



## CENTRAL OREGON COAST SWIMS AT EEL LAKE

Featuring the Oregon Masters Open Water Association Championships

Eel Lake, OR August 17, 2013

Hosted by Central Oregon Masters Aquatics

Sanctioned by Oregon LMSC for U.S. Masters Swimming, Inc. #373-W003

**LOCATION:** Eel Lake is a freshwater lake on the Oregon coast at William M. Tugman State Park on U.S. 101 between Reedsport & Coos Bay. Expected water temperature is 67-71 degrees F., and will be posted on race day.

**RACES:** Adult participants may enter any or all of the three swims. We'll start with a 3000-meter swim, twice around a triangular course. Then we'll try a 500-meter Predicted Time swim around a small triangle—**all gear legal & no entry fee for this swim**. Finally, we'll stage the 1500-meter swim, once around a triangular course, which is the Oregon Masters Open Water Individual & Team Association Championships.

### **RACE SCHEDULE (subject to change due to conditions):**

8:00-8:45am	Registration/Check-in for all races
8:45am	Pre-race meeting for 3000-meter swim
9:00am	Start of 3000-meter swim
9:45-10:45am	Registration/Check-in for next two races
10:45am	Pre-race meeting for 500-meter swim
11:00am	Start of 500-meter Predicted Time Swim
11:45am	Pre-race meeting for 1500-meter swim
12:00 noon	1500-meter swim
1:00pm	Awards

**ELIGIBILITY:** Open ONLY to 2013 USMS members or foreign equivalents 18 years or older on race day. A legible copy of your 2013 USMS membership 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 shall govern this event. Category II suits—including wetsuits—are welcomed in all swims, but will be scored in a separate category in the 1500 & 3000-meter swims. See event website for swimwear details. For the 500-meter Predicted Time Swim, swimmers may wear any swimwear or gear that they wish—except timepieces.

**STARTS & SEEDING:** The 1500 & 3000-meter swims will use a mass start. The 500-meter swim will use an individual start, seeded fastest to slowest by entered predicted time

**SAFETY—OUR PRIMARY CONCERN:** Safety boats will monitor the entire course. Medical personnel will be available near the 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 online at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1756&smid=4721](https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=4721). Mail entries must be postmarked by August 9; on-line entries must be received by August 12. Entries after these dates will be considered day-of-race entries and must pay an additional \$10 late fee. Enter on time!

**ENTRY FEES:** One race (1500 or 3000-meter) is \$30. Both races are \$40. 500-meter Predicted Time Swim is FREE, but insurance surcharge is required. Entry fee includes a swim cap and the swims themselves. Beverages, brownies, cookies, & fruit will be available, but lunch will not be provided.

**INSURANCE SURCHARGE:** OMS requires a \$6 surcharge fee for all swimmers to help cover the cost of USMS-mandated insurance.

**AWARDS:** Age groups are standard USMS age groups.

- 1500 & 3000-meter swims: Ribbons to the top three finishers in each age group & race in both suit categories.
- 500-meter Predicted Time Swim: Ribbons to the top three finishers; no separate categories

**OREGON OPEN WATER SERIES:** All swims count towards the cumulative season series. The 1500 & 3000-meter swims are featured swims, while the 500-meter Predicted Time Swim is a participation swim.

**DIRECTIONS:** Mapquest William M. Tugman State Park

**CAMPING:** Tugman campground has both reservable and first-come first-served campsites, as well as reservable yurts. Call 1-800-452-5687 for reservations.

**WEBSITE FOR INFO:** [www.comaswim.org](http://www.comaswim.org)

**EVENT DIRECTOR:** Bob Bruce  
[coachbob@bendbroadband.com](mailto:coachbob@bendbroadband.com) 541-317-4851

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### **OMS policy concerning the 1500-meter Open Water Individual & Team Association Championships**

- **Program:** The championship event shall be a 1500-meter or 1-mile swim for swimmers in Category I suits.
- **Team Affiliation and Scoring:**
  - A swimmer shall represent the local team listed on the entry form. If no local team is listed, a swimmer shall represent the local team listed with his or her OMS membership. Swimmers with One-Event membership are required by USMS rules to swim as "Unattached", and therefore cannot represent a local team.
  - Cumulative team scoring shall be based upon point value by age group: 8-6-4-3-2-1.
- **Category II Swimwear:** Swimmers wearing Category II suits (including wetsuits) may participate in the event without the possibility of placing in the individual championship or scoring team points. [Note that separate ribbons are awarded for Category II suits].



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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=4721](https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=4721)**

<b>Swimmer Information (include a legible photocopy of your 2013 USMS registration card—this is required!)</b>			
Name: First:	Last:		State:
Address:	City:	Zip:	Phone – evening: ( )
E-mail Address:	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):		

<b>Swims: Circle your events!</b>	<b>Fees for Swims</b>	<b>Sub-Total</b>	
<b>3000-meter Swim</b>	\$30 for one swim (1500 <u>or</u> 3000-meter swim) \$40 for two swims (1500 <u>and</u> 3000-meter swim) NO SWIM FEE for 500-meter Predicted Time Swim		XXXXXXX
<b>500-meter Predicted Time Swim</b>			
<b>Your predicted time: _____</b>			
<b>1500-meter Championship Swim</b>			
		<b>Total Swim Fees:</b>	
OMS-required fee to help cover cost of USMS-mandated event insurance		<b>OMS Insurance Surcharge:</b>	<b>\$6.00</b>
<b>Miscellaneous Fees (only as needed)</b>		<b>Cost</b>	<b>Sub-Total</b>
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	
Day-of-Race Fee: All mail-in entries postmarked after August 9 or on-line Entries received after August 12 are considered to be day-of-race entries.		x \$10.00	
		<b>Total Miscellaneous Fees:</b>	
<b>Swims + Surcharge + Miscellaneous Fees =</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 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 August 9 to avoid \$10 day-of-race Fee!**