



USMS One-Mile Open Water Championship CASCADE LAKES SWIM SERIES & FESTIVAL

July 29, 30 and 31st 2005 ¼, ½, 1, 2, and 3 Mile swims at Elk Lake
 Hosted by Central Oregon Masters Aquatics and Bend Metro Park and Recreation District
 Sanctioned by Oregon Masters Swimming Inc. for USMS #375-OW3, USA Sanction pending.
 Operating under Special Permit from the U.S. Forest Service

RACES: The USMS National Championship is a *One Mile* swim held on Saturday, July 30. The Championship race will follow a triangular course. The **Cascade Lakes Swim Series** features five open water swims over three days! Participants may enter any or all of the five swims. Friday's swim is a *Two Mile* swim in an out-and-back course. Saturday's swims begins with a *Quarter Mile* swim in a "time-trial" style with swimmers starting individually at intervals and following a straight out and back course marked by a continuous floating line. The *USMS One Mile* will be the second swim on Saturday. The first swim on Sunday, the *Three Mile*, will consist of three loops of a triangular course. The final event, the *Half Mile*, will follow a short irregular course, skirting the shoreline.

SERIES: The **Cascade Lakes Swim Series** includes a *Short Series* (three swims: ¼, ½, and 1-mile) and a *Long Series* (three swims: 1, 2, and 3-miles). A swimmer may enter only one series and must complete all the designated series swims to be eligible for Series awards. Swimmers who complete all FIVE swims will be eligible for special Survivor awards. **FESTIVAL:** Elk Lake is a great place to bring your family for an outdoors extravaganza. Fun events for the whole family are being planned for Saturday.

LOCATION: All swims take place at Elk Lake, a beautiful, clear mountain lake nestled in the sunny Central Oregon Cascades 32 miles from Bend. Water temperature can vary from 66-72 degrees Fahrenheit and will be posted at registration.

ELIGIBILITY: This event is open to all USMS registered swimmers 18 years or older as of July 29, 2005. USA Swimming registered swimmers 13 years or older may enter the 1, 2 and 3-mile swims. USA swimmers 10 years and older may enter the ¼ and ½ mile swims. A photocopy of your 2005 USMS or USA Swimming registration card or foreign equivalent must accompany your entry. "Single event" USMS registration, covering all races, is available for adults 18 and over for \$15 but gives no eligibility for National Records, All-American, or USMS special awards in the One Mile race. A parent or guardian must sign the liability waiver for all swimmers under 18.

ENTRY FEES: One Race is \$30. Add just \$5 for each additional race, up to four (the fifth race is free). Entry fee includes a Ball Cap or Visor, swim cap, and the post race lunch. Entries must be **postmarked by July 18th** or pay an additional \$10 late fee. A donation of \$4 per person for Saturday and Sunday is necessary for spectator lunches (please pay with your entry).

RULES: Current USMS rules will govern this event. The use of neoprene wetsuits or other nonporous attire is allowed in all three swims but wetsuit swimmers will not place in the USMS Championship swim or be eligible for USMS awards and recognition. The five swim series will use a scoring system that deducts points from the swimmer's place in each swim where a wetsuit is worn. USA swimmers may participate in all five swims. A parent or guardian must sign the liability waiver for all swimmers under 18. **This event does not allow dogs at the lake but they may be in the campground on a leash.**

SAFETY: Lifeguards and safety boats will monitor the entire course. Swimmers must wear a brightly colored swim cap and have a race number on their arms. Medical personnel will be at the site.

SEEDING: The 1, 2, and 3-mile swims will use a mass start. Wetsuit swimmers will start later in a separate heat in these events. The ¼ and ½ mile swims will be seeded fastest-to-slowest based on the swimmer's entered estimated 500 yard time. Day-of-Race entries or those not submitting a seed time will not be seeded in advance and will swim last. *No changes allowed in 500 seeding times at the race.*

SCHEDULE:

Friday, July 29, 2005

4:30—5:30 pm Registration/Check-In for 2-mile
 6:00 pm Start of 2-mile race

Saturday, July 30, 2005

8:00—9:00am Registration/Check-In for ¼-mile and 1-mile
 9:30—10:30am Start of ¼-mile race – Interval Starts
 10:30—11:30 am Check-in for the 1-mile
 12:00 noon Start of the 1-mile race

Sunday, July 31, 2005

7:30 am—8:30am Check-In for 3-mile and ½-mile
 9:00 am Start of the 3-mile race
 10:30—11:30am Check-In for ½-mile
 12:00 noon Start of ½-mile race – Interval Starts

Pre-race instructions will be given 15 minutes before the start time of each swim. A picnic lunch and awards ceremony will follow the finish of races each day. Festival activities will occur on Saturday after the swims.

AWARDS: Age groups are 18-24, 25-29, 30-34, and so on in five-year increments as high as necessary for both men and women. USMS National Championship medals will be awarded to the top 8 places in each age group and USMS Long Distance Championship patches will be awarded to the first place age group finishers in the 1 mile Race. Ribbons will go to the top three finishers in each age group in each race in both wetsuit and non-wetsuit categories. For the series awards, points will be based on the age group finish order in each race, with deductions for wearing wetsuits. Handmade ceramic coasters will be awarded to the top 3 finishers in each age group. There will be a plate awarded the top male and female in each series. **SOUVENIRS:** Each participant will receive a distinctive event hat or visor. Indicate your preference on the entry form.

DIRECTIONS/PARKING: Elk Lake is located on the Cascade Lakes Scenic Byway. From Highway 97 in Bend, follow the signs to Mt Bachelor Ski Area/Cascade Lakes. Continue approximately 10 miles past Mt Bachelor Ski Area. The start/finish area for all swims is located at the Beach Picnic Area, the last Elk Lake exit, if coming from Bend. Signs will be posted for parking and all important sites. Parking will be limited to two large pullouts off Cascades Lakes Highway or Little Fawn Group Campground. There will be no parking at the race site until after all event activities have concluded. A shuttle bus will run Saturday and Sunday between the campground and the race site during registration and after races are completed. **A NW Forest Pass is required if you park anywhere other than along the highway pullouts or at the campground.**

CAMPING/LODGING: Swimmers and spectators may camp on the lake at Little Fawn Group Campground, reserved for the swim. Tents or small and medium sized motor homes only. Camping fee is \$4 per adult per day. Include fee with your entry form for Friday and Saturday night camping to secure a spot. If you wish other days, purchase them at the lake from the Camp Host. For cabins at the lake, go to www.elklakeresort.com. The Bend and Sunriver area offer numerous lodging choices at various price levels.

ADDITIONAL EVENT: Fresh Air Sports will be hosting an "Aquathon" (swim-trail run) on Friday Eve. The swim in this event may count for the five swim Survivor Award in lieu of the 2 mile swim above. For information about this event, go to www.freshairsports.com

EVENT ADMINISTRATORS:

Pam Himstreet, himstreet@bendcable.com Phone: 541-385-7770 and Mary Sweat, marysweat@email.com Phone: 541-504-5338

Entry Form



USMS One-Mile Open Water Championship
Cascade Lakes Swim Series and Festival
Elk Lake near Bend, Oregon
5 Races (1/4, 1/2, 1, 2, 3 miles) over 3 days!
July 29, 30 and 31, 2005



Name: _____ USMS/USA Swimming Number: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone (home): _____ (work): _____

Sex : (Male) ___ (Female) ___ Date of Birth: _____ Age: (on race day): _____

E-Mail address: _____ Results via: (Email) ___ or (Mail) ___

Emergency contact (Name): _____ (Phone): _____

Club: _____ Local Oregon Team (if applicable): _____

1. Estimated 500-yard pool time (for seeding purposes only in 1/4, and 1/2 mile events): _____
2. I wish to receive either a _____ ball cap or _____ visor
3. Estimated number of spectators (not counting yourself) for meals: _____ (Fri snacks) _____ (Sat) _____ (Sun)
4. Check one series only (if any) you want to enter: _____ *Short* (1/4, 1/2, 1 mile) _____ *Long* (1, 2, 3 mile)
5. FEES: MAKE CHECKS PAYABLE TO **CENTRAL OREGON MASTERS AQUATICS (COMA)**

A. Races: 1st race \$30.00, each additional race (up to four) \$5.00, fifth race is free. **\$45 maximum cost.**
Check the races you want to enter: Participants may enter any or all of the five swims. To enter a series, check both the series name (above) and the races composing that series (below).

Friday - Race #1: 2 mile swim: _____ Sunday - Race #4: 3 mile swim _____
 Saturday - Race #2: 1/4 mile swim: _____ Sunday - Race #5: 1/2 mile swim: _____
 Saturday - Race #3: 1 mile USMS Championship swim: _____

\$30 First Race + \$5 each additional Race. Your fifth race is free! Total Race Fees: _____

B. Late Fee if entry is postmarked after July 18, 2005: pay an extra +\$10: _____

C. One Event Registration (required if not a 2005 USMS or USA Swimming Member): Add +\$15: _____

D. Spectator Lunches: \$4.00 per lunch on Saturday and on Sunday. \$4 X _____ lunches : _____

E. Group Camping (add \$4.00 per adult per day) \$4 X _____ adults X _____ nights: _____

Check if Camping ___ Friday Night ___ Saturday Night

Total Payment Enclosed: _____

Mail your completed entry, check made out to COMA, and copy of your 2005 USMS Registration card to:
Cascade Lakes Swim Series & Festival, c/o Mary Sweat, 6744 NW 30th, Redmond, OR 97756

"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: _____

(Parent signature required for swimmers under the age of 18)

Thanks to the following Major Sponsors: Bend Metro Park and Recreation District, Tennant Developments, The Athletic Club of Bend, Rebound Physical Therapy and High Lakes Health Care.