



# USMS 10K Open Water National Championship

Also featuring 5K, 2.5K, 1500M Open Water races  
And the popular & fun 3 x 500M Pursuit Sprint Relay

At Applegate Lake on July 14 & 15, 2012

Hosted by Rogue Valley Masters

Sanctioned by Oregon Masters Swimming for U.S. Masters Swimming #372-W004

Operating under special use authorization from the Rogue River Nat'l Forest



**LOCATION & COURSE:** Applegate Lake is located in the heart of the Siskiyou Mountains in southwestern Oregon. The course will consist of multiple 2.5K loops depending on your race selection. Water temperature on race day has varied from 70-74 degrees Fahrenheit and will be posted.

### RACES:

- USMS 10K National Championship
- 5K, 2.5K & 1500M non-championship swims
- 3 x 500M Pursuit Sprint Relay

**ELIGIBILITY:** This event is open ONLY to 2012 USMS members or foreign equivalents. Eligibility will be automatically verified for online entries. A legible photocopy of 2012 USMS card or foreign equivalent MUST accompany mailed entries. USMS "One-Event" membership is NOT available for the 10K but will be available for the 5K, 2.5K and 1500M swims.

**RULES:** Current USMS rules will govern this event. In the 10K swim, only Category I swimwear is allowed. In the remaining swims, Category II suits –including wetsuits—are allowed but will be scored in a separate category.

**START/FINISH:** All swims will start in the water and finish on the beach approximately 20 feet from the water's edge. The 2.5K loop roughly follows the contours of the lake shore on the way out and is approximately a straight line back to the start/finish area.

**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. 10K & 5K swimmers may provide their own beverages which will be placed on a table in 4-foot deep water at the starting line.

**Time Limit:** Swimmers who cannot complete the 10K in 4.5 hours or the 5K in 2.5 hours should NOT enter; swimmers on the course after these time limits may be stopped and listed as DNF in the results.

### RACE SCHEDULE (subject to change if conditions warrant):

#### Saturday, July 14:

6:45am Check-in opens for 10K, 5K, & 2.5K  
 7:45am Check-in closes  
 7:45am Pre-race instructions for all three races  
**8:15am Start of 10K National Championship**  
**8:25am Start of 5K & 2.5K**

#### Sunday, July 15:

8:00am Check-in/Registration opens for 1500M  
 9:00am Check-in/Registration closes  
 9:00am Pre-race instructions for 1500M  
**9:30am Start of 1500M**  
 11:00am Pursuit Sprint Relay pre-race instructions  
**11:20am Start of 3 x 500M Pursuit Sprint Relay**

**RACE DIRECTOR:** Andy Gramley, [agramley@microsoft.com](mailto:agramley@microsoft.com)  
Phone: 206-660-6322

**REGISTRATION:** Save time, paper, & errors by registering online [https://www.clubassistant.com/club/meet\\_information.cfm?c=1658&smid=3619](https://www.clubassistant.com/club/meet_information.cfm?c=1658&smid=3619) Or, register by mail using the attached entry form. Online entries for all events MUST be received by 9pm PDT, July 4. Paper entries must also be received by July 4. Late or day-of-race entries will NOT be accepted for the 10K —please don't even ask. Submit your entry on time!

**ENTRY FEES:** The 10K National Championship swim is \$40. The 5K, 2.5K & 1500M swims are \$30 each. Race-day entries (for 5K, 2.5K & 1500M) are an additional \$10. The Pursuit Sprint Relay is free. Entry fee includes swims, a souvenir swim cap, and a post-swim lunch for the entrant. NO REFUNDS after the entry deadline.

**RESULTS:** Results will be posted at the check-in area promptly after each race, and at [www.swimoregon.org](http://www.swimoregon.org) and [www.usms.org](http://www.usms.org).

### AWARDS:

- **10K:** USMS championship medals to the top six finishers in each male/female age group (18-24, 25-29, 30-34, etc.) and USMS championship patches to the first USMS male/female finishers in each age group.
- **5K/2.5K/1500M:** Ribbons to the top three in each male/female age group, including both wetsuit & non-wetsuit categories.
- **Pursuit Sprint Relay:** Bragging rights.

**OREGON OPEN WATER SERIES:** All swims count towards the cumulative season series. The 10K and the 1500M are featured swims (22-18-16-14-12-10-8-6-4-2 points.) The 5K and the 2.5K swims are qualifying swims (11-9-8-7-6-5-4-3-2-1 points.) The relay is a participation swim (7 points.)

**T-SHIRTS:** Swimmers may pre-order commemorative t-shirts for \$15. A limited number of shirts will be for sale at the event for \$15 or can be ordered for \$20.

### DIRECTIONS (Mapquest: Applegate Lake, Jacksonville, OR)

From either north or south on I-5, take exit #30 in Medford and go west, following the signs to Hwy 238 west to Medford and Jacksonville. After passing through Jacksonville, Hwy 238 continues to Ruch. Turn left onto Applegate Road and follow the signs to Applegate Lake (18miles from Ruch). Proceed past the Applegate dam for another .7 miles until you reach Hart-Tish Park, and turn left into the park. Driving time from the I-5 exit to Hart-Tish Park is approximately 45 minutes. **NO DOGS ALLOWED AT RACE SITE.** Please note: There is no cell coverage at Applegate Lake.

**PARKING:** Cost is \$5 per car/per day & will be collected at the entrance to Hart-Tish Park.

**LODGING/CAMPING/PLACES OF INTEREST:** For camping information, contact Jocelyn Sanford: [jocelynjune23@gmail.com](mailto:jocelynjune23@gmail.com). For other accommodations & information on local attractions, contact:

<http://www.visitmedford.org/>

<http://www.jacksonvilleoregon.org/>

<http://www.osfashland.org/>

<http://applegatewinetrail.com/>

<http://www.ashlandchamber.com/Page.asp?NavID=911>



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## ENTRY FORM

If possible, please register online:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1658&smid=3619](https://www.clubassistant.com/club/meet_information.cfm?c=1658&smid=3619)

<b>Swimmer Information (include a legible photocopy of your 2012 registration card—this is required!)</b>			
Name: First:	Last:		
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):		

<b>Swims: Circle your events! (10K, 5K, and 2.5K are simultaneous swims, please choose just one.)</b>	<b>10K time limit: 4.5 hours 5K time limit: 2.5 hours</b>	<b>Cost per swim</b>	
10K Nat'l Championship Swim		\$40.00	
5K Swim		\$30.00	
2.5K Swim		\$30.00	
1500M Swim		\$30.00	
<b>Enter Total Cost for Swims:</b>			
<b>Shirts: Premium quality!</b>	<b>One T-shirt per entrant at \$15. Please indicate size</b>	<b>Cost</b>	<b>Sub-Total</b>
T-shirt – short sleeve	S M L XL XXL (\$2 extra)	\$15.00	
<b>Enter Total Cost for T-Shirts:</b>			
<b>Extras:</b>		<b>Cost</b>	<b>Sub-Total</b>
Day-of-race fee --5K, 2.5K and 1500M --\$10.00 extra		\$40.00	
One-event USMS registration, if needed (5K, 2.5K & 1500M ONLY)		\$18.00	
Additional T-shirt(s) S M L XL XXL (\$2 extra)		\$15.00	
Spectator lunches (Circle days & indicate # of lunches :) Sat Sun		\$10.00 ea	
<b>Enter Total Cost for Extras:</b>			
<b>TOTAL COST:</b>			

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 2012 USMS Card, & Check (payable to RVM)  
 Send Entries to Rebecca Kay, 2350 Ranch Rd., Ashland, OR 97520**