

13th ANNUAL CASCADE LAKES SWIM SERIES & FESTIVAL

Featuring the USMS 5000m Open Water National Championship & Oregon 1500m Open Water Championship

Elk Lake, Oregon August 1-3, 2008 500, 1000, 1500, 3000, & 5000-meter swims 5 Swims in 3 Days!

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

Sanctioned by Oregon Masters Swimming Inc. for United States Masters Swimming #378-OW3 and USA-Swimming Sanction TBA.

Operating under Special Permit from the United States Forest Service

LOCATION: Elk Lake, a beautiful, clear mountain lake nestled in the sunny Oregon Cascades 32 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 points deducted for wearing wetsuits. 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 between the two swims.

ELIGIBILITY: Open to all 2008 USMS registered swimmers. USA-Swimming registered swimmers 13 years or older may enter any of the swims, while USA swimmers 10-12 years old may enter only the 500, 1000, & 1500-meter swims. A photocopy of your 2008 USMS or USA-Swimming registration card (or foreign equivalent) **MUST** accompany your entry. USMS "One-Event" registration—covering all races—is available for adults for \$15, but swimmers so registered are not eligible for Championship patches & All-American recognition in the USMS 5000-meter Championships nor eligible for team scoring in the Oregon 1500-meter Championships.

RULES: Current USMS rules will govern this event.

WETSUITS: Swimmers wearing wetsuits cannot place in the USMS 5000-meter Championships or be eligible for USMS awards and recognition. Wetsuit swimmers cannot place in the Oregon 1500-meter Championships unless permitted due to cold water by the Oregon Committee. Otherwise, the wetsuits are allowed in all five swims.

STARTS & SEEDING: The 1500, 3000 & 5000-meter swims will use a mass start. USA-S and wetsuit swimmers will start in a separate heat in each of the two championship events. The 500-meter swim will use an individual start and the 1000-meter swim will use small heats; these swims will be seeded fastest-to-slowest based on entered 500-yard time. Day-of-Race entries or 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: Numerous 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.

ENTRY FEES: One race is \$30, and each additional race is \$5 more. Entry fee includes a swim cap and the post race lunch. Entries must be **postmarked by July 21st**. Late or raceday entries must pay an additional \$10 late fee.

RESULTS: Will be posted on www.usms.org/longdist/ldchamps.php and www.swimoregon.org, as well as at Elk Lake after each race.

RACE SCHEDULE:

Friday, August 1, 2008

4:30—5:30pm Registration/Check-In for 3000-meter race
6:00pm Start of 3000-meter race

Saturday, August 2, 2008

7:45—8:45am Registration/Check-In for 500 & 1500-meter races
9:30am Start of 500-meter race
10:15—11:00am Check-in for the 1500-meter
11:45am Start of the Oregon 1500-meter Championship race

Sunday, August 3, 2008

7:15 am—8:15am Check-In for 5000 & 1000-meter races
8:45 am Start of the USMS 5000-meter Championship race
10:00—11:00am 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 and awards ceremony will follow the finish of races each day.

AWARDS: Masters 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. Awards to individual Masters 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 Masters swimmers regardless of age group:

- Custom ceramic mug to the top male & female in each Series.
- Special Survivor glass mug to everyone completing all five swims.

Awards for eligible swimmers in the USMS 5000-meter race:

- USMS Championship Patch to the winners in each age group.
- USMS Championship Medals to the top 8 in each age group.

Awards for Oregon swimmers & teams in the 1500-meter race:

- OMS Championship Medals to the top 3 in each age group.
- OMS Championship Banner to Large & Small winning teams.

DIRECTIONS & PARKING: From Century Drive in Bend, take the Cascade Lakes Highway approximately 33 miles to Elk Lake. The start & finish for all swims is the Beach Picnic Area, the last Elk Lake exit if coming from Bend. Signs will be posted for parking and all important sites. Parking is limited to two large pullouts off the Cascades Lakes Highway and 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 2007 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 \$4 per camper over 12 years of age per day—include fee with your entry form for Friday and Saturday night camping to secure your spot. For cabins at the lake, go to www.elklakeresort.com. 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: www.comaswim.org

MEET DIRECTOR:

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

Entry Form – CASCADE LAKES SWIM SERIES & FESTIVAL 2008 – 5 Swims in 3 Days
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Swimmer Information			
Name: First:	Last:		
Address:	City:	State:	Zip:
E-mail Address:	Phone: Home: ()	Phone: Work: ()	
Emergency Contact:	Phone: ()		
USMS / USA-S Information (include a photocopy copy 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:			
Club:	Local Oregon Team (if applicable):		
Swims			
Race Entry: Circle your events!	Seeding for 500 & 1000-meter events		
Friday: 3000-meter			
Saturday: 500-meter	_____ current pool time for 500 yards		
Saturday: 1500-meter	Oregon Championship Swim!		
Sunday: 5000-meter	USMS Championship Swim!		
Sunday: 1000-meter	_____ current pool time for 500 yards		
\$30 for first swim & \$5 each additional swim.		Enter Total Cost for Swims:	
Swim Series Option: Select ONE series only and circle your choice! Short Long [Short Series—500, 1000, & 1500-meter] <u>OR</u> [Long Series—1500, 3000, & 5000-meter]			
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 of age	Cost/night	Sub-Total
Friday night		x \$4.00	
Saturday night		x \$4.00	
Enter Total Cost for Camping:			
Shirts: Premium quality!	One T-shirt per entrant at \$5.00. Add \$15.00 for each extra T-shirt.	Cost	Sub-Total
Size (S, M, L, XL) XXL – add \$2.00	Number & Size(s)		XXXXXX
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		Cost	Sub-Total
USMS/Oregon One Event Registration Fee (complete form at registration) <u>OR</u>		x \$15.00	
USMS/Oregon Full Registration Fee (complete form at registration)		x \$38.00	
Late Fee: Postmarked after July 21 <u>OR</u> Day-of-Race entry		x \$10.00	
Enter Total Miscellaneous Fees:			
Total: Swims + 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