

24rd ANNUAL CASCADE LAKES SWIM SERIES & FESTIVAL

Elk Lake, OR July 27-29, 2018 5 Swims in 3 Days!

Hosted by Central Oregon Masters Aquatics and Bend Park & Recreation District
Sanctioned by Oregon LMSC for U.S. Masters Swimming, Inc. #3787-W005
Operating under Special Use Permit from the United States Forest Service

Entries completed by July 16 will pay the normal fees. Entries completed July 17-21 must pay a \$10 late fee. The online entry system will close on July 21 at Midnight PDST.

LOCATION: Elk Lake, a beautiful, clear mountain lake nestled in the sunny Oregon Cascades 33 miles from Bend. Water temperature is expected to be 66-69 degrees F. and will be posted on race days.

FESTIVAL: Elk Lake is a great place to bring your family for a fine outdoors experience and extravaganza. Think multi-day, multi-swim FESTIVAL!

RACES: The **Cascade Lakes Swim Series** features five open water swims over three days. Adult participants may enter any or all of the five swims. Friday's swim is a **3000-meter** swim on a triangular course. Saturday's swims are an individual **500-meter** time trial on an out-and-back floating line course and a **1500-meter** swim around a triangular course. Sunday's swims will include a **5000-meter** swim consisting of three loops of a diamond & triangular course and a **1000-meter** swim on an irregular course following the shoreline.

SWIM SCHEDULE (subject to change due to conditions):

Friday, July 28, 2017

4:30-5:30pm Registration/Check-In for 3000-meter swim

6:00pm Start of 3000-meter swim

Saturday, July 29, 2017

7:45-8:45am Registration/Check-In for 500 & 1500-meter swims

9:15am Start of 500-meter swim

10:15-11:00am Registration/Check-in for the 1500-meter

11:30am Start of 1500-meter swim

Sunday, July 30, 2017

7:15 am-8:15am Registration/Check-In for 5000 & 1000-meter swims

8:45 am Start of 5000-meter swim

10:00-11:00am Registration/Check-In for the 1000-meter swim

11:45 am Start of 1000-meter race

Pre-race instructions 15 minutes before each start time. A picnic lunch or dinner will follow the finish of races each day.

SERIES: The **Cascade Lakes Swim Series** includes a **Short Series** (500, 1000, & 1500-meter swims) and a **Long Series** (1500, 3000, & 5000-meter swims). Each swimmer may enter one distance series only and must complete all three series swims to be eligible for series awards. For series awards, points will be based on finish order in each race, with a Category II suit deduction (10% time penalty). Swimmers who complete all FIVE swims will win special **Survivor** awards.

ELIGIBILITY: Open ONLY to 2018 USMS members or foreign equivalents, who must be adults 18+ on Friday, July 27, 2018. USMS "One-Event" membership—covering all races—is available for adults 18+ only for \$21.

RULES: USMS rules will govern this event. Category II suits—including wetsuits—are welcomed in all swims, but scored in a separate category. See event website for swimwear details.

STARTS & SEEDING: The 1500, 3000 & 5000-meter swims will use a mass start unless the size of the entry dictates otherwise for safety's sake. The 500-meter swim will have individual starts and the 1000-meter swim will start in small heats; both swims will be seeded fastest-to-slowest based on 500-yard seed time. Day-of-Race entries and those not submitting a seed time will not be seeded in advance and will swim last. *No changes allowed in seeding times at the race, so enter accurate times.*

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 or hands, and follow all announced safety rules without exception.

REGISTRATION—ONLINE ONLY (except Day-of-Race entries):

https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=9712. Entries completed by July 16 will pay the normal fees. Entries completed July 17-21 must pay a \$10 late fee. The online entry system will close on July 21 at midnight PDST. After that, swimmers may only enter at the event site as a Day-of-Race entry, which requires a \$20 late fee. **Save some cash—submit your entries on time!**

ENTRY FEES: The basic entry fee is \$30, plus \$5 for each swim. Entry fee includes a swim cap and post-swim meals on your race days.

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

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

AWARDS: Age groups are standard USMS age groups.

Awards to individual swimmers by age group:

- Ribbons to three places in each age group in all swims in both suit categories.
- Ceramic coasters to the top 3 Series finishers in each age group.

Awards to individual swimmers regardless of age group:

- Ceramic mug to the top masters male & female in each Series.
- Special Survivor award to everyone completing all five swims.

OREGON OPEN WATER SERIES: All swims count towards the cumulative season series. The 1500 & 5000 are featured swims, while the 500, 1000, & 3000-meter swims are qualifying swims.

SOUVENIR T-SHIRTS: With their entry, swimmers may pre-order & purchase one high-quality commemorative t-shirt for \$12 and additional t-shirts for \$16. They will not be on sale at the event. See the Event Website for the t-shirt design. 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 entry. Meals include dinner on Friday evening, and lunch on Saturday and Sunday.

CAMPING: By pre-registration only (first come first served), we have reserved Little Lava Lake Campground for swimmers & spectators Thursday through Sunday. Note that this is NOT our usual campground at Little Fawn! Only tents or small motor homes are permitted. Camping fee is \$8 per day per camper 12 years or older—include fee with your entry form to secure your spot. Very limited parking at the campgrounds! NO drop-in camping!

DIRECTIONS (Google: Elk Lake): From Century Drive in Bend, take the Cascade Lakes Scenic Highway approximately 34 miles to Elk Lake. The start & finish for all swims is the Beach Day Use Area at the southernmost end of the lake, last Elk Lake exit if coming from Bend.

PARKING: Parking is limited to two large pullouts off the Cascades Lakes Highway, the Six-Lakes Trailhead, and the Little Fawn Group Campground. A shuttle will run Saturday & Sunday between the campground, trailhead, and the race site before & during registration and after races are completed. There will be no general parking at the race site until after event activities have concluded. **Your car must display a current NW Forest Pass to park anywhere other than the highway pullouts, trailhead, or campground.**

DOGS: NO DOGS at Elk Lake (USFS Rule), but they may be in the campground on a leash. Never leave your dog unattended in a car!

WEBSITE FOR COMPLETE INFO: www.comaswim.org

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