**14th SOUTHERN OREGON COAST SWIMS AT EEL LAKE**

**Eel Lake, OR Saturday, August 17, 2019**

Hosted by Southern 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 either or both of the swims. We’ll start with a 3000-meter swim, twice clockwise around an irregular pentagonal course (remember your geometry?). Then we’ll stage the 1500-meter swim, once around the pentagonal course counter-clockwise.

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

8:00-8:40amRegistration/Check-in for all swims

8:45am Required pre-swim meeting for 3000-meter swim

9:00am Start of 3000-meter swim

10:00-10:30am Registration/Check-in for 1500-meter swim

10:40am Required pre-swim meeting for 1500-meter Swim

10:55am Start of 1500-meter swim

12:15pm Awards

**ELIGIBILITY:**  Open ONLY to 2019 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, 2019, 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;
* Swimmers in either swimwear category MAY wear a personal buoy (tow float) for identification and safety. These are defined as inflatable, tethered to the waist, and towed no farther behind than the top of the ankle;
* Swimmers MAY/MAY NOT (your call) make deliberate contact with craft and/or physical features on or near the course.

**JUST FOR FUN:** In the 1500-meter swim only, we have a 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, pull 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! This category is 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 both use a mass start.  
  
**SAFETY—OUR PRIMARY CONCERN: S**afety 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=XXXX&smid=XXXX**](https://www.clubassistant.com/club/meet_information.cfm?c=XXXX&smid=XXXX) Online entries must be received by Monday, August 12. 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 (1500 or 3000-meter) is $30; two 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.somaswim.org](http://www.somaswim.org) and [www.swimoregon.org](http://www.swimoregon.org) after the event.  
  
**AWARDS:** Age groups are standard USMS age groups.

* 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, 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:** Swimmers may pre-order commemorative T-shirts for $20. A limited number of shirts will be for sale at the event.

**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.somaswim.org**](http://www.somaswim.org)

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