



FOSTER LAKE CABLE SWIMS

June 29, 2013 One & Two-Mile Cable Swims & Dog Tandem Challenge!

Hosted by Central Oregon Masters Aquatics

Sanctioned by Oregon LMSC for U.S. Masters Swimming, Inc. #373-W001

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 Cable Swim
- One-Mile Cable Swim
- Dog Tandem Challenge

RACE SCHEDULE (subject to change due to conditions):

7:30am	Lewis Creek Park opens for swimmers
8:00am	Check-in opens for all swims
8:45am	Check-in closes for Two-Mile
8:50am	Pre-race meeting & marshaling for Two-Mile
9:15am	Start of Two-Mile Cable Swim
11:00am	Check-in closes for One-Mile
	Awards for Two-Mile
11:20am	Pre-race meeting & marshaling for One-Mile
11:45am	Start of One-Mile Cable Swim
12:15pm	Lunch opens
12:30pm	Check-in closes for Dog Tandem Challenge
12:45pm	Start of Dog Tandem Challenge
1:15pm	Awards for One-Mile
1:30pm	Relay entries close

ELIGIBILITY: Open ONLY to 2013 USMS members or foreign equivalents. Eligibility will be automatically verified for online entries. A legible photocopy of 2013 USMS card (or foreign equivalent) MUST accompany mailed entries. USMS "One-Event" membership—covering all races—is available for adults 18+ only for \$18.

RULES: Current USMS rules will govern this event. In both cable swims, Category II suits—including wetsuits—are welcomed but scored in separate categories. See event website for swimwear details.

SEEDING: In both cable swims, all 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 with no adjustments!

TIME LIMIT: Swimmers who cannot swim 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.

STARTS: In both cable 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, have their race number on their arms, and follow all announced safety rules without exception.

REGISTRATION: Save time, paper, & errors by registering online https://www.ClubAssistant.com/club/meet_information.cfm?c=1756&mid=4722. Or register by mail using the attached entry form. All entries MUST be received by June 19. Due to organization & seeding needs, LATE OR DAY-OF-RACE ENTRIES WILL NOT BE ACCEPTED (except for relays, see below)—please don't even ask.

ENTRY LIMITS: The entire event—including all swims—is limited to the first 180 registrants. We will maintain a waiting list in case early registrants drop out early enough to notify others.

ENTRY FEES: One swim is \$40. Two swims are \$50. Dog Tandem Challenge is free. Entry fee includes swims and post-swim meal

INSURANCE SURCHARGE: OMS requires a \$6 per swimmer surcharge fee to help cover the cost of USMS-mandated insurance.

RELAYS: In both cable swims, cumulative relays will be accepted for records. Enter relays & pay fees on race day only.

RESULTS: Will be posted promptly after each heat & race, and at www.comaswim.org and www.swimoregon.org after the event.

RECORDS: Courses for both race distances are surveyed & certified, and qualify for National & Oregon cable swim records. Only swims done in Category I swimwear will be eligible for National Records.

AWARDS: Age groups are standard USMS age groups.

- Cable Swims: Custom ribbons to the top three in each age group in both Category I & II divisions.
- Dog Tandem Challenge: Dog treats for all.

OREGON OPEN WATER SERIES: Both cable swims are featured swims and the Dog Tandem Challenge is a participation swim.

DOGS SWIM TOO! 50-meter (or so) 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.**

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 at park entrance.

CAMPING: Camping at Lewis Creek Park is reserved on Friday evening by pre-registration. Tents only—sorry, no RVs. Camping fee is \$10 per tent. There is NO drop-in camping on site!

LODGING & OTHER CAMPING: See Event Website for options.

EVENT WEBSITE: www.comaswim.org

EVENT DIRECTOR: Bob Bruce
coachbob@bendbroadband.com 541-317-4851



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ENTRY FORM

If possible, save time, paper, and errors by registering on-line. Thanks!

https://www.ClubAssistant.com/club/meet_information.cfm?c=1756&smid=4722

Swimmer Information (include a legible photocopy of your registration card—this is required!)			
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 Masters Team (if applicable):	

Swims: Circle your events!	Seed Time for One-Mile & Two-Mile! Be accurate—no adjustments	Fees for swims	XXXXXXXX
Two-Mile Swim	_____ 1650-yd or 1500-mtr time.	\$40 for first swim.	
One-Mile 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	
Total Fees for Swims:			
OMS-required \$6 fee to help cover cost of USMS-mandated event insurance. OMS Insurance Surcharge:			\$6.00
Meals: Free for Competitors	Number of spectator meals	Fee/meal	Sub-Total
-----		x \$8.00	XXXXXXXX
Total Fees for Spectator Meals:			
Camping: Tent Camping only in Lewis Creek Park on Friday night. Sorry, no RVs. Fee: \$10.00 per tent.			XXXXXXXX
Total Fees for Camping:			
Miscellaneous Fees (only as needed)		Fee	Sub-Total
USMS/Oregon One-Event Membership Fee (complete form at registration) <u>OR</u>		x \$18.00	XXXXXXXX
USMS/Oregon Full Membership Fee (complete form at registration) if needed		x \$50.00	
Total Miscellaneous Fees:			
Swims + Surcharge + Meals + Camping + Miscellaneous Fees =			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 97702-2602

All entries must be received by June 19!