

16th ANNUAL CASCADE LAKES SWIM SERIES & FESTIVAL

Elk Lake, OR July 30-31 & August 1, 2010 500, 1000, 1500, 3000, & 5000-meter swims 5 Swims in 3 Days!

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

Sanctioned by Oregon Masters Swimming for United States Masters Swimming #370-OW5; Approved by USA-Swimming TBA.

Operating under Special Use Permit from the United States Forest Service

LOCATION: Elk Lake, a beautiful, clear mountain lake nestled in the sunny Oregon Cascades 33 miles from Bend. Water temperature has varied from 68-72 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 a wetsuit deduction (see below). Those hardy 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 fun events for adults all the time!

ELIGIBILITY: Open ONLY to 2010 USMS member swimmers and USA-Swimming member swimmers 10 & over. USMS swimmers may enter any of the swims. USA-Swimmers 13 years or older may enter any of the swims, while those 10-12 years old may enter only the 500, 1000, & 1500-meter swims. A photocopy of your 2010 USMS or USA-Swimming membership card (or foreign equivalent) MUST accompany your entry. USMS "One-Event" membership—covering all these races—is available for adults only for \$18.

RULES: Current USMS rules will govern this event.

WETSUITS: Wetsuits are allowed and welcomed in all five swims, but scored in a separate wetsuit category. Ten percent of final time will be added to wetsuit swims for integration into our Series scoring.

STARTS & SEEDING: The 1500, 3000 & 5000-meter swims will use a mass start, with wetsuit swimmers starting in a trailing separate heat. The 500-meter swim will use an individual start and the 1000-meter swim will start in small heats; both of these swims will be seeded fastest-to-slowest based on entered 500-yard time. Day-of-Race entries and 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: 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 without exception.

ENTRY FEES: One race is \$30, and each additional race is \$5 more. Entry fee includes a swim cap and post-swim meals on your race days. Entries should be **postmarked by July 19th**. Entries postmarked July 19-24 must pay an additional \$10 late fee—do not mail after these dates! Entries after these dates will be considered to be Day-of-Race entries and must pay an additional \$20. **Submit your entries on time**—it really helps our planning for a great event!

RACE SCHEDULE:

Friday, July 30, 2010

4:30—5:30pm Registration/Check-In for 3000-meter race

6:00pm Start of 3000-meter race

Saturday, July 31, 2010

7:45—8:45am Registration/Check-In for 500 & 1500-meter races

9:30am Start of 500-meter race

10:15—11:00am Registration/Check-in for the 1500-meter

11:45am Start of 1500-meter race

Sunday, August 1, 2010

7:15 am—8:15am Registration/Check-In for 5000 & 1000-meter races

8:45 am Start of 5000-meter race

10:00—11:00am Registration/Check-In for the 1000-meter race

11:45 am Start of 1000-meter race

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

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

AWARDS: USMS age groups are 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 are 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.

OREGON OPEN WATER SERIES: All swims count towards the cumulative season series. The 1500 & 5000 are featured swims (full points), while the 500, 1000, & 3000-meter swims are qualifying swims (half points).

DIRECTIONS & PARKING: From Century Drive in Bend, take the Cascade Lakes Scenic Highway approximately 33 miles to Elk Lake. The start & finish for all swims is the Beach Day Use Area, the southernmost and last Elk Lake exit if coming from Bend. Parking is limited to two large pullouts off the Cascades Lakes Highway and to the Little Fawn Group Campground. A shuttle bus will run Saturday and Sunday between the campground 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 2010 NW Forest Pass to park anywhere other than the highway pullouts or the campground.**

CAMPING & LODGING: Little Fawn Group Campground on Elk Lake is reserved for swimmers and spectators. Only tents or small & medium-sized motor homes are permitted. Camping fee is \$5 per camper over 12 years of age per day—include fee with your entry form for Thursday, Friday, & Saturday night camping to secure your spot. Bend and Sunriver offer many lodging choices at various price levels.

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: Well worth a visit...

www.comaswim.org

EVENT DIRECTOR:

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

Entry Form – CASCADE LAKES SWIM SERIES & FESTIVAL 2010 – 5 Swims in 3 Days

Swimmer Information			
Name: First: _____		Last: _____	
Address: _____		City: _____	State: _____ Zip: _____
E-mail Address: _____		Phone – evening: () _____	
Emergency Contact (Important): _____		Contact Phone: () _____	
USMS / USA-S Information (include a photocopy 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: _____			
USMS or USA-S Club: _____		Local Oregon Team (if applicable): _____	
Swims: Circle your events!		Enter Seed Time for 500 & 1000-meter!	Cost/swim
Friday: 3000-meter		_____ Current pool time for 500 yards	\$30 for first swim & \$5 each additional swim (\$50 maximum)
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	
Enter Total Cost for Swims:			
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]			
Enter Total Cost for Series:			FREE
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:			
Camping		Number of campers over 12 years old	Cost/night Sub-Total
Thursday night			x \$5.00
Friday night			x \$5.00
Saturday night			x \$5.00
Enter Total Cost for Camping:			
Shirts: Premium quality!		One T-shirt per entrant at \$5. Add \$15 for each extra T-shirt. List Number & Size(s)	Cost Sub-Total
Size (S, M, L, XL); XXL add \$2.00			
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 (only as needed)		Cost	Sub-Total
USMS/Oregon One-Event Membership Fee (complete form at registration) <u>OR</u>		x \$18.00	
USMS/Oregon Full Membership Fee (complete form at registration) if needed		x \$40.00	
Late Fee: Postmarked between July 19 & July 24 – Do not mail after July 24!		x \$10.00	
Day-of-Race Fee: all entries after July 24, including days of races		x \$20.00	
Enter Total Miscellaneous Fees:			
Swims + Series + 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**