



LAKE JUNIPER CLINIC & BUOY SWIM

**Advanced Open Water Clinic, featuring Olympian & World Champion Alex Meyer
& 6th Annual 1200-meter Pool Buoy Swim**

at Juniper Swim & Fitness Center in Bend, Oregon on May 20-21, 2017

Hosted by Central Oregon Masters Aquatics
Sanctioned by Oregon LMSC for U.S. Masters Swimming, Inc.
In partnership with the Bend Park & Recreation District

GENERAL INFORMATION

SITE: Juniper Swim & Fitness Center, 800 NE 6th St., Bend, OR. Both events will be held in the JSFC 50-meter pool (a.k.a. 'Beautiful Lake Juniper' for this event). Expected water temperature is 80-81 degrees Fahrenheit.

ELIGIBILITY: Open ONLY to 2017 USMS members or foreign equivalents. Eligibility will be automatically verified through the online entry system. USMS "One-Event" membership is available for adult non-members for \$21.

REGISTRATION: https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=8905

ENTRY DEADLINE:

- **CLINIC:** Registration accepted up to the clinic's start. Day-of-clinic registrants will pay a \$10 late surcharge.
- **BUOY SWIM:** Deadline May 17, 2017. No late entries due to logistic needs. Please don't even ask!

SCHEDULE:

Saturday, May 20, 2017 - Clinic

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| 1:45-2:00 pm | Check-in for Open Water Clinic |
| 2:00-5:00 pm | <u>Advanced Open Water Clinic</u> |
| 6:00 pm | Informal social, brew pub to be determined |

Sunday, May 21, 2017 – Buoy Swim

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| 6:45 am | JSFC doors open for entrants & volunteers |
| 7:00 am | Check-in opens for Buoy Swim |
| 7:10 am | Warm-up begins on the course |
| 7:45 am | <u>Check-in closes!</u> |
| 7:50 am | Warm-up closes temporarily for meeting |
| 8:00 am | <u>Mandatory Pre-race Meeting</u> |
| 8:15 am | <u>Start</u> of Heat #1 |
| | Warm-up resumes inside the course |
| 8:45 am | Start of Heat # 2; subsequent heats as needed |
| At the end | Brunch & Awards |

ADVANCED OPEN WATER CLINIC INFORMATION

CLINIC GOALS: Review basic skills, learn advanced skills, lift your racing level, & laugh a lot.

CLINIC AUDIENCE: Targeted to all interested swimmers who have some experience in open water swimming and who would like to raise their game in open water racing. All swimmers—from modest to expert ability & achievement—

will benefit! We guarantee that you will learn some things—perhaps many things--about open water swimming and racing about which you have never even thought!

BRIEF OUTLINE (subject to modification):

- Introductions & clinic framework (on pool deck).
- Short warm-up (in water)
- Basic skills review: swimming straight & navigating (in water; breaks as needed)
- Advanced skills: Pack swimming, drafting, buoy turns, starts, & finishes (in water); feeding (on pool deck).
- Videos (on pool deck).
- Q & A & poolside wrap-up (on pool deck).
- Social (brew pub to be determined).

GUEST CLINICIAN: ALEX MEYER—Olympian, World Champion, and long-time member of the U.S. National Open Water Team. Alex started youth swimming in upstate New York, winning state high school titles in the 500 free twice. At Harvard College, he was team captain, high point winner, and NCAA All-American in the pool. He then hit the international open water swim scene in a big way, winning the 2010 25-km World Championship, finishing fourth in the 2011 10-km World Championship, placing tenth in the 2012 Olympic 10-km championship, and finishing as runner-up in the 2015 25-km World Championship. Obviously a great swimmer, Alex is also an experienced & outstanding clinician, having offered many clinics—to unanimous raves—in the past few years. He is enthusiastic and very well-spoken, easily able to pass on his knowledge and experience to other swimmers. He has some great stories too!

ASSISTANT CLINICIAN: BOB BRUCE—longtime COMA Head Coach and Oregon Masters Swimming Long Distance Chair, and current Chair of the USMS Open Water Committee. Bob has enjoyed a 50-year coaching career working successfully at all levels, and was honored as the USMS National Coach-of-the-Year in 2003 and with the inaugural USMS Open Water Service Award in 2013. He has lead more clinics that he can count.

FEE FOR CLINIC: \$80 (\$90 for day-of-clinic enrollment, provided there is an opening). Given the content & duration of the clinic and the expertise of the clinicians, **THIS IS A GREAT VALUE!**

LIMIT: This clinic is limited to 40 swimmers on a first-come first-served basis.

BUOY SWIM INFORMATION

1200-METER SWIM: This is a pool open-water-style swim, 12 loops of a rectangular 100-meter course marked with buoys. Swim direction will be clockwise this year, and reversed annually. This is the open water equivalent of short track speed skating, and is planned to be an early-season open water learning experience & fun challenge for first time racers & experienced competitors alike!

FEE FOR BUOY SWIM: \$25 (\$15 if bundled with the Clinic). Fee includes the swim, pre-swim snacks & drinks, and the post-swim brunch.

RULES: Current USMS open water rules will govern this event. Swim Caps are not required. Propulsive devices (such as fins & paddles) and flotation aids (such as pull-buoys & neoprene suits) are not allowed.

SEEDING: Swimmers will be seeded into heats & waves fastest to slowest by 1000-yard pool times. ‘No Time’ entries will not be accepted, and seeding changes will not be allowed after the heat sheet is posted. To ensure fairness, enter an accurate time, not a predicted time!

COUNTERS: Swimmers are strongly encouraged to bring someone to count laps for them, although this is not required.

START & FINISH: The swim will start in-water in seeded heats (12-20 swimmers each) & waves (3-5 swimmers each). The swim will finish with an in-water touch at poolside.

RESULTS: Results will be posted at the event site, and at www.comaswim.org and www.swimoregon.org.

RECORDS: Yes, we have event records. See the event website for the current records.

AWARDS: Finishers placing 1st to 3rd in their age group (18-24, 25-29, 30-34, and so on in five-year increments) will be awarded custom race ribbons.

OREGON OPEN WATER SERIES: The swim is a featured swim for the Series (22-18-16-14-12-10-8-6-4-2 pts).

BRUNCH: After the swim, all swimmers, officials, & guests are invited to stay for our all-you-care-to-eat brunch on the pool deck. This hefty & tasty brunch features eggs, pancakes, sausage, coffee, juice, and other fixings. Swimmers & event staff free. Guests \$10 each with your entry—it's a good idea to feed your counter if you bring one!

DIRECTIONS (Mapquest: Juniper Swim & Fitness Center): From North or South, take Business 97 (3rd St.). Do not take the Bypass Parkway. Turn on Highway 20 (Greenwood Av.), traveling east. Turn right on 6th St., and go south two blocks to the pool. Park in the upper lot or on the adjacent streets.

EVENT WEBSITE: www.comaswim.org

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