

12th CENTRAL OREGON COAST SWIMS AT EEL LAKE

Eel Lake, OR Sunday, August 13, 2017

Hosted by Central Oregon Masters Aquatics
Sanctioned by Oregon LMSC for U.S. Masters Swimming, Inc.
Operating under Special Use Permit from Oregon State Parks

LOCATION: Eel Lake is a freshwater lake on the Oregon coast at William M. Tugman State Park, on U.S. 101 between Reedsport and Coos Bay. Expected water temperature is 67-71 degrees F., and will be posted on race day. No, the lake is not named for its residents; it's named for its shape.

SWIMS: Adults—sorry, no swimmers under age 18—may enter any or all of the three swims. We'll start with a 3000-meter swim, twice clockwise around an irregular pentagonal course (remember your geometry?). Then we'll try a 600-meter Agility Swim on counterclockwise loop course. Finally, we'll stage the 1500-meter swim, once around the pentagonal course counter-clockwise.

SWIM SCHEDULE (subject to change due to conditions):

8:00-8:40am	Registration/Check-in for all swims
8:45am	Pre-swim meeting for 3000-meter swim
9:00am	Start of 3000-meter swim
10:00-10:30am	Registration/Check-in for next two swims
10:40am	Pre-swim meeting for 600-meter Agility Swim
10:55am	Start of 600-meter Agility Swim
11:00-11:30am	Registration/Check-in for 1500-meter swim
11:40am	Pre-swim meeting for 1500-meter swim
11:55am	1500-meter swim
1:15pm	Awards

ELIGIBILITY: Open ONLY to 2017 USMS members or foreign equivalents 18 + on race day. USMS "One-Event" membership—covering all swims—is available for adults 18+ only for \$21.

RULES: Current USMS rules shall govern this event. Age will be determined by the age of the swimmer on December 31, 2017, except for 18-year-olds, who must be 18 on the day of the 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 600-meter Agility Swim, swimmers may wear any swimwear or gear that they wish.

AGILITY SWIM: The 600-meter swim will be a special swimmer obstacle course, new this year! This will be a fun to find the kid in you and to test your athletic & cognitive abilities.

JUST FOR FUN: In the 1500-meter swim only, we have added a new category called 'Just for Fun' for swimmers who would like a more-relaxed, non-competitive participation swim experience. Swimmers in this category may use otherwise-prohibited devices like snorkels, buoys, paddles, fins, etc. They'll identify themselves at the swimmers' pre-swim meeting and swim with the rest of us, but for safety and fairness they'll start at the back of the pack and avoid contact & drafting with those who are racing. We won't report places or score them in any swimwear category, but we will report times as a courtesy. As we said—just for fun! The addition of this category is the national pilot of a new initiative to be integrated into our usual swims, aimed to attract new participants who might not be inclined to race or to swim without their favorite gear.

STARTS & SEEDING: The 1500 & 3000-meter swims will use a mass start. The 600-meter Agility Swim will use an individual start with a 20-second stagger, seeded fastest to slowest.

SAFETY—OUR PRIMARY CONCERN: Safety boats will monitor the entire course. 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—ONLINE ONLY (except day-of-race entries, which carry a \$10 late fee):

https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=9254 Online entries must be received by Tuesday, August 8. After that, swimmers may only enter as a Day-of-Race entry, which carries a \$10 late fee. **Save some cash—submit your entries on time!**

ENTRY FEES: One swim (500, 1500 or 3000-meter) is \$25; two swims are \$35; all three swims are \$40. Entry fee includes pre & post-swim snacks and the swims themselves.

OMS SANCTION SURCHARGE: There is a required a \$5 per swimmer surcharge to cover the cost of USMS-mandated sanction insurance.

RESULTS: Will be posted at Eel Lake promptly after each swim and at www.comaswim.org and www.swimoregon.org after the event.

AWARDS: Age groups are standard USMS age groups.

- 500, 1500, and 3000-meter swims: Eel Lake ribbons to the top three finishers in each age group & race in both suit categories.
- ‘Just for Fun’ Category in the 1500-meter swim: No awards, but the great satisfaction of a swim well done.

OREGON OPEN WATER SERIES: All swims count towards the cumulative season series. The 1500 & 3000-meter swims are featured swims, the 600-meter Agility Swim is a qualifying swim, and the ‘Just for Fun’ category in the 1500-meter swim is a participation swim.

SNACKS: Beverages, brownies, cookies, & fruit will be available, but lunch will not be provided.

SOUVENIRS: None. We’re trying to keep the cost of your swims down.

DIRECTIONS: Google William M. Tugman State Park, just off U.S. Highway 101 between Reedsport and Coos Bay.

PARKING: There is plenty of nearby parking in the park, with no parking fee.

CAMPING: Tugman campground has both reservable and first-come first-served campsites, as well as reservable yurts. Call 1-800-452-5687 for reservations. As a backup, try nearby Umpqua State Park, same reservation number.

WEBSITE FOR EVENT INFO: www.comaswim.org

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