



19th ANNUAL CASCADE LAKES SWIM SERIES & FESTIVAL

Elk Lake, OR August 2-3-4, 2013 5 Swims in 3 Days!

Hosted by Central Oregon Masters Aquatics and Bend Park & Recreation District
Sanctioned by Oregon LMSC for U.S. Masters Swimming, Inc. #373-W002
Operating under Special Use Permit from the United States Forest Service

LOCATION: Elk Lake, a beautiful, clear mountain lake nestled in the sunny Oregon Cascades 33 miles from Bend. Water temperature is expected to be 66-72 degrees F. and will be posted on race days.

RACES: The **Cascade Lakes Swim Series** features five open water swims over three days. Adult participants may enter any or all of the five swims. Friday's swim is a **3000-meter** swim on a triangular course. Saturday's swims are an individual **500-meter** time trial on an out-and-back continuous floating line course and a **1500-meter** swim around a triangular course. Sunday's swims will include a **5000-meter** swim consisting of three loops of a diamond & triangular course and a **1000-meter** swim on an irregular course following the shoreline.

RACE SCHEDULE (subject to change due to conditions):

Friday, August 2, 2013

4:30—5:30pm Registration/Check-In for 3000-meter race
6:00pm Start of 3000-meter race

Saturday, August 3, 2013

7:45—8:45am Registration/Check-In for 500 & 1500-meter races
9:30am Start of 500-meter race
10:15—11:00am Registration/Check-in for the 1500-meter
11:45am Start of 1500-meter race

Sunday, August 4, 2013

7:15 am—8:15am Registration/Check-In for 5000 & 1000-meter races
8:45 am Start of 5000-meter race
10:00—11:00am Registration/Check-In for the 1000-meter race
11:45 am Start of 1000-meter race

Pre-race instructions 15 minutes before each start time. A picnic lunch or dinner will follow the finish of races each day.

SERIES: The **Cascade Lakes Swim Series** includes a **Short Series** (500, 1000, & 1500-meter swims) and a **Long Series** (1500, 3000, & 5000-meter swims). Each swimmer may enter one distance series only and must complete all three series swims to be eligible for series awards. For series awards, points will be based on finish order in each race, with a Category II suit deduction (see below). 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 experience and extravaganza. We plan fun events for children on Saturday morning, and fun events for adults all the time!

ELIGIBILITY: Open ONLY to 2013 USMS members or foreign equivalents, who must be adults 18+ on Friday, August 2, 2013. A legible photocopy of your USMS card (or foreign equivalent) MUST accompany mailed entries. USMS "One-Event" membership—covering all of these races—is available for adults 18+ only for \$18.

RULES: Current USMS rules will govern this event. Category II suits—including wetsuits—are welcomed in all swims, but scored in a separate category. 10% of final time will be added to Category II suit swims for integration into our Series scoring. See event website for swimwear details.

STARTS & SEEDING: The 1500, 3000 & 5000-meter swims will use a mass start. The 500-meter swim will use an individual start and the 1000-meter swim will start in small heats; both of these swims will be seeded fastest-to-slowest based on entered 500-yard time. Day-of-Race entries and those not submitting a seed time will not be seeded in advance and will swim last. *No changes allowed in seeding times at the race, so enter accurate times.*

SAFETY—OUR PRIMARY CONCERN: Safety boats will monitor the entire course and medical personnel will be on-site. Swimmers

must wear a brightly colored swim cap, have their race number on their arms or hands, and follow all announced safety rules without exception.

REGISTRATION: Save time, paper, & errors by registering online at https://www.ClubAssistant.com/club/meet_information.cfm?c=1756&mid=4723. Or register by mail using the attached entry form. Mail entries should be **postmarked by July 22**. Entries postmarked July 23-27 must pay an additional \$10 late fee. **DO NOT MAIL AFTER July 27!** Entries after this date will be considered Day-of-Race entries and must pay an additional \$20. **Submit your entries on time**—it really helps our planning for a great event!

ENTRY FEES: One race is \$35, and each additional race is \$5 more. Entry fee includes a swim cap and post-swim meals on your race days.

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

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

AWARDS: Age groups are standard USMS age groups.

Awards to individual swimmers by age group:

- Ribbons to the top three finishers in each age group in each race in both suit categories.
 - Ceramic coasters to the top 3 Series finishers in each age group.
- Awards to individual swimmers regardless of age group:
- Ceramic mug to the top masters male & female in each Series.
 - Special Survivor glass mug to everyone completing all five swims.

OREGON OPEN WATER SERIES: All swims count towards the cumulative season series. The 1500 & 5000 are featured swims, while the 500, 1000, & 3000-meter swims are qualifying swims.

DIRECTIONS (Mapquest: Elk Lake): From Century Drive in Bend, take the Cascade Lakes Scenic Highway approximately 33 miles to Elk Lake. The start & finish for all swims is the Beach Day Use Area, the southernmost and last Elk Lake exit if coming from Bend.

PARKING: Parking is limited to two large pullouts off the Cascades Lakes Highway, the Six-Lakes Trailhead, and the Little Lava Lake Group Campground. A shuttle bus will run Saturday & Sunday between the campground, trailhead, and the race site before & during registration and after races are completed. There will be no general parking at the race site until after event activities have concluded. **Your car must display a 2013 NW Forest Pass to park anywhere other than the highway pullouts, trailhead, or campground.**

CAMPING: Alas, we do NOT have the Little Fawn Group Campground this year. However, by pre-registration only, we have reserved Little Lava Lake Group Campground (5 miles from Elk Lake) for swimmers & spectators Thursday through Sunday. Only tents or small motor homes are permitted. Camping fee is \$8 per day per camper 12 years or older—include fee with your entry form to secure your spot. Limited parking at the campgrounds! NO drop-in camping!

DOGS: NO DOGS at Elk Lake (USFS Rule), but they may be in the campground on a leash. Never leave your dog unattended in a car!

WEBSITE FOR COMPLETE INFO: www.comaswim.org

EVENT DIRECTOR:

Bob Bruce coachbob@bendbroadband.com 541-317-4851

Entry Form – CASCADE LAKES SWIM SERIES & FESTIVAL 2013 – 5 Swims in 3 Days

Swimmer Information (include a photocopy of your 2013 registration card—this is required!)

Name: First: _____		Last: _____	
Address: _____		City: _____	State: _____ Zip: _____
E-mail Address: _____		Phone – evening: () _____	
Emergency Contact (Important): _____		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!	Enter Seed Time for 500 & 1000-meter! Be accurate—No adjustments!	Fees for swims	
Friday: 3000-meter	_____ Current pool time for 500 yards	\$35 for first swim & \$5 for each additional swim (\$55 maximum)	XXXXXXX
Saturday: 500-meter			
Saturday: 1500-meter			
Sunday: 5000-meter			
Sunday: 1000-meter			

Total Fees for Swims:

Swim Series Option: Select ONE series only - Circle your choice! SHORT LONG [SHORT SERIES = 500, 1000, & 1500-meter] <u>OR</u> [LONG SERIES = 1500, 3000, & 5000-meter]	XXXXXXX
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Total Fees for Series:

FREE

OMS-required \$6 fee to help cover cost of USMS-mandated event insurance	OMS Insurance Surcharge:	\$6.00
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Spectator Meals (free for racers)	Number of spectator meals only	Fee/meal	Sub-Total	
Friday dinner		x \$8.00		XXXXXXX
Saturday lunch		x \$8.00		
Sunday lunch		x \$8.00		

Total Fees for Spectator Meals:

Camping at Little Lava Lake	Number of campers 12 years or older	Fee/night	Sub-Total	
Thursday night		x \$8.00		XXXXXXX
Friday night		x \$8.00		
Saturday Night		x \$8.00		
Sunday night		x \$8.00		

Total Fees for Camping:

Shirts: Premium quality!	One T-shirt per entrant at \$10. Add \$16 for each extra T-shirt. List Number & Size(s)	Fee	Sub-Total	
Size (S, M, L, XL); XXL add \$2.00				XXXXXXX
T-shirt – short sleeve (first one)	Style: Women's ___ or Men's ___ Size ___	x \$10.00		
T-shirt – short sleeve (extras)	Style: Women's ___ or Men's ___ Size ___	Each \$16.00		
Commemorative hats		Each \$10.00		

Total Fees for Shirts & Hats:

Miscellaneous Fees (only as needed)	Fee	Sub-Total	
USMS/Oregon One-Event Membership Fee (complete form at registration) <u>OR</u>	x \$18.00		XXXXXXX
USMS/Oregon Full Membership Fee (complete form at registration) if needed	x \$50.00		
Late Fee: Postmarked between July 23 & July 27 – Do not mail after July 27!	x \$10.00		
Day-of-Race Fee: All entries after July 27, including day-of-race entries	x \$20.00		

Total Miscellaneous Fees:

Swims + Surcharge + Meals + Camping + Souvenirs + Miscellaneous Fees = TOTAL COST:	
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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

Mail-in entries must be postmarked by July 22 to avoid late or day-of-race fees!