

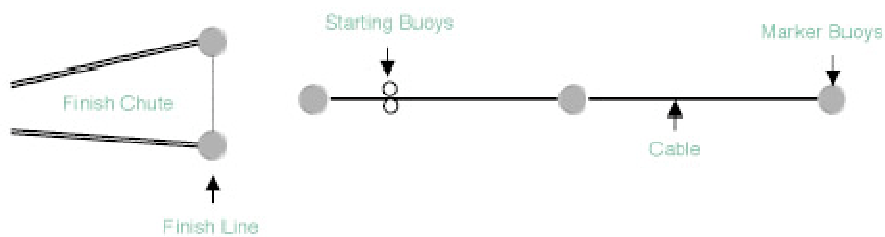
2010 BETSY OWENS MEMORIAL LAKE SWIMS

IMPORTANT PRE-RACE INFORMATION

CAP & RACE NUMBER(S): You must wear the cap given to you at check-in. (If you have a latex allergy, please notify the race director.) Wait to apply suntan lotion until after you've had your race number written on your arm. If you are swimming both races, after the one mile, wipe the number off with alcohol at the registration table and have the two mile number written.

PRE-RACE MEETING: Will be held 15 minutes before the start of each event (9:45 for 1 mile, 11:15 for 2 mile). Please plan to be finished with your warm up by then. Attendance is **mandatory** so be sure you have completed your warmup and other race preparations by that time. Attendance will be taken and any swimmer not present will be disqualified.

COURSE: The course is along a 1/4-mile underwater cable that is marked at the water line by small **WHITE** buoys approximately 10m apart. There are large **ORANGE** buoys that mark the turnaround points of the course. The finish chute is marked by 2 **YELLOW** buoys. The start will be marked with a **GREEN** buoy.



WARMUP: The course will be open for warmup until 9:45 am and after the 1-mile until 11:10. Swimmers in the 1-mile must complete warm-up by 9:40 to attend the pre-race meeting at 9:45.

START: Swimmers will line up in groups of 10 in numerical order with the lowest number closest to the cable. Each line (wave) will enter the water together and proceed to the green start buoy on the course. Waves will start 30 seconds apart, so all waves need to enter the water and be ready to proceed to the start line as soon as the previous wave has started the swim.

STAY IN YOUR LANE: There is no surface rope dividing the course. As you swim, please stay to the right of the cable in the 1-mile and to the left in the 2-mile to avoid head-on collisions.

FINISH: The finish line is between the shore-end orange turn buoy and the beach and is marked by 2 **YELLOW** buoys. Swim across the finish line and stay in the order of finish as you swim/walk to the beach. You will be given a popsicle stick with a number that tells your finish place within the heat. You must exit the water thru the finish chute and turn in your popsicle stick *before* cooling down. Swimmers who leave the finish chute and swim down before turning in the popsicle stick will be disqualified as they may interfere with the timing of other swimmers finishing behind them. There is a large digital clock on the beach near the finish. The time displayed is the lapsed time for the start of the first wave in your heat. Remember to subtract :30 for each wave that started before you. This time is not the official finish time.

COOL-DOWN: Proceed to the public beach on the other side of the dock for cool-down. There is no cool-down on the race side of the dock. Swimmers in the 2-mile cannot warmup in the area on the race side of the dock until after the completion of the 1-mile.

OFFICIAL RESULTS for each event will be posted as soon as they are ready. Final results will combine the waves and be posted by age group. **AWARDS CEREMONY** will be held as soon as the results are ready.

MEDICAL EMERGENCY: There are 4 kayakers on the course who have noodles and cell phones or walkie talkies. If you need assistance during the swim, raise your arm and signal the nearest kayaker. If you need to hang on to the kayak, do so at the front or rear, not from the side as this will capsize the kayak. Remember that if you do touch the kayak, you will be disqualified.

IN THE EVENT OF LIGHTNING/THUNDER: The race will be cancelled immediately, the course will be closed and all swimmers **MUST** proceed immediately to the nearest shore. The signal will be blasts from an Airhorn and whistles from the kayakers.