



The Eel Lake Open Water Swims on the Southern Oregon Coast

What: Three Open Water Swims – 3000 & 1500-meter swims and a 500-meter Predicted Time swim. We will start with a 3000-meter swim on a triangular course, twice around the buoys. Then we will have a 500-meter Predicted Time swim around a small triangle—**no entry fee for this swim**. Last will be the 1500-meter swim, once around the same course as the 3000. All swims are held under the sanction of United States Masters Swimming (XXXX).

When: Saturday, August 18, 2012, starting at 9:00 a.m.

Where: Eel Lake at William M. Tugman State Park is a freshwater lake on the Oregon coast on U.S. Highway 101 halfway between Reedsport and Coos Bay. Expected water temperature is 67 to 71 degrees Fahrenheit. Campground has both reservable and first-come first-served campsites, as well as reservable yurts. Call 1-800-452-5687 for reservations.

Who: Open to all USMS registered swimmers 18 years or older. A photocopy of your USMS Swimming registration card or proof of membership in a foreign Masters organization must accompany your entry. One-Event USMS registration, covering all races that day, will be available at the race site for \$18 for adults 18 years or older who are not current USMS members.

Rules: Current USMS rules shall govern these swims.

Wet Suit Rules: Wetsuits are allowed and welcomed in all events, but scored in a separate wetsuit category.

Procedure: The 3000 & 1500-meter swims will use a mass start. The 500-meter swim will use individual starts, seeded fastest to slowest based upon the swimmer's estimated 500-meter entry time; Day-of-Race entries or those not submitting a seed time will not be seeded and will swim last, in order of registration. No changes in 500 seeding at the race will be allowed.

Safety: Lifeguards and safety boats will monitor the entire course. Swimmers must wear a bright colored swim cap (provided or use your own) and have a race number on their arms or hands. Medical personnel will be available near the site.

Entry Fee: The entry fee for one race (either the 1500 or 3000) is \$30; the entry fee for both the 1500 and 3000 races is \$40. There is no fee for 500-meter 'Predict your Time' swim. Entry fee includes a swim cap in a goody bag. **Entries must be postmarked by Monday, August 6, 2012**, or swimmers must pay an additional late fee of \$10. Beverages, brownies, cookies and fruit will be available, but lunch will not be provided.

Awards: There will be awards for each race for first through third places. Awards for the 3000 and 1500 swims will be based upon finish order in both wetsuit and non-wetsuit categories. Awards for the 500 predict your time swim will be judged based on the time closest to the predicted time; there will be no separate wetsuit or non-wetsuit categories in this swim.

Oregon Open Water Series: the 1500 & 3000-meter swims are featured swims for the cumulative season series (22-18-16-14-12-10-8-6-4-2 pts). The 500-meter Predicted Time swim is a participation swim (7 pts).

Schedule:	8:00-8:45 A.M.	Registration & Check-in & warm-up for all races
	8:50 A.M.	Pre-race meeting for 3000-meter swim
	9:00 A.M.	3000-meter swim
	9:45-10:45 A.M.	Registration & Check-in for 500 and 1500-meter swims
	10:50 A.M.	Pre-race meeting for the 500-meter Predicted Time Swim
	11:00 A.M.	500-meter Predicted Time Swim
	11:50 A.M.	Pre-race meeting for 1500-meter swim
	12:00 Noon	1500-meter swim
	1:00 P.M.	Awards

Information: Karen Matson: kmatson@socc.edu 541-294-2915 or Ralph Mohr: rmohr1565@charter.net 541-269-1565.

Other Fun Things to Do On the Coast!

Beach walks: Starting at Eel Creek Campgrounds across 101 from Tugman Park, there are at least seven different beach walks available within 30 miles. Walk across the dunes at Eel Creek. Go to Horsfall Beach north of McCullough Bridge. Drive through Charleston to Bastendorff Beach, Sunset Bay, and Shore Acres Gardens. At Cape Arago walk down to South Cove where Sir Francis Drake supposedly harbored one day. Go further south on Highway 101 for Bandon Old Town, beaches, and numerous golf courses.

Sunday Morning Lake Swim: An Eel Lake tradition! Join us on Sunday, August 21, at 9:00 A.M. for a leisurely swim (about 2000 meters) across Eel Lake from the boat ramp to the walking trail rest stop on the other side.



The Eel Lake Open Water Swims on the Southern Oregon Coast

Registration Form

What: Open Water Swims (check the appropriate boxes)

- 3000-meter Swim – USMS
- 1500-meter Swim – USMS
- 500-meter Predicted Time Swim – USMS

Where: Eel Lake

When: Saturday, August 18, 2012 starting at 9:00 A.M.

Who: Any registered USMS swimmer is eligible to swim any events.

Information: Karen Matson: kmatson@socc.edu 541.294.2915 or Ralph Mohr: rmohr1565@charter.net 541-269-1565.

Swimmer information:

Name: _____ Birth date: _____ Age: ____ Sex: ____

Address: _____ USMS number: _____

City: _____ State: ____ Zip: _____ Phone: _____

USMS Club _____ USMS Local Team: _____

Entry Fee: \$30 for one swim (either the 1500 or 3000) or \$40 for both 1500 and 3000. No fee for 500-meter Predicted Time Swim. Late and Day-of-Race entries accepted for an additional fee of \$10.

- \$30 for either the 1500 or 3000. You may swim the 1500 **or** the 3000 **plus** the 500-meter Predicted Time Swim.
- \$40 for both the 1500 and 3000.
- FREE. 500-meter Predicted Time Swim.
- \$10 for late or Day-of-Race entry

Waiver: 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 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 THERETO, I HEARBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR CAMAGES 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: _____ Date: _____

Complete this entry form legibly, **sign** the waiver, **attach** a photocopy of your USMS or USS registration card, and **enclose** the appropriate fee payment with a check made out to **Karen Matson**. Note: if a swimmer plans to swim only the 500-meter Predict-your-Time swim, he or she **must** still fill out an entry form **and** provide either a copy of a USMS registration card.

Mail entries **postmarked by Monday, August 6, 2012** to:

Karen Matson
1655 Woodland Drive
Coos Bay, OR 97420