

Foster Lake Masters Open Water Swim

Saturday, June 26, 2010

1000 or 2000-meter Swim, 3 x 400 Relay, & Dogs

Hosted by Central Oregon Masters Aquatics

Sanctioned by Oregon Masters Swimming #370-OW3

Operating under Special Permit from the Linn County Parks & Recreation Commission and the US Army Corps of Engineers

1000 & 2000-METER SWIMS: Both swims will be held simultaneously on a triangular 1000-meter course. Swims will start in-water with a mass start and finish in-water. Great for first time racers and experienced competitors alike!

3 x 400-METER PURSUIT RELAY: All swimmers who complete either the 1000 or 2000-meter swim are eligible for and encouraged to swim in the 3 x 400 Pursuit Relay. Relay teams will be decided by random draw, handicapped according to performance in the 1000 or 2000-meter swim, and staggered at the start by the handicap. The first team across the line wins! Relay will start and finish in-water.

DOGS SWIM TOO! 50-meter Tandem Challenge for dogs and their significant human! Unsanctioned—dogs are not required to be USMS members. Open Age Group—whose age would we use anyway? Individual tandem starts. Start & finish—all paws dry. No entry fee. Woof! **Dogs must be on at leash at all times except when swimming and owners must pick up after them.**

SCHEDULE: Saturday, June 26, 2010

9:00-9:45am	Check-in for 1000 & 2000-meter Swims
9:50am	Pre-race meeting
10:00am	1000 & 2000-meter Swims simultaneously
11:00am	Check-in deadline for relay
11:20am	Pre-race meeting
11:30am	3 x 400-meter Pursuit Relay
12:00noon	Check-in deadline for Dog Tandem Challenge
12:00noon	Pre-race meeting
12:05pm	50-meter Dog Tandem Challenge
12:15am	Awards

TEMPERATURE: Foster Lake expected water temperature to be 67-71. Air temperature can be cool in the morning.

REGISTRATION & FEES: Fees include swims and pre & post-swim snacks & drinks. Lunch will not be provided; there are several restaurants in Sweet Home.

1000 or 2000-meter Swim	\$20
Late or day-of-swim registration	\$10 extra
3 x 400-meter Pursuit Relay & Dog Tandem Challenge	Free
Cheap Entry Deadline: Mailed by June 16, 2010	

RULES: Current United States Masters Swimming rules apply. Swimmers must be at least eighteen and registered members of USMS. One Event or Full Memberships may be purchased with your entry for \$18 or \$40 respectively. There will be a separate awards category for wetsuits. Propulsive devices, such as fins & paddles, and flotation aids, such as pull-buoys, are not allowed. **All swimmers must bring and wear their own brightly colored swim cap and have their race number written on their arms or hands.**

AWARDS: All finishers placing 1st to 3rd win custom race ribbons. Relay winners win bragging rights. Dogs win treats.

OREGON SERIES: The 1000 or 2000-meter Swims are featured swims, and the Relay and the Dog Challenge will carry participation points, for the Oregon Open Water Series.

SWIM SITE: Lewis Creek Recreation Area, a beautiful Linn County Park featuring swimming & picnicking areas. Take US Highway 20, 2.2 miles east of the Weyerhauser Mill in Sweet Home. Drive 1.2 miles north on Quartzville Scenic Highway, turn left on N. River Rd, and drive .8 miles to the Recreation Area. Turn left at the entrance and park in the lower lot. **Day parking costs \$4 per car; please pay fee on site.**

CAMPING: Sunnyside Park is a fully equipped Linn County campground 1.2 miles from the race site. Tent sites: \$13 and hookup sites: \$18 per night plus, \$11 reservation fee per site. Tent sites hold up to 8 people. Call 541-967-3917 for info and reservations.

EVENT DIRECTOR: Bob Bruce, coachbob@bendbroadband.com or 541-317-4851.

COMPLETE entry form legibly. SIGN liability. SEND with photocopy of USMS Registration Card

Swims (check ONE only):

- 2000-meter swim
- 1000-meter swim
- X Enter 3 x 400-meter Pursuit Relay & Dog Tandem Challenge on Race Day

USMS Membership & Registration Number required. Add a full USMS membership for \$40 or a USMS One-Event Membership (good for this race day) for \$18.

Pay now and complete form at the Lake.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Fees:

1000 or 2000-meter Swim: \$20 _____

Late or Day-of-Swim: \$10 extra _____

Pursuit Relay & Dog Challenge **---FREE---**

Registration, if you need it: \$40 or \$18 _____

FEE TOTAL _____

2010 USMS Number: _____

Phone: (____) _____

Birthdate: _____ Age: _____ Sex: _____

USMS Club: _____ Local Team: _____

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 the possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MATSTERS SWIMMING PROGRAM OR ANY ACTIVITIES THERETO, I HEARBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAMGE, INCLUDING ALL CLAIMS FOR LOSS OR DAMAMGES 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: _____

CHECKS payable to COMA. MAIL by June 16 to Bob Bruce, 61200 Parrell Rd., Bend, OR 97702