



**ROGUE VALLEY MASTERS OPEN WATER WEEKEND
SATURDAY & SUNDAY, JULY 18 & 19, at APPLGATE LAKE**

SATURDAY, JULY 18:

**1500-METER OPEN WATER SWIM
3 X 500-METER PURSUIT RELAY**

Saturday:

8:00-9:00am 1500M Registration/Check-in
(Check-in will close promptly at 9:00am)
9:15am Pre-race instructions
9:30am 1500M Race start
11:00am Relay Check-in/Instructions
11:20am 3 x 500 Pursuit Relay start

Lunch hosted by RVM

Relay rules & information will be available at registration.

SUNDAY, JULY 19:

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 and light brunch

ENTRY FEES: Saturday - 1500M: \$30.00
Sunday - 5000M: \$20.00
Both events: \$45.00
Relay: Free!

ENTRIES MUST BE POSTMARKED BY JUNE 30. There will be an additional \$10.00 per event surcharge for race-day entries, so please sign up early. There will be a limited number of t-shirts for sale on race day at a cost of \$20.00. Race-day entrants are not guaranteed a shirt but orders may be taken and shirts will be sent promptly after the event. Swimmers must provide their own 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 #379-OW3. 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 qualifying swims for 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. For the series awards, points will be based on the age group finish order in each race. Relay winners get bragging rights. Complete results will be posted on the OMS website: www.swimoregon.org and in the Aqua Master.

SAFETY: Lifeguards in safety craft will monitor the course for both events. 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 18, 2009. All entrants must submit a copy of their 2009 USMS registration card with their entry. One event USMS registration will be available for \$15.00 on race day.

PARKING: There is a day-use parking fee of \$7.00 payable to the park concessionaire at Hart-Tish Park.

CAMPING: RVM has reserved all 10 tent camping sites and 4 self-contained RV camping spaces (no hookups) at Hart-Tish Park, the race site. Camping fee includes day use. \$7 Day Use Pass at Hart-Tish Park is available at the park concessionaire; for information call 541-899-9220 or www.applegatelake.com. If you want something more scenic and secluded away from the race site you can reserve a camping spot at Beaver Sulfer campground at www.reserveamerica.com.

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 HWY 238 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 Applegate dam for another .7 miles until you turn left at Hart-Tish Park. 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: Nate Sanford 541.210.0146 nathan@redarrow.org

APPLEGATE LAKE OPEN WATER SWIMS 2009 – ENTRY FORM

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: _____ \$30.00

5000 Meter Swim: _____ \$20.00

Both Events: _____ \$45.00

T-Shirt: _____ \$15.00 S ___ M ___ L ___ XL ___ XXL (\$2 extra) ___

Lunch: _____ \$8.00 per person (includes lunch on both days)

Camping: Tent site _____ \$15.00/per site/night (sites can have multiple tents)

Camping: RV space _____ \$15.00/per vehicle/night

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

MAIL ENTRY FORM, COPY OF 2009 USMS REGISTRATION, & CHECK 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:** _____