



**ROGUE VALLEY MASTERS OPEN WATER WEEKEND
SATURDAY & SUNDAY, JULY 17 & 18, at APPLGATE LAKE**

SATURDAY, JULY 17:

**1500-METER OREGON ASSOCIATION
CHAMPIONSHIP 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 500M Pursuit Relay start
Relay rules & info. will be available at registration.
Awards and Lunch hosted by RVM

SUNDAY, JULY 18:

**10,000-METER OPEN WATER SWIM
5000-METER OPEN WATER SWIM**

Sunday:

6:45-7:30am 5,000/10,000M Registration/Check-in
(Check-in will close promptly at 7:30am)
7:45am Pre-race instructions
8:00am 5,000/10,000M Race start
Awards and Lunch hosted by RVM

ENTRIES MUST BE POSTMARKED BY July 5th. There will be an additional \$10.00 per event surcharge for race-day entries, so please sign up early. Fifty percent of all fees are refundable with at least 7 days prior notice via phone or e-mail to the Race Director. 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.

SANCTION & RULES: This event is sanctioned by USA Swimming and OMS, Inc for USMS #370-OW4. Current USMS rules apply to all swims. Start and finish for all races will be in the water. For the Oregon Open Water Swim Series, the 1500M & 10,000M are featured swims, the 5,000M is a qualifying swim, and the relay is a participation swim. Color-coded caps will be provided for each race. **Entrants for the 10,000M must be able to complete the swim in four hours and thirty minutes!**

RULES FOR THE OREGON MASTERS SWIMMING 1500-METER ASSOCIATION CHAMPIONSHIPS:

- **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 or registration.
 - 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 if the water temperature is less than 70 degrees Fahrenheit, an unlikely possibility at Applegate Lake.

AWARDS: 1st through 3rd place in each male & female 5-year age group and the fastest overall male & female swimmers will receive awards in all individual 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: We strongly recommend having a personal escort for each swimmer during the 10,000M swim. There will be a refueling station for swimmers near the start of the course and near the start of each loop. Lifeguards in safety craft will monitor the course for all 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 17, 2010. All entrants must submit a copy of their 2010 USMS registration card with their entry. USMS One-event Registration will be available for \$18.00 on race day.

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. \$7.00 Parking/Day Use Pass at Hart-Tish Park for non-campers 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. This event is under special use authorization with the Rogue River National Forest. **Forest Service rules: No pets allowed at Hart-Tish Park.**



APPLEGATE LAKE OPEN WATER SWIMS 2010 – 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 @\$18.00)

1500 Meter Swim: _____ \$30.00
5,000 or 10,000 Meter Swim: _____ \$25.00
All Events Saturday & Sunday: _____ \$50.00
Spectator Meals (Racers Free!) _____ \$7.00 Per meal
T-Shirt: (Pre-paid) _____ \$15.00 S ___ M ___ L ___ XL ___ XXL (\$2 extra) ___
Camping: Tent site _____ \$15.00/per site/night (sites can have multiple tents)
Camping: RV space _____ \$15.00/per vehicle/night
Late Entry Fee (after July 5th) _____ \$10.00
TOTAL: \$ _____ Please make checks payable to RVM Lake Swim

MAIL ENTRY FORM, COPY OF 2010 USMS REGISTRATION, & CHECK TO: RVM LAKE SWIM
RACE DIRECTOR: Nate Sanford 541.210.0146 nathan@redarrow.org P.O. 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:** _____