

2002 USMS ONE MILE CHAMPIONSHIP— DORENA LAKE
SUNDAY, AUGUST 11
SPONSORED BY EMERALD AQUATICS
WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS

Sanctioned by OMS, Inc. for USMS, Inc. Every swimmer must be a current USMS member to compete.

USMS Sanction #: 371-OW3 One-event USMS registration will be available at check-in for a fee of \$15.00.

Schedule: 1 Mile: Check-in closes 9:00 AM Pre-race instructions 9:15 AM Race starts 9:30 AM
800m "cable" Check-in closes 10:30 AM Pre-race instructions 10:45 AM First heat 11:00 AM
 Participants swim in heats according to time and preferred direction (see entry, below) around a 400m long cable, for a total of 800m.

Course: The course will be marked by buoys and line markers for the cable swim. Water temperature is expected to be 74-76 degrees and will be posted at check-in.

Equipment: The use of pull buoys or fins is not allowed. Swimmers wearing wetsuits are ineligible for awards. Other USMS open water swimming rules applicable.

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 at the site 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.

Awards: Awards given to all finishers up to 8th place and national championship patches to each age group winner.

Picnic: Following the swim, Emerald Aquatics will host a potluck. All are invited (\$5 for non-swimmers).

Directions: From I-5 take exit 174 and go east to the reservoir. Follow Row River Road on the north side of the lake for two miles to Harms Park. Signs will be provided on Row River road. (see map, opposite)

Information: Steve Johnson, Race Director, (541) 683-5758 (see over for camping information)

ENTRIES MUST BE POSTMARKED BY July 26th				<u>No late entries accepted</u>		
Mail entries	EA Lake Swim	1 mile	\$20.00	T-shirt	\$10.00	\$30.00
to:	P.O. Box 3708	800m cable	\$20.00	T-shirt	\$10.00	\$30.00
	Eugene, OR 97403	Both	\$25.00	T-shirt	\$10.00	\$35.00
USMS Reg#	_____			T-shirt: S M L XL XXL	_____	
Please attach a copy of your USMS registration card.						TOTAL _____

Make checks payable to Emerald Aquatics

All fees are non-refundable.

Name _____ Sex _____ Age _____

Address _____

City/State/Zip _____ Local Team _____

Birthdate _____ Day phone _____ Evening phone _____ Fax _____

For cable swim: 500 yard time _____ minutes _____ seconds Direction (circle one): clockwise counterclockwise

"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 off all the risks inherent in Masters Swimming (training & competitions) 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 risks inherent in open water swimming, and agree to assume those risks."

Signature _____ Date _____

Camping: Group site B is reserved at Schwarz Park— \$5 per tent per night, not included in swim registration. Showers, but no electrical hookups. Twenty tents & vehicles total, so registration is first-come first-serve. Contact: Debra George for group site B space reservation. (541) 683-5758 (PM); georged@oregon.uoregon.edu; provide: name, number, time of arrival, #tents/RVs and spaces, contact info; directions: I5 Exit 174, Row River Rd. east for 5 miles, entrance on left. Camping also available elsewhere at Schwarz Park (contact NRRS 1-877-444-6777) and at Baker Bay (541-942-7669).

Clinic: Open water swim clinic, Saturday, August 10th, 1:00 – 4:30 pm, at the picnic site (dryland) on the beach (in the water). COST \$20.00. Clinician(s) to be announced. Will cover pre race training (conditioning); pre race preparation (warming up & nutrition); race tactics; post race cool down; practice starts, turns, drafting, & finishes. For information contact Dan Gray, 8975 Hwy 66, Ashland, Or. 97520, or email dangray45@hotmail.com for clinic registration form. (swimmers may register at the clinic)

