



# FOSTER LAKE CABLE SWIMS

June 28, 2014 One & Two-Mile Cable Swims

Hosted by Central Oregon Masters Aquatics

Sanctioned by Oregon LMSC for U.S. Masters Swimming, Inc. #TBA

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 66-71 degrees Fahrenheit and will be posted.

## RACES:

- Two-Mile Cable Swim
- One-Mile Cable Swim

## 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	<b>Start of Two-Mile Cable Swim</b>
11:00am	Check-in closes for One-Mile
	Awards for Two-Mile
11:20am	Pre-race meeting & marshaling for One-Mile
11:45am	<b>Start of One-Mile Cable Swim</b>
1:00pm	Awards for One-Mile
1:15pm	Relay entries close

**ELIGIBILITY:** Open ONLY to 2014 USMS members or foreign equivalents. Eligibility will be automatically verified for online entries. A legible photocopy of current USMS card (or foreign equivalent) MUST accompany mailed entries. USMS "One-Event" membership—covering both races—is available for adults 18+ only for \$18.

**RULES:** Current USMS rules will govern this event. In both 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 45 minutes or two miles in 1:40 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 seconds apart. The Two-Mile swim will be contested clockwise and the One-Mile swim will be conducted counter-clockwise; these directions will be reversed annually.

**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, 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=5313](https://www.ClubAssistant.com/club/meet_information.cfm?c=1756&mid=5313). Or register by mail using the attached entry form. All entries MUST be received by June 18. 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 both 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:** NEW LOWERED FEE! One swim is \$30. Two swims are \$40. We will not offer event t-shirts or serve a post-race meal so that we can lower event costs for swimmers and families.

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

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

**RESULTS:** Will be posted promptly after each heat & race, and at [www.comaswim.org](http://www.comaswim.org) and [www.swimore.org](http://www.swimore.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 suits will be eligible for records.

**AWARDS:** Age groups are standard USMS age groups. Custom ribbons to the top three in each age group in both Category I & II suit divisions.

**OREGON OPEN WATER SERIES:** Both swims are featured swims. Category I suits scored 22-18-16-14-12-10-8-6-4-2. Category II suits scored 11-9-8-7-6-5-4-3-2-1.

**HOT DRINKS & SNACKS:** We'll have hot coffee and hot water for other drinks to help keep you warm before & after swims. We will also offer modest snacks for our volunteers, many of whom are on duty long before swimmers arrive. Swimmers may snack too, but these snacks are NOT intended to serve as your breakfast or lunch. Eat before you arrive at the race site, or bring your own meal to the site.

**MEALS:** Bring your own picnic!

## 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](http://www.comaswim.org)

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

**NEXT YEAR:** In 2015, the Foster Lake Cable Swims will host the USMS Two-Mile Cable Swim National Championships. Glory! Records! Plan to be there!



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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=5313](https://www.ClubAssistant.com/club/meet_information.cfm?c=1756&smid=5313)

<b>Swimmer Information</b> (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):	
<b>Swims: Circle your events!</b>	<b>Seed Time for One-Mile &amp; Two-Mile!</b> Be accurate—no adjustments	<b>Fees for swims</b>	XXXXXXXXXX
Two-Mile Swim	_____ 1650-yd or 1500-mtr time.	\$30 for first swim.	
One-Mile Swim	'No Time' entry NOT accepted. Those who cannot swim 1 mile in 45 minutes or 2 miles in 1:40 SHOULD NOT ENTER.	\$10 for second swim.	
<b>Total Fees for Swims:</b>			
OMS-required \$6 fee to help cover cost of USMS-mandated event insurance. <b>OMS Insurance Surcharge:</b>			<b>\$6.00</b>
<b>Camping:</b> Tent Camping only in Lewis Creek Park on Friday night. Sorry, no RVs. <b>Fee: \$10.00 per tent.</b>			XXXXXXXXXX
<b>Total Fees for Camping:</b>			
<b>Miscellaneous Fees (only as needed)</b>		Fee	Sub-Total
USMS/Oregon One-Event Membership Fee (complete form at registration) <u>OR</u>		x \$18.00	XXXXXXXXXX
USMS/Oregon Full Membership Fee (complete form at registration) if needed		x \$50.00	
<b>Total Miscellaneous Fees:</b>			
<b>Swims + Surcharge + Meals + Camping + 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**

**All entries must be received by June 18!**