

**2003 USMS 1500m OPEN WATER SWIM— DORENA LAKE**  
**SUNDAY, AUGUST 17**  
**SPONSORED BY EMERALD AQUATICS**  
**WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS**

**Sanctioned by OMS, Inc. for USMS, Inc.** Every swimmer must be a current USMS member to compete.  
**USMS Sanction #:** 373-OW4 One-event USMS registration will be available at check-in for a fee of \$15.00.

**Schedule:**

<b>Rat Road 1500</b>	<u>1500m:</u> Check-in closes 9:00 am	Pre-race instructions 9:15 am	Race starts 9:30 am
<b>Whiteley 1000</b>	<u>1000m:</u> Check-in closes 10:15 am	Pre-race instructions 10:30 am	Race starts 11:00 am
<b>Flatfoot Kick</b>	<u>500m:</u> Check-in closes 11:00 am	Pre-race instructions 11:15 am	Race starts 11:30 am

**Course:** The course will be marked by buoys. Water temperature is expected to be 74-76 degrees and will be posted at check-in.

**Equipment:** Rat Road 1500: Swimmers wearing wetsuits are ineligible for awards. Other USMS open water swimming rules apply. Qualifies for Oregon Open Water Series.  
 Whiteley 1000: Use of pull buoys, fins, hand paddles, etc. are allowed (and encouraged!).  
 Flatfoot Kick: Bring a kickboard for this event. Propulsion by kicking only.

**Safety:** The course will have safety marshals, lifeguards, a boat patrol (including a lead boat, a chase boat, perimeter boats, and an "ambulance" boat. In addition paramedics and an ambulance will be on boat ramp during the swim. No pets at the race, please.

**Eligibility:** Open to all USMS (U.S. Masters Swimming) members. Every swimmer must be a current USMS member to compete.

**Awards:** Prizes will be raffled during picnic after swim, must be present to win.

**Picnic:** Following the Flatfoot Kick, around 12:30, Emerald Aquatics will host a finger-food picnic. All are invited (\$5 donation for non-swimmers).

**Directions:** From I-5 take exit 174 and go east to the reservoir. Follow Row River Road on the north side of the lake for two miles to Harms Park. Signs will be provided on Row River road. (see map, opposite). At race venue follow traffic instructions for parking. Most parking will be on Rat Road, west side.

**Information:** Susanna Julber, Race Director, (541) 746-3438 (see over for camping information)

**ENTRIES MUST BE POSTMARKED BY August 1<sup>st</sup>**

**add \$10 for late entries**

Mail entries	EA Lake Swim	1500m + one other race	\$25.00	T-shirt	\$10.00	Total	_____
to:	P.O. Box 3708	Whiteley or Flatfoot only	\$15.00	T-shirt	\$10.00	Total	_____
	Eugene, OR 97403					Total	_____
USMS Reg#	_____			T-shirt: (circle one)	S M L XL XXL		
Please attach a copy of your USMS registration card.						<b>TOTAL</b>	_____

**Make checks payable to Emerald Aquatics**

**All fees are non-refundable.**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Local Team \_\_\_\_\_

Birthdate \_\_\_\_\_ Day phone \_\_\_\_\_ Evening phone \_\_\_\_\_ Fax \_\_\_\_\_

"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 & competitions) 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 risks inherent in open water swimming, and agree to assume those risks."

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Camping:** Pay \$5 per tent, at race registration, for Schwarz Park Group Site B camping. First come/first served: Twenty tents & vehicles total. Showers available but no electrical hookup. Reserved for: Debra L. George, on behalf of Emerald Aquatics. Park check-in: Saturday Aug 16 @ 3pm / Check-out: Sunday August 17 @ 2pm. Directions: I5 Exit 174, Row River Rd. east for 5 miles, entrance on left (see below). [Other camping reservations elsewhere at Schwarz Park (NRRS 1-877-444-6777) and at Baker Bay (541-942-7669).]

