



# FOSTER LAKE CABLE SWIMS

Featuring the USMS Two-Mile Cable Swim National Championships  
June 30, 2012 One & Two-Mile Cable Swims & Dog Tandem Challenge!

Hosted by Central Oregon Masters Aquatics

Sanctioned by Oregon Masters Swimming for U.S. Masters Swimming #372-W005  
Operating under Special Use Permit from the U.S. Army Corps of Engineers

**LOCATION & COURSE:** Foster Lake is a scenic reservoir located just off U.S. Route 20 near Sweet Home, OR. The course is a ¼-mile cable certified accurate to USMS standards. Water temperature on race day has varied from 66-72 degrees Fahrenheit and will be posted.

## SWIMS:

- USMS Two-Mile Cable Swim National Championships;
- One-Mile non-championship cable swim;
- Dog Tandem Challenge

**ELIGIBILITY:** This event is open ONLY to 2012 USMS members or foreign equivalents. Eligibility will be automatically verified for online entries. A legible photocopy of 2012 USMS card or foreign equivalent MUST accompany mailed entries. USMS "One-Event" membership is NOT available for this event.

**RULES:** Current USMS rules will govern this event. In the Two-Mile swim, only Category I swimwear is allowed. In the One-Mile swim, Category II suits—including wetsuits—are allowed but scored in a separate category. See event website for swimwear details.

**SEEDING:** In both One & Two-Mile swims, all swimmers will be seeded fastest to slowest by 1650-yard or 1500-meter time. 'No Time' entries will not be accepted. Seeding changes will not be allowed after the heat sheet is posted. Enter accurate times with no adjustments!

**STARTS:** In both One & Two-Mile swims, each heat will consist of seeded waves (8-12 swimmers each) starting 20-30 seconds apart. The Two-Mile & One-Mile swims will be contested in opposite directions, which will be decided by a coin toss at the Two-Mile pre-race meeting.

**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, must have their race number on their arms, and must follow all announced safety rules without exception. Time Limit: Swimmers who cannot complete one mile in 50 minutes or two miles in 1:45 should NOT enter; swimmers on the course after these time limits may be stopped and listed as DNF in the results.

**DOGS SWIM TOO!** 50-meter (or so) Tandem Challenge for dogs and their significant human! Unsanctioned—after all, dogs are not eligible for USMS membership. Open Age Group—whose age would we use anyway? Individual tandem starts. Start & finish—all paws dry. No entry fee. **Woof! Dogs must be on leash at all times except when swimming, and owners must pick up after them.**

## RACE SCHEDULE (subject to change if conditions warrant):

7:30am	Lewis Creek Park opens for swimmers
8:00am	Check-in opens for all swims
8:45am	Check-in closes for Two-Mile
8:50am	Pre-race meeting & marshaling for Two-Mile
9:15am	<b>Start of Two-Mile National Championships</b>
11:00am	Check-in closes for One-Mile
	Awards for Two-Mile National Championships
11:20pm	Pre-race meeting & marshaling for One-Mile
11:45am	<b>Start of One-Mile</b>
12:15pm	Lunch opens
12:30pm	Check-in closes for Dog Tandem Challenge
12:45pm	<b>Start of Dog Tandem Challenge</b>
1:15pm	Awards for One-Mile
1:30pm	Relay entries close

**REGISTRATION:** Save time, paper, & errors by registering online [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1689&mid=3781](https://www.ClubAssistant.com/club/meet_information.cfm?c=1689&mid=3781). Or register by mail using the attached entry form. All entries MUST be received by June 20. 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. Submit your entry on time!

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

**ENTRY FEES:** One swim is \$40. Two swims are \$50. Dog Tandem Challenge is free. Entry fee includes swims, a souvenir swim cap, and a post-swim meal. No refunds after the June 20 entry deadline.

**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, relays will be accepted for records. Enter relays & pay fees on race day only. Bring club mates for relays!

**RESULTS:** Results will be posted at Foster Lake promptly after each heat & race, and at [www.comaswim.org](http://www.comaswim.org), [www.swimoregon.org](http://www.swimoregon.org), and [www.usms.org](http://www.usms.org) after the event. You may purchase hard-copy results.

**RECORDS:** Courses for both race distances are surveyed & certified, and qualify for National & Oregon cable swim records if they are set.

**AWARDS:** Age groups are standard USMS age groups.

- Two-Mile: USMS championship medals to top 8 finishers, and USMS championship patch to USMS winner, in each age group.
- One-Mile: Custom ribbons to the top three in each age group.
- Dog Tandem Challenge: Dog treats for all.

**OREGON OPEN WATER SERIES:** All swims count towards the cumulative season series. The One-Mile & Two-Mile swims are featured swims (22-18-16-14-12-10-8-6-4-2 pts) and the Dog Tandem Challenge is a participation swim (7 pts).

**T-SHIRTS:** Each swimmer may pre-order & purchase one high-quality commemorative t-shirt for \$12, and additional ones for \$16. Not on sale at the event. See the website below for the t-shirt design.

## **DIRECTIONS (Mapquest: 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.

**LODGING & CAMPING:** See website for options.

**WEBSITE FOR COMPLETE INFO:** [www.comaswim.org](http://www.comaswim.org)

**EVENT DIRECTOR: Bob Bruce**

[coachbob@bendbroadband.com](mailto:coachbob@bendbroadband.com) 541-317-4851



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## ENTRY FORM

**If possible, save time, paper, and errors by registering on-line. Thanks!**  
[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1689&smid=3781](https://www.ClubAssistant.com/club/meet_information.cfm?c=1689&smid=3781)

<b>Swimmer Information (include a legible photocopy of your registration card—this is required!)</b>			
Name: First: _____		Last: _____	
Address: _____		City: _____	State: _____ Zip: _____
E-mail Address: _____		Phone – evening: (    ) _____	
Emergency Contact (Important): _____		Emergency Contact Phone on Race Day: (    ) _____	
Gender (circle): M F	Birth Date (mm/dd/yyyy): _____	Age on Race Day: _____	
USMS Number: _____		USMS Club: _____	
		Local Oregon Team (if applicable): _____	

<b>Swims: Circle your events!</b>	<b>Seed Time for One-Mile &amp; Two-Mile! Be accurate—no adjustments</b>	<b>Fees per swim</b>	
Two-Mile Championship Swim	_____ 1650-yd or 1500-mtr time.	\$40 for first swim.	
One-Mile Swim	‘No Time’ entry NOT accepted. Those who cannot swim 1 mile in 50 minutes or 2 miles in 1:45 SHOULD NOT ENTER.	\$10 for second swim.	
Dog Tandem Challenge		Dog Tandem Challenge: Free	
<b>Enter Total Fees for Swims:</b>			
<b>Meals: Free for Competitors</b>	<b>Number of spectator meals</b>	<b>Fee/meal</b>	<b>Sub-Total</b>
-----		x \$8.00	
<b>Enter Total Fees for Spectator Meals:</b>			
<b>Shirts: Premium quality!</b>	<b>One T-shirt per entrant at \$12. Add \$16 for each extra T-shirt. List Number &amp; Size(s)</b>	<b>Fee</b>	<b>Sub-Total</b>
Size (S, M, L, XL); XXL add \$3.00			
T-shirt – short sleeve (first one)	Style: Women’s ___ or Men’s ___ Size ___	x \$12.00	
T-shirt – short sleeve (extra)	Style: Women’s ___ or Men’s ___ Size ___	Each \$16.00	
T-shirt – short sleeve (extra)	Style: Women’s ___ or Men’s ___ Size ___	Each \$16.00	
<b>Enter Total Fees for T-Shirts:</b>			
<b>Miscellaneous Fees:</b>		<b>Fee</b>	<b>Sub-Total</b>
Hard-copy of Results mailed to you (results will also be posted on websites)		x \$3.00	
<b>Enter Total Miscellaneous Fees:</b>			
<b>Swims + Meals + Shirts + Miscellaneous Fees</b>		<b>Enter TOTAL COST:</b>	

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

**Signature:** Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Include Completed Entry Form, Copy of USMS Card, & Check (payable to COMA)  
Send Entries to Bob Bruce, 61200 Parrell Rd., Bend, OR 97702-2602**