



**ROGUE VALLEY MASTERS OPEN WATER WEEKEND
SATURDAY & SUNDAY, JULY 19 & 20, AT APPLGATE LAKE**

SATURDAY, JULY 19:

1500 METER OPEN WATER SWIM

--AND--

3 X 500 METER PURSUIT RELAY

Saturday:

8:00-9:00am 1500M Registration/Check-in

(Check-in will close promptly at 9:30am)

9:15am Pre-race instructions

9:30am 1500M Race start

11:00 Relay Check-in/Instructions

11:20 Relay start

Lunch hosted by RVM and Awards

Relay information will be available at 1500M registration.

SUNDAY, JULY 20:

5000 METER (3.1 MILE) OPEN WATER SWIM

Sunday:

7:30-8:30am 5000M Registration/Check-in

(Check-in will close promptly at 8:30am)

8:45am Pre-race instructions

9:00am 5000M Race start

Awards but No Brunch

ENTRY FEES: Saturday - 1500M: \$25.00
Sunday - 5000M: \$20.00
Both events: \$40.00
Relay: Free!

ENTRIES MUST BE POSTMARKED BY JUNE 30.

There will be an additional \$5.00 per event surcharge for race-day entries. Entry fees include lunch; additional lunches are available for \$5.00 per person. Race-day entrants are not guaranteed a t-shirt but orders will be taken and t-shirts will be sent promptly after the event. There will be a limited number of t-shirts for sale on race day for \$12.00. Sweat-shirts are sold separately for \$16.00. Swimmers must provide their own brightly-colored caps. Fifty percent of all fees are refundable with at least 7 days prior notice via phone or e-mail to the Race Director.

SANCTIONS & RULES: These events are sanctioned by OMS, Inc, for USMS #378-OW2. Current USMS rules apply to all swims. The use of pull buoys, hand paddles and fins are prohibited. Start and finish for the 1500M & 5000M will be in the water. The 1500M and 5000M are part of the Oregon Open Water Swim Series.

AWARDS: 1st through 3rd place in each male & female 5-year age group and the fastest overall male & female swimmers will receive awards in both distance races. Relay winners get bragging rights. Complete results will be posted on the OMS website (www.swimoregon.org) and in the newsletter Aqua Master.

SAFETY: Lifeguards in safety crafts will monitor the course for all events and medical personnel will be on site near the start/finish area.

ELIGIBILITY: All events are open to USMS registered swimmers 18 years of age as of July 19, 2008. All entrants

must submit a copy of their 2008 USMS registration card with their entry. One-Event USMS Registration, covering all races, will be available for \$15.00 at the race venue.

PARKING: There is a day-use parking fee of \$5.00 payable to the park concessionaire at Hart-Tish Park.

CAMPING: At Hart-Tish Park, there are 2-3 small sites (each site holds 2 tents only) that may be reserved in advance at a cost of \$7.00/person/night with day-use parking included. Self-contained RV camping at Hart-Tish Park is \$10/site/night, payable to the park concessionaire (includes the day-use fee.) There are no hookups.

DIRECTIONS: From either north or south on I-5 take exit #27, Barnett Rd, in Medford. Go west to Riverside Av. and turn right (north.) Proceed to East Main St, Hwy 238, turning left (west). Continue on this highway through Medford and Jacksonville, turning right in Jacksonville. Highway 238 continues to the town of Ruch at which point the road will fork. Go left, following the signs to Applegate Lake. Proceed past the dam for another .7 miles until you reach Hart-Tish Park on the left. There will be signs posted along the way directing you to the park. It is a 45-minute drive from Medford to Hart-Tish Park. This event is under special use authorization with the Rogue River National Forest. **Forest Service rules: No pets allowed at Hart-Tish Park.**

RACE DIRECTOR: Greg Frownfelter 541-535-3633; GREGF@JobCouncil.org

ENTRY FORM FOR APPLGATE OPEN WATER SWIMS

Name: _____ DOB: ____/____/____ Age: _____ M____ F____

Address/City/State/Zip: _____

Phone: _____ E-mail: _____ Club: _____ Local Team _____

USMS Reg # _____ (Please attach copy of card.)

ALL SWIMMERS MUST BE CURRENT MEMBERS OF USMS, INC. (One-Event Registration available @\$15.00)

1500 Meter Swim: _____ \$25.00

5000 Meter Swim: _____ \$20.00

Both Events: _____ \$40.00

Extra T-Shirt: _____ \$12.00 S ___ M ___ L ___ XL ___ XXL (\$2 extra) ___

Sweat Shirt: _____ \$16.00 S ___ M ___ L ___ XL ___ XXL (\$2 extra) ___

Extra Lunch(s): _____ \$5.00 per person

Camping: Hart-Tish Park _____ \$7.00/person/night

TOTAL: \$ _____ Please make checks payable to: RVM Lake Swim

MAIL ENTRY FORM, CHECK, & COPY OF 2008 USMS REGISTRATION TO: RVM LAKE SWIM
PO BOX 3338
ASHLAND, OR 97520

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 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: US 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: _____ **Date:** _____