



# **7<sup>th</sup> Annual FOSTER LAKE CABLE SWIMS**

## **Featuring the USMS Two-Mile Cable Swim National Championships**

**June 24, 2017    One & Two-Mile Cable Swims**

Hosted by Central Oregon Masters Aquatics & Bend Swim Club  
Sanctioned by Oregon LMSC for U.S. Masters Swimming, Inc.  
Operating under Special Use Permit from the U.S. Army Corps of Engineers  
& the Linn County Parks & Recreation District

**LOCATION & COURSE:** Foster Lake is a scenic reservoir located just off U.S. Route 20 east of Sweet Home, OR. The course is a ¼-mile length of cable surveyed & certified accurate to USMS standards. Water temperature on this weekend in June has varied from 66-71 degrees Fahrenheit and will be posted at the event.

### **SWIMS FOR USMS-REGISTERED ATHLETES:**

- Two-Mile USMS Cable Swim National Championships
- One-Mile Cable Swim

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

7:15am	Lewis Creek Park opens for swimmers
7:45am	Check-in opens for all swims
8:30am	Check-in closes for Two-Mile
8:35am	Pre-race meeting & marshaling for Two-Mile
9:00am	<b>Start of Two-Mile Cable Swim National Championships</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 2017 USMS members or foreign equivalents. Eligibility will be automatically verified through the online entry system. USMS “One-Event” membership is available for adults for \$21. One-Event members are not eligible for the Two-Mile National Championships, but may swim in a separate non-championship category.

**RULES:** Current USMS rules will govern this event.

### **SWIMWEAR:**

- Category I suits are required for the Two-Mile National Championship Swim.
- Category II suits—including wetsuits—are not allowed in the Two-mile Swim, but are welcomed in the One-Mile Swim and scored separately from Category I suits. Swimmers wearing Category II suits are not eligible for records.
- See event website for swimwear details.

**SEEDING:** In both swims, all swimmers will be seeded fastest to slowest by 1650-yard 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 1:35 should NOT enter this event; 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 counterclockwise and the One-Mile swim will be conducted 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 the swim cap provided, have their race number on their arms (or hands when wearing sleeved wetsuits), and follow all announced safety rules without exception.

**REGISTRATION—ONLINE ONLY:**

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1689&smid=8417](https://www.clubassistant.com/club/meet_information.cfm?c=1689&smid=8417). All entries **MUST** be **received** by June 15. 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 200 registrants. We will maintain a waiting list in case early registrants drop out early enough to notify others.

**ENTRY FEE:** One swim is \$40. Two swims are \$55.

**RELAYS:** In the Two-Mile swim, cumulative relays will be accepted for National Championship places, All-American honors, and USMS records. In the One-Mile swim, relays will be accepted for records. Enter relays & pay fees on race day only. Bring club mates for relays!

**RESULTS:** Will be posted promptly after each heat & race, and at [www.comaswim.org](http://www.comaswim.org) and [www.swimoregon.org](http://www.swimoregon.org) after the event. National Championship results will be posted at [www.usms.org](http://www.usms.org).

**RECORDS:** Courses for both race distances are surveyed & certified, and qualify for National, Oregon, & event cable swim records. See the event website for current records. Category I suits are required to be eligible for records.

**AWARDS:** Awards to individual swimmers in the standard USMS age groups:

- Medals to eight places in each age group in the USMS Two-Mile National Championships. Championship patches to the USMS winners, who are required to be full USMS members.
- Custom ribbons to three places in each age group in both Category I & II suit divisions in the One-Mile swim and the non-championship Two-Mile swim.

**OREGON OPEN WATER SERIES:** Both swims are featured swims, scored 22-18-16-14-12-10-8-6-4-2.

**T-SHIRTS:** With their entry, swimmers may pre-order & purchase high-quality commemorative t-shirts for \$16. They will not be on sale at the event. See the Event Website for the t-shirt design.

**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 limited and **NOT** intended to serve as your breakfast or lunch.

**MEALS:** Swimmers will receive a post-swim meal. Swimmers may pre-order spectator meals for \$10 each with entry.

**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. Exact change is welcome.

**CAMPING:** Camping at Lewis Creek Park is reserved on Friday evening by registration with swimmer entry. 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)

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