



8th Annual FOSTER LAKE CABLE SWIMS

Featuring the USMS Two-Mile Cable Swim National Championships, the second of three swims in the “Your Oregon Swimcation” Open Water Festival

Also featuring the Oregon LMSC One-Mile Cable Swim Championships

One & Two-Mile Cable Swims in Sweet Home, Oregon, on Thursday, July 12, 2018

Hosted by Central Oregon Masters Aquatics
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 date has varied from 68-72 degrees Fahrenheit and will be posted at the event.

SWIMS FOR USMS-REGISTERED ATHLETES:

- Two-Mile Cable Swim (featuring the USMS Cable Swim National Championships)
- One-Mile Cable Swim (featuring the Oregon LMSC Championships)

SWIM SCHEDULE (subject to change due to conditions):

6:45am	Lewis Creek Park opens for swimmers
7:15am	Check-in & warm-up opens for all swims
8:00am	Check-in closes for Two-Mile
8:05am	Pre-race meeting & marshaling for Two-Mile
8:30am	Start of Two-Mile Cable Swim (featuring National Championships)
10:00am	Check-in closes for One-Mile
10:10am	Meeting of Oregon Team representatives (one per team)
10:20am	Pre-race meeting & marshaling for One-Mile
10:45am	Start of One-Mile Cable Swim (featuring Oregon LMSC Championships)
11:30pm	Award Ceremony for Two-Mile
12:15pm	Relay entries close

RULES: Current USMS rules will govern this event. Under penalty of disqualification, swimmers may not make deliberate contact with craft, craft operators, and/or any physical features on or near the course during the swim

ELIGIBILITY:

- One-Event members are not eligible for the Two-Mile National Championships, but may swim in a separate non-championship category.
- One-Event members are not eligible to score team points in the One-Mile LMSC Championships, but may swim in a separate non-championship category.

SWIMWEAR:

- Category I suits are required to be eligible for the Two-Mile National Championships & the One-Mile Oregon Championships.
- Category II suits—including wetsuits—are welcomed in the both swims and scored separately from Category I suits. Swimmers wearing Category II suits are not eligible for records, national championship awards, and Oregon championships team scoring.
- 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. It is to your great advantage to enter an accurate time with no adjustments!

TIME LIMIT: Swimmers who cannot swim one mile in 45 minutes or two miles in 1:35 should NOT enter these events; 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 counterclockwise; 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=1756&smid=9712. All entries MUST be received by July 2. 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.

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

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, cumulative 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 swim, and at www.comaswim.org and www.swimoregon.org after the event. National Championship results will be posted at www.usms.org.

RECORDS: Courses for both race distances are surveyed & certified, and qualify for National, Oregon, & Foster Lake 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 Category I & II suit divisions in 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.

SOUVENIR 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; order vegetarian or meat with entry. Swimmers may pre-order spectator meals (vegetarian or meat) for \$10 each with your entry.

CAMPING: By special permission, camping at Lewis Creek Park is reserved on Friday night by registration with your entry. Tents only—sorry, no RVs or tear-drops. Camping fee is \$10 per tent. There is NO drop-in camping on site!

DIRECTIONS (Google: 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.

LODGING & OTHER CAMPING: See Event Website for options.

EVENT WEBSITE: www.comaswim.org

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