

The Eel Lake Open Water Swims on the Southern Oregon Coast

Featuring the Oregon Masters Swimming 1500-meter Association Championships

Sanctioned by USMS (#379-OW5) & USA-Swimming, Inc. (#5-067)

What: Open Water Swims – 3000 & 1500-meter Swims and a 500-meter Everyone-Wins-A-Prize Mystery Swim. Three races in one day, you choose what to swim. We will start with a 3000-meter swim twice around a triangular course. Then we will have a 500-meter swim, out and around the cove, where everyone who participates wins a prize. Last will be the 1500-meter swim, the Association Individual & Team Championships, once around the same course as the 3000.

When: Saturday, August 22, 2009, starting at 9:00 a.m.

Where: Eel Lake is a freshwater lake on the Oregon coast halfway between Reedsport and Coos Bay on U.S. Highway 101. Water temperature can be between 67 and 71 degrees Fahrenheit. Campground at William M. Tugman State Park has both reservable and first-come, first-served campsites, as well as reservable yurts. Call 1-800-452-5687 for reservations.

Who: Open to all USMS registered swimmers 18 years or older on August 22, 2009. USA-Swimming registered swimmers 13 years or older may enter any of the swims and USA-Swimming registered swimmers 10-12 years old may enter the 500 & 1500-meter swims—a parent or guardian must sign the liability waiver for all swimmers under 18. A photocopy of your USMS or USS Swimming registration card (or foreign equivalent) must accompany your entry. A single event USMS registration, covering all races, is available at the race site for adults 18 years or older for \$15.

Rules: Current USMS rules shall govern these swims. The use of neoprene wetsuits or other nonporous attire is allowed, with the restrictions noted in the team scoring below.

Rules for the Oregon Masters Swimming 1500-meter Association Championships only:

- **Team Affiliation and Scoring:**
 - A swimmer will represent the local team indicated on the entry form. If no local team is indicated, a swimmer will represent the local team listed on his or her USMS membership card.
 - Team scoring shall be based upon point value by age group: 8-6-4-3-2-1.
 - Cumulative team scoring will be kept and banner awards given for both large and small teams.
- **Wetsuits:** swimmers wearing wetsuits may score team points only under the following conditions:
 - The water temperature is less than 70 degrees Fahrenheit.
 - Swimmers wearing wetsuits shall be scored in order of finish behind all swimmers not wearing wetsuits.
 - No wetsuit swimmer shall score more than one-half of the first place points (rounded down to the nearest whole number if necessary)

Procedure: The 3000 and 1500 swims will use a mass start. The 500 swim will be seeded fastest to slowest, based upon the swimmer's estimated 500 yard time. Day of the Race entries or those not submitting a seeded time will not be seeded in advance and will swim last in order of registration. No changes will be allowed in 500 seeding at the race.

Safety: Lifeguards and safety boats will monitor the entire course. Swimmers must wear a bright colored swim cap (provided or use your own) and have a race number on their arms or hands. Medical personnel will be available near the site.

Entry Fee: Either the 1500 or 3000 is \$25. Both the 1500 and 3000 are \$30. There is no charge for the 500 Mystery Everyone-Wins-A-Prize Swim. Entry fee includes a swim cap. Entries must be postmarked by Monday, August 10, 2009 or pay an additional late fee of \$10. T-shirts & lunches are not provided; please bring your own. Beverages and snack foods will be available.

Awards: There will be awards for each race for first through third places for USMS & USS swimmers. Awards for the 3000 and 1500 swims will be based upon time. There will be special awards for the Oregon 1500-meter Championship swim. Awards for the 500 swim will be explained at the time of the race (remember: it is a "Mystery" Swim).

Schedule:

- Registration/Check in & warm-up for all races – 8:00-8:45 AM
- Pre-race meetings – 10 minutes before each swim
- 3000 meter swim – 9:00 AM
- Check in for 500 and 1500-meter swims – after the 3000 swim
- 500 meter Predicted Time Swim – approximately 11:00 AM
- 1500 meter swim – approximately 12:00 Noon
- Awards – approximately 1:00 PM

Information: Contact Event Director Ralph Mohr at rmohr1565@charter.net or 541-269-1565.

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Registration Form

What: Open Water Swims

- | | |
|--|--|
| <input type="checkbox"/> 3000-meter Swim – USMS | <input type="checkbox"/> 3000-meter Swim – USA-Swimming |
| <input type="checkbox"/> 1500-meter Swim – USMS | <input type="checkbox"/> 1500-meter Swim – USA-Swimming |
| <input type="checkbox"/> 500-meter Mystery Swim – USMS | <input type="checkbox"/> 500-meter Mystery Swim – USA-Swimming |
| Best 500- <u>yard</u> Time: _____ | Best 500- <u>yard</u> Time: _____ |

Where: Eel Lake

When: Saturday, August 22, 2009 starting at 9:00 AM

Who: Any registered USMS swimmer, and any registered USA-Swimming swimmer aged 13 and over, is eligible to swim any events. Any registered USA-Swimming swimmer aged 10-12 may swim the 500m and/or 1500m events only.

Information: Contact Event Director Ralph Mohr at rmohr1565@charter.net or 541-269-1565.

Registration information:

Name: _____ Birth date: _____ Age: ____ Sex: ____
Address: _____ USMS or USS number: _____
City: _____ State: ____ Zip: _____ Phone: _____
USMS or USA-Swimming Club _____ USMS Local Team: _____

Entry Fee: \$25 for either the 1500 or 3000. \$30 for both the 1500 and 3000. No fee for the Mystery Swim.

- \$25 for either the 1500 or the 3000. You may swim the 1500 or the 3000 plus the Mystery Swim.
- \$30 for both the 1500 and 3000. There is no additional fee for the Mystery Swim.

Waiver: 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 ACTIVITES THERETO, I HEARBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR CAMAGES 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: _____ **Date:** _____

Complete this entry form legibly, **sign** the waiver, **attach** a photocopy of your registration card, and **enclose** fee payment.

Mail entries to:

Ralph Mohr
P.O. Box 186
Coos Bay, OR 97420