

14th ANNUAL CASCADE LAKES SWIM SERIES & FESTIVAL

Elk Lake, Oregon July 31 & August 1-2, 2009 500, 1000, 1500, 3000, & 5000-meter swims 5 Swims in 3 Days!

Hosted by Central Oregon Masters Aquatics and Bend Metro Park & Recreation District

Sanctioned by Oregon Masters Swimming Inc. for United States Masters Swimming #379-OW4 and USA-Swimming Approval TBA.

Operating under Special Permit from the United States Forest Service

LOCATION: Elk Lake, a beautiful, clear mountain lake nestled in the sunny Oregon Cascades 32 miles from Bend. Water temperature has varied from 67-72 degrees Fahrenheit and will be posted on race days.

RACES: The **Cascade Lakes Swim Series** features five open water swims over three days! Adult participants may enter any or all of the five swims. Friday's swim is a **3000-meter** swim on a triangular course. Saturday's swims are an individual **500-meter** time trial on an out-and-back continuous floating line course and a **1500-meter** swim around a triangular course. Sunday's swims will include a **5000-meter** swim consisting of three loops of a diamond & triangular course and a **1000-meter** swim on an irregular course following the shoreline.

SERIES: The **Cascade Lakes Swim Series** includes a **Short Series** (500, 1000, & 1500-meter swims) and a **Long Series** (1500, 3000, & 5000-meter swims). Each swimmer may enter one distance series only and must complete all three series swims to be eligible for Series awards. For Series awards, points will be based on finish order in each race, with points deducted for wearing wetsuits. Swimmers who complete all FIVE swims will be eligible for special **Survivor** awards.

FESTIVAL: Elk Lake is a great place to bring your family for an outdoors experience and extravaganza. We plan fun events for children on Saturday morning and great hospitality throughout the weekend.

ELIGIBILITY: Open to all 2009 USMS registered swimmers. USA-Swimming registered swimmers 13 years or older may enter any of the swims, while USA swimmers 10-12 years old may enter only the 500, 1000, & 1500-meter swims. A photocopy of your 2009 USMS or USA-Swimming registration card (or foreign equivalent) **MUST** accompany your entry. USMS "One-Event" registration—covering all races—is available for adults for \$15.

RULES: Current USMS rules will govern this event.

WETSUITS: Each race has a wetsuit and non-wetsuit category, so wetsuits are allowed in all five swims. When determining the Series awards, there is a deduction for wetsuits for the sake of fairness.

STARTS & SEEDING: The 1500, 3000 & 5000-meter swims will use a mass start, with wetsuit swimmers starting in a separate heat. The 500-meter swim will use an individual start and the 1000-meter swim will use small heats; both of these swims will be seeded fastest-to-slowest based on entered 500-yard time. Day-of-Race entries or those not submitting a seed time will not be seeded in advance and will swim last. *No changes allowed in seeding times at the race, so enter accurately.*

SAFETY—OUR PRIMARY CONCERN: Numerous safety boats will monitor the entire course and medical personnel will be on-site. Swimmers must wear a brightly colored swim cap, have their race number on their arms or hands, and follow all announced safety rules.

ENTRY FEES: One race is \$30, and each additional race is \$5 more. Entry fee includes a swim cap and the post race lunch. Entries must be **postmarked by July 20th**. Late or day-of-race entries must pay an additional \$10 late fee.

RESULTS: Will be posted at Elk Lake promptly after each race and at www.comaswim.org and www.swimoregon.org after verification.

RACE SCHEDULE:

Friday, July 31, 2009

4:30—5:30pm Registration/Check-In for 3000-meter race
6:00pm Start of 3000-meter race

Saturday, August 1, 2009

7:45—8:45am Registration/Check-In for 500 & 1500-meter races
9:30am Start of 500-meter race
10:15—11:00am Check-in for the 1500-meter
11:45am Start of 1500-meter race

Sunday, August 2, 2009

7:15—8:15am Registration/Check-In for 5000 & 1000-meter races
8:45 am Start of 5000-meter race
10:00—11:00am Check-In for the 1000-meter race
11:45 am Start of 1000-meter race

Pre-race instructions will be given 15 minutes before each start time. A picnic lunch will follow the finish of races each day.

AWARDS: Masters age groups will be 18-24, 25-29, 30-34, and so on in five-year increments as high as necessary for both women and men. USA-swimming age groups will be 12-un, 13-14, 15-16, & 17-over. Awards to individual swimmers by age group:

- Ribbons to the top three finishers in each age group in each race in both wetsuit and non-wetsuit categories.
- Ceramic coasters to the top 3 Series finishers in each age group.

Awards to individual swimmers regardless of age group:

- Ceramic mug to the top masters male & female in each Series.
- Special Survivor glass mug to everyone completing all five swims.

DIRECTIONS & PARKING: From Century Drive in Bend, take the Cascade Lakes Highway approximately 33 miles to Elk Lake. The start & finish for all swims is the Beach Day Use Area, the last Elk Lake exit if coming from Bend. Signs will be posted for parking and all important sites. Parking is limited to two large pullouts off the Cascades Lakes Highway and the nearby campgrounds. A shuttle bus will run Saturday and Sunday between nearby campgrounds and the race site before & during registration and after races are completed. There will be no general parking at the race site until after all event activities have concluded. **Your car must display a 2009 NW Forest Pass to park anywhere other than the highway pullouts or the campground.**

CAMPING & LODGING: The Group Camping Site at Little Fawn is NOT AVAILABLE this year. All other camping sites at Elk Lake are on a first-come basis, so send a teammate early to secure sites. Other lakes nearby offer reserved sites through www.recreation.gov. For cabins at the lake, go to www.elklakeresort.com. Bend and Sunriver offer many lodging choices at various price levels, but reserve EARLY due to other big events in Bend on this weekend.

DOGS: NO DOGS at Elk Lake (USFS Rule), but they may be in the campground on a leash. Never leave your dog unattended in a car!

WEBSITE FOR COMPLETE INFO: www.comaswim.org

EVENT DIRECTOR:

Bob Bruce coachbob@bendbroadband.com 541-317-4851

Entry Form – CASCADE LAKES SWIM SERIES & FESTIVAL 2009 – 5 Swims in 3 Days

Swimmer Information			
Name: First: _____		Last: _____	
Address: _____		City: _____	State: _____ Zip: _____
E-mail Address: _____		Phone – evening: () _____	
Emergency Contact (Important): _____		Emergency Contact Phone: () _____	
USMS / USA-S Information (include a photocopy copy of your registration card—this is required!)			
Gender (circle): M F		Birth Date (mm/dd/yyyy): _____	Age on Race Day: _____
USMS or USA-S Number: _____			
Club: _____		Local Oregon Team (if applicable): _____	
Swims			
Race Entry: Circle your events!		Seeding for 500 & 1000-meter events	
Friday: 3000-meter		_____ Current pool time for 500 yards	
Saturday: 500-meter		_____ Current pool time for 500 yards	
Saturday: 1500-meter		_____ Current pool time for 500 yards	
Sunday: 5000-meter		_____ Current pool time for 500 yards	
Sunday: 1000-meter		_____ Current pool time for 500 yards	
Swim Series Option: Select ONE series only - Circle your choice! Short Long			
[Short Series—500, 1000, & 1500-meter] <u>OR</u> [Long Series—1500, 3000, & 5000-meter]			
\$30 for first swim & \$5 each additional swim. Series entry FREE		Enter Total Cost for Swims:	
Spectator Meals (free for racers)		Number of spectator meals	Cost/meal Sub-Total
Friday dinner		x \$5.00	
Saturday lunch		x \$5.00	
Sunday lunch		x \$5.00	
Enter Total Cost for Spectator Meals:			
Shirts: Premium quality!		One T-shirt per entrant at \$5.00. Add \$15.00 for each extra T-shirt.	Cost Sub-Total
Size (S, M, L, XL) XXL – add \$2.00		Number & Size(s)	XXXXXX
T-shirt – short sleeve (first one)		Women's style ___ or Men's style ___	x \$5.00
T-shirt – short sleeve (extras)		Women's style ___ or Men's style ___	Each \$15.00
Commemorative hats		Each \$10.00	
Enter Total Cost for Shirts & Hats:			
Miscellaneous Fees		Cost	Sub-Total
USMS/Oregon One Event Registration Fee (complete form at registration) <u>OR</u>		x \$15.00	
USMS/Oregon Full Registration Fee (complete form at registration) if needed		x \$38.00	
Late Entry Fee: Postmarked after July 20 <u>OR</u> Day-of-Race		x \$10.00	
Enter Total Miscellaneous Fees:			
Total: Swims + Meals + Camping + Souvenirs + Miscellaneous Fees		Enter TOTAL COST:	

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 _____
 (Parent signature required for swimmers under the age of 18)

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