



FOSTER LAKE CABLE SWIMS

Featuring the USMS One-Mile Open Water National Championships
July 2, 2011 One & Two-Mile Cable Swims & Dog Tandem Challenge!

Hosted by Central Oregon Masters Aquatics

Sanctioned by Oregon Masters Swimming for U.S. Masters Swimming #371-OW3

Operating under Special Use Permit from the U.S. Army Corps of Engineers

LOCATION & COURSE: Foster Lake is a scenic reservoir located just off U.S. Route 20 near Sweet Home, OR. The course is a ¼-mile cable certified accurate to USMS standards. Water temperature on race day has varied from 66-72 degrees Fahrenheit and will be posted.

RACES:

- Two-Mile non-championship swim;
- Two heats of the USMS One-Mile Open Water Championship;
- Dog Tandem Challenge

ELIGIBILITY: This event is open ONLY to 2011 USMS members or foreign equivalents. Eligibility will be automatically verified for online entries. A legible photocopy of 2011 USMS card or foreign equivalent MUST accompany mailed entries. USMS "One-Event" membership is NOT available for this event.

RULES: Current USMS rules will govern this event. In the One-Mile swim, only Category I swimwear is allowed. In the Two-Mile swim, Category II suits—including wetsuits—are allowed but scored in a separate category. See event website for swimwear details.

SEEDING: In both One & Two-Mile swims, swimmers will be seeded fastest to slowest by 1650-yard or 1500-meter time. 'No Time' entries will not be accepted. Seeding changes will not be allowed after the heat sheet is posted. Enter accurate times!

STARTS: In the One & Two-Mile swims, each heat will consist of seeded waves (8-12 swimmers each) starting 20-30 seconds apart. The Two-Mile & One-Mile swims will be contested in opposite directions, which will be decided by a coin toss at the Two-Mile pre-race meeting.

SAFETY—OUR PRIMARY CONCERN: Safety boats will monitor the entire course and medical personnel will be on-site. Swimmers must wear the swim cap provided, must have their race number on their arms, and must follow all announced safety rules without exception. Time Limit: Swimmers who cannot complete one mile in 50 minutes or two miles in 1:45 should NOT enter; swimmers on the course after these time limits may be stopped and listed as DNF in the results.

DOGS SWIM TOO! 50-meter Tandem Challenge for dogs and their significant human! Unsanctioned—after all, dogs are not eligible for USMS membership. Open Age Group—whose age would we use anyway? Individual tandem starts. Start & finish—all paws dry. No entry fee. **Woof! Dogs must be on leash at all times except when swimming, and owners must pick up after them.**

RACE SCHEDULE (subject to change if conditions warrant):

7:30am	Lewis Creek Park opens
8:00am	Check-in opens for all events
8:45am	Check-in closes for 2-mile
9:05am	Pre-race meeting & marshaling for 2-mile
9:30am	Start of 2-mile
11:00am	Check-in closes for 1-mile
11:20pm	Pre-race meeting for 1-mile
11:30pm	Pre-race marshaling for heat #1 of 1-mile
11:45am	Start of heat #1 of 1-mile
12:00noon	Pre-race marshaling for heat #2 of 1-mile
12:15pm	Start of heat #2 of 1-mile
12:30pm	Check-in closes for Dog Challenge
12:45pm	Lunch
1:00pm	Start of Dog Challenge
1:30pm	Relay entries close
1:45pm	Awards for 1-mile National Championships

REGISTRATION: Save time, paper, & errors by registering online https://www.clubassistant.com/club/meet_information.cfm?c=1705&mid=2938. Or register by mail using the attached entry form. Entries MUST be received by June 20. Due to organization and seeding needs, late or day-of-race entries will NOT be accepted (except for relays, see below)—please don't even ask. Submit your entry on time!

ENTRY LIMITS: The One-Mile National Championship swim is limited to the first 288 registrants. The Two-Mile swim is limited to the first 144 registrants. We will maintain a waiting list in case early registrants drop out. No limits for the Dog Tandem Challenge.

ENTRY FEES: One swim is \$40. Two swims are \$50. Dog Tandem Challenge is free. Entry fee includes swims, a souvenir swim cap, and a post-swim meal. No refunds after the June 20 entry deadline.

RELAYS: In the One-Mile swim, cumulative relays will be accepted for National Championship places, All-American honors, and USMS records. In the Two-Mile swim, relays will be accepted for records. Enter relays & pay fees on race day only. Bring club mates for relays!

RESULTS: Results will be posted at Foster Lake promptly after each heat & race, and at www.comaswim.org, www.swimoregon.org, and www.usms.org after the event. You may purchase hard-copy results.

RECORDS: Courses for both race distances are surveyed & certified, and qualify for National & Oregon cable swim records if they occur.

AWARDS:

- One-Mile: USMS championship medals to top eight finishers, and the USMS championship patch to the winner, in each age group.
- Two-Mile: Ribbons to the top three in each age group.
- Dog Tandem Challenge: Dog treats for all.

OREGON OPEN WATER SERIES: All swims count towards the cumulative season series. The One-Mile & Two-Mile swims are featured swims (22-18-16-14-12-10-8-6-4-2 points), while the Dog Tandem Challenge is a participation swim (7 points).

T-SHIRTS: Each swimmer may pre-order & purchase one high-quality commemorative t-shirt for \$12, and additional ones for \$16. Not on sale at the event. See the website for the t-shirt design.

DIRECTIONS (Mapquest: Lewis Creek Park):

- From the North: Take I-5 south to exit 228. Drive east on Oregon 34 to Lebanon, then south & east on US 20 through Sweet Home. 2.2 miles past the Weyerhaeuser mill, turn north on Quartzville Rd.
- From the South: Take I-5 north to exit 216. Drive east on Oregon 228 to Sweet Home, then continue east on US 20. 2.2 miles past the Weyerhaeuser mill, turn north on Quartzville Rd.
- From the East: Take US Route 20 west over the Cascades towards Sweet Home, then turn north on Quartzville Rd.
- Final Approach: Drive 1.2 miles north on Quartzville Rd., turn left on N. River Rd, and drive .8 miles to Lewis Creek Park. Turn left into the entrance, turn right, and park in the lower lot.

PARKING: Day parking costs \$5 per car; please pay fee on site.

LODGING & CAMPING: See website for options.

WEBSITE FOR COMPLETE INFO: www.comaswim.org

EVENT DIRECTOR: Bob Bruce

coachbob@bendbroadband.com 541-317-4851



FOSTER LAKE CABLE SWIMS
 Featuring the USMS One-Mile Open Water National Championships
 July 2, 2011 One & Two-Mile Cable Swims & Dog Tandem Challenge!



ENTRY FORM

Swimmer Information (include a legible photocopy of your registration card—this is required!)			
Name: First:	Last:		State: Zip:
Address:	City:	State:	Zip:
E-mail Address:	Phone – evening: ()		
Emergency Contact (Important):	Emergency Contact Phone on Race Day: ()		
Gender (circle): M F	Birth Date (mm/dd/yyyy):	Age on Race Day:	
USMS Number:			
USMS Club:	Local Oregon Team (if applicable):		

Swims: Circle your events!	Seed Time for One-Mile & Two-Mile!	Cost per swim	
Two-Mile Swim	_____ 1650-yd or 1500-mtr time.	\$40 for first swim.	
One-Mile Championship Swim	‘No Time’ entry NOT accepted. Those who cannot swim 1 mile in 50 minutes or 2 miles in 1:45 SHOULD NOT ENTER.	\$10 for second swim.	
Dog Tandem Challenge		Dog Tandem Challenge Free	
Enter Total Cost for Swims:			
Meals: Free for Competitors	Number of spectator meals	Cost/meal	Sub-Total
		x \$8.00	
Enter Total Cost for Spectator Meals:			
Shirts: Premium quality!	One T-shirt per entrant at \$12. Add \$16 for each extra T-shirt. List Number & Size(s)	Cost	Sub-Total
Size (S, M, L, XL); XXL add \$3.00			
T-shirt – short sleeve (first one)	Style: Women’s __ or Men’s __ Size __	x \$12.00	
T-shirt – short sleeve (extra)	Style: Women’s __ or Men’s __ Size __	Each \$16.00	
T-shirt – short sleeve (extra)	Style: Women’s __ or Men’s __ Size __	Each \$16.00	
Enter Total Cost for T-Shirts:			
Miscellaneous Fees:		Cost	Sub-Total
Hard-copy of Results mailed to you (results will also be posted on websites)		x \$3.00	
Enter Total Miscellaneous Fees:			
Swims + Meals + Souvenirs + Miscellaneous Fees		Enter 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**