

**2009 OPEN WATER SWIM— DORENA LAKE
SUNDAY, AUGUST 16
SPONSORED BY EMERALD AQUATICS
WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS**

Sanctioned by OMS, Inc. for USMS, Inc. All swimmers must be current USMS member to compete.
USMS Sanction #: 378-OW4 One-day registration will be available at the meet for \$15.00.

Schedule:

1500 Open Water Swim 1500m: Check-in closes 8:30 am Pre-race instructions 8:45 am Race starts 9:00 am
Whiteley 1000 1000m: Check-in closes 10:30 am Pre-race instructions 10:45 am Race starts 11:00 am
Flatfoot Kick 500m: Check-in closes 11:30 am Pre-race instructions 11:45 am Race starts 12:00 am

Course: The course will be marked by buoys. Water temperature is expected to be 74-76 degrees and will be posted at check-in.

Equipment: 1500 Swim.: Swimmers wearing wetsuits are ineligible for awards. Other USMS open water swimming rules apply. Qualifies for Oregon Open Water Series.
Whiteley 1000: Use of pull buoys, fins, hand paddles, etc. are allowed (and encouraged!).
Flatfoot Kick: Bring a kickboard for this event. Propulsion by kicking only. No fins!

Safety: The course will have safety marshals, lifeguards, a boat patrol (including a lead boat, a chase boat, perimeter boats, and an "ambulance" boat. In addition paramedics and an ambulance will be on boat ramp during the swim. No pets at the race, please.

Eligibility: Open to all USMS (U.S. Masters Swimming) members. Every swimmer must be a current USMS member to compete.

Awards: Prizes will be raffled during picnic after swim, must be present to win.

Picnic: Following the Flatfoot Kick, around 12:30, Emerald Aquatics will host a finger-food picnic. All are invited (\$5 donation for non-swimmers).

Directions: From I-5 take exit 174 and go east to the reservoir. Follow Row River Road on the north side of the lake for two miles to Harms Park. Signs will be provided on Row River road. (see map, opposite). At race venue follow traffic instructions for parking. Most parking will be on Rat Road, west side.

Information: Steve Johnson, Race Director, (541) 683-5758 (see over for camping information)

ENTRIES MUST BE POSTMARKED BY July 27th

Mail entries EA Lake Swim
to: P.O. Box 3708
Eugene, OR 97403

check all that apply:		
1500m	Whitely	Flatfoot
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

add \$10 for late entries

all 3 events \$40.00 _____
or 2 events \$35.00 _____
or 1 event \$30.00 _____

USMS Reg# _____

Please attach a copy of your USMS registration card.

TOTAL _____

Make checks payable to Emerald Aquatics

All fees are non-refundable.

Name _____ Sex _____ Age _____

Address _____

City/State/Zip _____ Local Team _____

Birthdate _____ Day phone _____ Evening phone _____ Fax _____

"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 & competitions) 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 risks inherent in open water swimming, and agree to assume those risks."

Signature _____ Date _____

Camping: Individual camping sites can be reserved for Schwarz Park. To reserve go to www.reserveamerica.com and use the search engine to go to Schwarz Park in Oregon. You can also call 1-877-444-6777. The rules are a minimum two night stay and you can have 3 vehicles and 3 tents with up to 8 people, or one camper/trailer/RV and two tents for each site. The cost is \$12 per night. Directions: I5 Exit 174, Row River Rd. east for 5 miles, entrance on left (see below). [Other camping reservations at Baker Bay (541-942-7669).]

