

**2009— 500m & 1500m Lake Swims— COTTAGE GROVE LAKE  
SUNDAY, AUGUST 15  
SPONSORED BY EMERALD AQUATICS  
WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS**

**Sanctioned by Oregon Swimming, Inc. and USA Swimming**

**Schedule:**

<b>Dorena 1500m Swim</b>	Check-in closes 9:15 am	Pre-race instructions 9:30	Race starts 9:45
<b>Whiteley 1000m Swim</b>	Check-in closes 10:30	Pre-race instructions 10:45	Race starts 11:00
<b>Sharkfin 500m Swim</b>	Check-in closes 11:00	Pre-race instructions: 11:15	Race starts 11:30
<b>Flatfoot Kick (500m)</b>	Check-in closes 11:30	Pre-race instructions 11:45	Race starts 12:00

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

**Equipment:** Sharkfin 500: **Age groups 12-under only.**

Dorena 1500:

Both (above): Swimmers wearing wetsuits ineligible for awards. Other USAS swimming rules apply.

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. No fins!

**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 USA Swimming members. Every swimmer must be a current USAS member to compete.

**Awards:** Medals awarded to top three age-group finishers for Sharkfin 500 & Dorena 1500. 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 172 and go south 0.7 miles on S 6<sup>th</sup> St. Turn left on London Weyerhauser Rd and go 3.0 miles. Turn left on Cottage Grove Reservoir/Reservoir Rd. After 0.6 miles turn right to stay on CGR/Reservoir Rd. Go 2.8 miles to park (see map, opposite).

**Information:** Steve Johnson, Race Director, (541) 683-5758 (see over for camping information)

**ENTRIES MUST BE POSTMARKED BY August 2<sup>nd</sup>**

**add \$10 for late entries**

Mail entries EA Lake Swim	<table border="1"> <tr> <td colspan="4"><b>check all that apply:</b></td> </tr> <tr> <td>1500m</td> <td>Whitely</td> <td>Flatfoot</td> <td>Sharkfin</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	<b>check all that apply:</b>				1500m	Whitely	Flatfoot	Sharkfin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3 events \$30.00	_____
<b>check all that apply:</b>															
1500m		Whitely	Flatfoot	Sharkfin											
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>												
to: P.O. Box 3708	or 2 events \$25.00	_____													
Eugene, OR 97403	or 1 event \$20.00	_____													

USAS Reg# \_\_\_\_\_

Please attach a copy of your USAS card or coach's authorization

**TOTAL**

**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 parent or guardian, intending to be legally bound, hereby certify that my child is physically fit and has not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in swimming (training & competitions) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY CHILD'S PARTICIPATION IN THE USA 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: USA SWIMMING, INC., 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 USAS. Finally, I specifically acknowledge that I am aware of all risks inherent in open water swimming, and agree to assume those risks for my child."

Signature of parent or guardian \_\_\_\_\_ Date \_\_\_\_\_

**Camping:** Individual camping sites can be reserved for Pine Meadows. To reserve go to [www.reserveamerica.com](http://www.reserveamerica.com) and use the search engine to go to Pine Meadows in Oregon. You can also call 1-877-444-6777. The rules are a minimum two night stay and you can have 3 vehicles and 3 tents with up to 8 people, or one camper/trailer/RV and two tents for each site. The cost is \$16 per night. Directions: Same as to race site, Pine Meadows is approx. 0.5 miles before (N of) race site.

