



20th ANNUAL CASCADE LAKES SWIM SERIES & FESTIVAL featuring the USMS 5000-meter Open Water National Championships

Elk Lake, OR August 1-2-3, 2014 5 Swims in 3 Days!

Hosted by Central Oregon Masters Aquatics and Bend Park & Recreation District
Sanctioned by Oregon LMSC for U.S. Masters Swimming, Inc. #374-W001
Operating under Special Use Permit from the United States Forest Service

LOCATION: Elk Lake, a beautiful, clear mountain lake nestled in the sunny Oregon Cascades 33 miles from Bend. Water temperature is expected to be 66-69 degrees F. and will be posted on race days.

RACES: The **Cascade Lakes Swim Series** features five open water swims over three days. Adult participants may enter any or all of the five swims. Friday's swim is a **3000-meter** swim on a triangular course. Saturday's swims are an individual **500-meter** time trial on an out-and-back floating line course and a **1500-meter** swim around a triangular course. Sunday's swims will include a **5000-meter** swim consisting of three loops of a diamond & triangular course and a **1000-meter** swim on an irregular course following the shoreline.

RACE SCHEDULE (subject to change due to conditions):

Friday, August 1, 2014

4:30—5:30pm Registration/Check-In for 3000-meter race
6:00pm Start of 3000-meter race

Saturday, August 2, 2014

7:45—8:45am Registration/Check-In for 500 & 1500-meter races
9:30am Start of 500-meter race
10:15—11:00am Registration/Check-in for the 1500-meter
11:45am Start of 1500-meter race

Sunday, August 3, 2014

7:15 am—8:15am Registration/Check-In for 5000 & 1000-meter races
8:45 am Start of **USMS 5000-meter Championship race**
10:00—11:00am Registration/Check-In for the 1000-meter race
11:45 am Start of 1000-meter race

Pre-race instructions 15 minutes before each start time. A picnic lunch or dinner will follow the finish of races each day.

SERIES: The **Cascade Lakes Swim Series** includes a **Short Series** (500, 1000, & 1500-meter swims) and a **Long Series** (1500, 3000, & 5000-meter swims). Each swimmer may enter one distance series only and must complete all three series swims to be eligible for series awards. For series awards, points will be based on finish order in each race, with a Category II suit deduction (10% time penalty). Swimmers who complete all FIVE swims will win special **Survivor** awards.

ELIGIBILITY: Open ONLY to 2014 USMS members or foreign equivalents, who must be adults 18+ on Friday, August 1, 2014. A legible photocopy of your USMS card (or foreign equivalent) MUST accompany mailed entries. USMS "One-Event" membership—covering all races except the National Championship 5000-meter swim—is available for adults 18+ only for \$18.

RULES: USMS rules will govern this event. Category I suits are required for the Championship 5000-meter swim. Category II suits—including wetsuits—are welcomed in all swims, but scored in a separate category. See event website for swimwear details.

STARTS & SEEDING: The 1500, 3000 & 5000-meter swims will use a mass start (separate wave in USMS 5000-meter championship swim for Category II suits). The 500-meter swim will have individual starts and the 1000-meter swim will start in small heats; both swims will be seeded fastest-to-slowest based on 500-yard seed time. Day-of-Race entries and those not submitting a seed time will not be seeded in advance and will swim last. *No changes allowed in seeding times at the race, so enter accurate times.*

SAFETY—OUR PRIMARY CONCERN: Safety boats will monitor the entire course and medical personnel will be on-site. Swimmers must wear a brightly colored swim cap, have their race number on their arms or hands, and follow all announced safety rules without exception.

REGISTRATION: Save time, paper, & errors by registering online at https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=5326. Or register by mail using the attached entry form. Mail entries should be **postmarked by July 21**. Entries postmarked July 22-26 must pay an additional \$10 late fee. **DO NOT MAIL AFTER July 26!** Entries after this date will be considered Day-of-Race entries and must pay an additional \$20. **Submit your entries on time!**

ENTRY FEES: One race is \$35, and each additional race is \$5 more. Entry fee includes a swim cap and post-swim meals on your race days.

INSURANCE SURCHARGE: There is a required \$6 per swimmer surcharge to help cover the cost of USMS-mandated event insurance.

RESULTS: Will be posted at Elk Lake promptly after each race and at www.comaswim.org and www.swimoregon.org after the event.

AWARDS: Age groups are standard USMS age groups.

Awards to individual swimmers by age group:

- Medals to eight places in each age group in the USMS 5000-meter championships. Championship patches to the USMS winners, who are required to be full USMS members.
- Ribbons to three places in each age group in all other swims in both suit categories.
- Ceramic coasters to the top 3 Series finishers in each age group.

Awards to individual swimmers regardless of age group:

- Ceramic mug to the top masters male & female in each Series.
- Special Survivor glass mug to everyone completing all five swims.

OREGON OPEN WATER SERIES: All swims count towards the cumulative season series. The 1500 & 5000 are featured swims, while the 500, 1000, & 3000-meter swims are qualifying swims.

DIRECTIONS (Mapquest: Elk Lake): From Century Drive in Bend, take the Cascade Lakes Scenic Highway approximately 33 miles to Elk Lake. The start & finish for all swims is the Beach Day Use Area, the southernmost exit, and last Elk Lake exit if coming from Bend.

PARKING: Parking is limited to two large pullouts off the Cascades Lakes Highway, the Six-Lakes Trailhead, and the Little Lava Lake Group Campground. A shuttle will run Saturday & Sunday between the campground, trailhead, and the race site before & during registration and after races are completed. There will be no general parking at the race site until after event activities have concluded. **Your car must display a 2014 NW Forest Pass to park anywhere other than the highway pullouts, trailhead, or campground.**

CAMPING: By pre-registration only (first come first served), we have reserved Little Fawn Group Campground for swimmers & spectators Thursday through Sunday. Only tents or small motor homes are permitted. Camping fee is \$8 per day per camper 12 years or older—include fee with your entry form to secure your spot. Limited parking at the campgrounds! NO drop-in camping!

DOGS: NO DOGS at Elk Lake (USFS Rule), but they may be in the campground on a leash. Never leave your dog unattended in a car!

FESTIVAL: Elk Lake is a great place to bring your family for a fine outdoors experience and extravaganza. Think FESTIVAL!

WEBSITE FOR COMPLETE INFO: www.comaswim.org

EVENT DIRECTOR:

Bob Bruce coachbob@bendbroadband.com 541-317-4851

Entry Form – CASCADE LAKES SWIM SERIES & FESTIVAL 2014 – 5 Swims in 3 Days

Swimmer Information (include a photocopy of your 2014 registration card—this is required!)

Name: First:		Last:	
Address:		City:	State: Zip:
E-mail Address:		Phone – evening: ()	
Emergency Contact (Required!):		Contact Phone on Race Day: ()	
Gender (circle): M F	Birth Date (mm/dd/yyyy):		Age on Race Day:
USMS Number:			
USMS Club:			
Local Oregon Masters Team (if applicable):			

Swims: Circle your events!	Enter Seed Time for 500 & 1000-meter! Be accurate—No adjustments! _____ Current pool time for 500 yards	Fees for swims	XXXXXXX
Friday: 3000-meter		\$35 for first swim & \$5 for each additional swim (\$55 maximum)	
Saturday: 500-meter			
Saturday: 1500-meter			
Sunday: 5000-meter Champs			
Sunday: 1000-meter			

Total Fees for Swims:

Swim Series Option: Select ONE series only - Circle your choice! SHORT LONG [SHORT SERIES = 500, 1000, & 1500-meter] <u>OR</u> [LONG SERIES = 1500, 3000, & 5000-meter]	XXXXXXX
--	---------

Total Fees for Series: **FREE**

OMS-required \$6 fee to help cover cost of USMS-mandated event insurance **OMS Insurance Surcharge:** **\$6.00**

Spectator Meals (free for racers)	Number of spectator meals only	Fee/meal	Sub-Total	XXXXXXX
Friday dinner		x \$8.00		
Saturday lunch		x \$8.00		
Sunday lunch		x \$8.00		

Total Fees for Spectator Meals:

Camping at Little Fawn C.G.	Number of campers 12 years or older	Fee/night	Sub-Total	XXXXXXX
Thursday night		x \$8.00		
Friday night		x \$8.00		
Saturday Night		x \$8.00		
Sunday night		x \$8.00		

Total Fees for Camping:

Shirts: Premium quality! Size (S, M, L, XL); XXL add \$2.00	One T-shirt per entrant at \$12. Add \$16 for each extra T-shirt. List Number & Size(s)	Fee	Sub-Total	XXXXXXX
T-shirt – short sleeve (first one)	Style: Women's ___ or Men's ___ Size ___	x \$10.00		
T-shirt – short sleeve (extras)	Style: Women's ___ or Men's ___ Size ___	Each \$16.00		
Commemorative hats		Each \$10.00		

Total Fees for Shirts & Hats:

Miscellaneous Fees (only as needed)	Fee	Sub-Total	XXXXXXX
USMS/Oregon One-Event Membership Fee (complete form at registration) <u>OR</u>	x \$18.00		
USMS/Oregon Full Membership Fee (complete form at registration) if needed	x \$50.00		
Late Fee: Postmarked between July 22 & July 26 – Do not mail after July 26!	x \$10.00		
Day-of-Race Fee: All entries after July 26, including day-of-race entries	x \$20.00		

Total Miscellaneous Fees:

Swims + Surcharge + Meals + Camping + Souvenirs + Miscellaneous Fees = TOTAL COST:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature: Signed _____ **Date:** _____

Include Completed Entry Form, Copy of USMS Card, & Check (payable to COMA)

Send Entries to Bob Bruce, 61200 Parrell Rd., Bend, OR 97702-2602

Mail-in entries must be postmarked by July 21 to avoid late or day-of-race fees!