



SOUTHERN OREGON COAST SWIMS AT EEL LAKE

Eel Lake, OR August 15, 2015

Hosted by Central Oregon Masters Aquatics

Sanctioned by Oregon LMSC for U.S. Masters Swimming, Inc. #375-W003

LOCATION: Eel Lake is a freshwater lake on the Oregon coast at William M. Tugman State Park on U.S. 101 between Reedsport & Coos Bay. Expected water temperature is 67-71 degrees F., and will be posted on race day.

RACES: Adults (sorry, no swimmers under age 18) may enter any or all of the three swims. We'll start with a 3000-meter swim, twice around a pentagonal course. Then we'll try a 500-meter Predicted Time swim on an out-and-back course—**all gear legal & no entry fee for this swim**. Finally, we'll stage the 1500-meter swim, once around a pentagonal course.

RACE SCHEDULE (subject to change due to conditions):

8:00-8:45am	Registration/Check-in for all races
8:45am	Pre-race meeting for 3000-meter swim
9:00am	Start of 3000-meter swim
9:45-10:45am	Registration/Check-in for next two races
10:45am	Pre-race meeting for 500-meter swim
11:00am	Start of 500-meter Predicted Time Swim
11:45am	Pre-race meeting for 1500-meter swim
12:00 noon	1500-meter swim
1:00pm	Awards

ELIGIBILITY: Open ONLY to 2015 USMS members or foreign equivalents 18 years or older on race day. USMS "One-Event" membership—covering all races—is available for adults 18+ only for \$21.

RULES: Current USMS rules shall govern this event. Category II suits—including wetsuits—are welcomed in all swims, but will be scored in a separate category in the 1500 & 3000-meter swims. See event website for swimwear details. For the 500-meter Predicted Time Swim, swimmers may wear any swimwear or gear that they wish—except timepieces.

STARTS & SEEDING: The 1500 & 3000-meter swims will use a mass start. The 500-meter swim will use an individual start, seeded fastest to slowest by entered predicted time

SAFETY—OUR PRIMARY CONCERN: Safety boats will monitor the entire course. 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—ONLINE ONLY (except day-of-race entries, which carry a late fee):

https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=6226. Online entries must be received by August 11. Entries after these dates will be considered day-of-race entries and must pay an additional \$10 late fee. Enter on time!

ENTRY FEES: One race (1500 or 3000-meter) is \$25. Both races 1500 and 3000 are \$35. The 500-meter Predicted Time Swim is FREE, but OMS insurance surcharge is required. Entry fee includes a swim cap and the swims themselves.

SNACKS: Pre-race beverages, brownies, cookies, & fruit will be available, but lunch will not be provided.

INSURANCE SURCHARGE: OMS requires a \$6 surcharge fee for all swimmers to help cover the cost of USMS-mandated insurance.

AWARDS: Age groups are standard USMS age groups.

- 1500 & 3000-meter swims: Eel Lake ribbons to the top three finishers in each age group & race in both suit categories.
- 500-meter Predicted Time Swim: Eel Lake ribbons to the top three finishers; no separate categories

OREGON OPEN WATER SERIES: All swims count towards the cumulative season series. The 1500 & 3000-meter swims are featured swims, while the 500-meter Predicted Time Swim is a participation swim.

DIRECTIONS: Mapquest William M. Tugman State Park, just off U.S. Highway 101 between Reedsport and Coos Bay.

CAMPING: Tugman campground has both reservable and first-come first-served campsites, as well as reservable yurts. Call 1-800-452-5687 for reservations.

WEBSITE FOR EVENT INFO: www.comaswim.org

LOCAL KNOWLEDGE: Ralph Mohr rmohr1565@charter.net 541-269-1565

EVENT DIRECTOR: Bob Bruce coachbob@bendbroadband.com 541-317-4851

Online Entries are due August 11
