



10th Annual FOSTER LAKE CABLE SWIMS

Featuring the first-ever Foster Lake Sprint Series

**¼, ½, & 1-Mile Cable Swims in Sweet Home, Oregon
on Saturday, June 27, 2020**

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. Lewis Creek Park, located on the northeast corner of the lake, is the event venue. The course is a ¼-mile length of cable surveyed & certified accurate to USMS standards. Water temperature on this date has varied from 67-72 degrees Fahrenheit and will be posted at the event.

SWIMS (in order):

- ¼-Mile Cable Swim (straightaway)
- 1-Mile Cable Swim (clockwise)
- ½-Mile Cable Swim (counterclockwise)

SPRINT SERIES (NEW THIS YEAR!): Individual results from the three swims will be totaled ordinally to determine series championships in all age groups & overall.

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 ¼-Mile Swim
8:05am	Pre-race meeting, marshaling, & swim to the start for ¼-Mile Swim
8:40am	Start of ¼-Mile Cable Swim
9:20am	Check-in closes for One-Mile Swim
9:30am	Pre-race meeting & marshaling for One-Mile Swim
9:55am	Start of One-Mile Cable Swim
10:55am	Check-in closes for ½-Mile Swim
11:05am	Pre-race meeting & marshaling for ½-Mile Swim
11:25am	Start of ½-Mile Cable Swim
12:15pm	Award Ceremony begins Relay entries close

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=12821. All entries MUST be **received** by Thursday, June 18. 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.

ELIGIBILITY: Open ONLY to adults (18 years of age or older on the day of the event) who are current USMS members or foreign equivalents. Eligibility will be verified through the online entry system. For swimmers who are not USMS members, USMS “One-Event” (OEVT) membership—good for all swims—is available with entry for \$21.

QUALIFYING TIME: Swimmers who cannot swim 1650-yards or 1500-meters in 45 minutes MAY NOT ENTER these events. It’s for safety!

ENTRY LIMITS: The entire event—including all swims—is limited to the first 180 registrants. We will maintain a waiting list if early registrants drop out early enough to notify others.

ENTRY FEE: One swim \$40; two swims \$50; three swims (the full series) \$60. Maximize your entry value and your fun—do all three swims and be in the Series.

OMS SANCTION SURCHARGE: In addition to the entry fee, there is a required \$5 per swimmer surcharge to cover the cost of USMS-mandated sanction insurance.

CONSOLIDATED EVENT: Each cable swim will be seeded as a single swim, without regard to swimmer gender, age, or swimwear category, in the order of submitted entry times. Places, awards, and published results for these events shall be separate for each gender, age group, and swimwear category.

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.

SWIMWEAR: Current USMS swimwear rules will govern this event.

- Category I suits are required for swimmers to be eligible for the special Sprint Series.
- Category II suits—including wetsuits—are welcomed in both swims but tabulated separately from Category I suits. Swimmers wearing Category II suits are not eligible for records, relays, and Sprint Series tabulation & awards.
- See event website for USMS swimwear classification details.

SEEDING: For all swims, swimmers will be seeded fastest to slowest by 1650-yard or 1500-meter pool time. ‘No Time’ entries will not be accepted. It is to your great advantage to enter a current & accurate pool time with no adjustments! Seeding changes will not be allowed after the heat sheet is posted.

WARM-UP & WARM-DOWN:

- There will be a practice cable set up in the enclosed swimming area and spotters provided there for supervised warm-up & warm-down. Choosing to swim elsewhere in the lake is at the swimmer’s own risk.
- Warm up before the pre-race meeting, as swimmers go directly from meeting to marshaling to racing!

STARTS:

- In the ¼-Mile, swimmers will start in small seeded waves (4-6 swimmers each) starting 20 seconds apart.
- In the 1-Mile & ½-Mile swims, swimmers will start in seeded waves (8-12 swimmers each) starting 20 seconds apart. The 1-Mile swim will be contested clockwise and the ½-Mile Swim will be contested counterclockwise.

ABANDONMENT: In the event of abandonment, the swim shall be re-started from the beginning at the earliest possible time and the full distance completed **if conditions permit**.

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

RELAYS: In the 1-Mile swim only, cumulative relays will be accepted for USMS, Oregon, and Foster Lake Course cable swim records. No Fees! Enter relays on race day only. Bring club teammates for relays!

RECORDS: The course is surveyed & certified. Category I suits are required to be eligible for records, for both individual and relay swims. See the event website for current records; since this is the first year for the ¼-mile and ½-mile swims, there are no prior records for these swims.

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

- Custom ribbons to three places in each age group in both Category I & II suit divisions in all swims.
- Special Series award to the top three Series finishers in each age group. Category I suits are required to be eligible for Series awards.
- Special Series award to the top three Series women & men finishers overall. Category I suits are required to be eligible for Series awards.

- No club scoring or team awards.

OREGON OPEN WATER SERIES: The ¼ & 1-Mile swims are featured swims. The ½-Mile swim is a qualifying swim. See <https://swimoregon.org/open-water/> for details of the Oregon Open Water Series.

HOT DRINKS: We'll have hot water for drinks to help keep you warm before & after swims.

MEALS: Swimmers will receive a post-swim meal; order vegetarian or meat with your entry. Swimmers may pre-order spectator meals (vegetarian or meat) for \$12 each, in advance 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, tear-drops, or pop-up trailer tents. Camping fee is \$17 per car, with Saturday parking included. There is NO drop-in camping on site! There are nearby public campgrounds run by Linn County.

DIRECTIONS (Google: Lewis Creek Park): <https://linnparks.com/parks/lewis-creek/>

- **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 Weyerhauser 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 Weyerhauser 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 \$7 per car; please pay at park entrance. Exact change is welcome.

LODGING & OTHER CAMPING: See Event Website (below) for options.

EVENT WEBSITE: www.comaswim.org/foster-lake.html

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