS Sanction #</u>: 372-W009

Whiteley 1000 Flatfoot Kick		<u>1000</u> m:	Checl		Pre-race instructions Pre-race instructions Pre-race instructions	10:45 am		
Course:	The course w at check-in.	ill be mar	ked by	buoys. Water temper	erature is expected to be	e 74-76 de	egrees and will be posted	
Equipment:	1500 Swim.: USMS open water swimming rules apply. Swimmers wearing Category II swimwear (including wetsuits) are ineligible for awards. Featured swim for Oregon Open Water Series. Whiteley 1000: Use of pull buoys, fins, hand paddles, etc. are allowed (and encouraged!). Flatfoot Kick: Bring a kickboard for this event. Propulsion by kicking only. No fins!							
Safety:	The course will have safety marshals, lifeguards, a boat patrol (including a lead boat, a chase boat, perimeter boats, and an "ambulance" boat. In addition paramedics and an ambulance will be on boat ramp during the swim. No pets at the race, please.							
Eligibility:	Open to all USMS (U.S. Masters Swimming) members. Every swimmer must be a current USMS member to compete. One-day registration will be available at the meet for \$18.00.							
Awards:	Prizes will be	Prizes will be raffled during picnic after swim, must be present to win.						
Picnic:	Following the Flatfoot Kick, around 12:30, Emerald Aquatics will host a finger-food picnic. All are invited (\$5 donation for non-swimmers).							
Directions:	miles. Turn le	eft on Co	ttage C		rvoir Rd. After 0.6 mil		yerhauser Rd and go 3.0 ght to stay on	
<u>Information:</u> Steve Johnson, Race Director, (541) 683-5758 (See over for camping information)								
ENTRIES M				•	11.2	add \$1	0 for late entries	
Mail entries to	e: EA Lake Sw	im (Check a	ll events that apply:	all 3 events	\$40.00		
	o: EA Lake Sw 3	im (Check a	•	all 3 events or 2 events or 1 event	\$40.00 \$35.00	10 for late entries	
Mail entries to P.O. Box 3708 Eugene, OR 9	o: EA Lake Sw 3 7403	rim (Check a	ll events that apply: Whitely Flatfoot	or 2 events or 1 event	\$40.00 \$35.00 \$30.00)	
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<u>Camping:</u> Individual camping sites can be reserved for Pine Meadows. To reserve go to <u>www.reserveamerica.com</u> and use the search engine to go to Pine Meadows in Oregon. You can also call 1-877-444-6777. The rules are a minimum two night stay and you can have 3 vehicles and 3 tents with up to 8 people, or one camper/trailer/RV and two tents for each site. The cost is \$16 per night. Directions: Same as to race site, Pine Meadows is approx. 0.5 miles before (N of) race site.

