

# 2011 USMS 2-Mile Open Water Cable Swim National Championship

Saturday August 13, 2011

## WELCOME

Welcome to the 2011 Betsy Owens Memorial Swim, hosted by Adirondack District Masters Swimming. We are fortunate to be able to hold this event in Lake Placid's beautiful Mirror Lake. It is fitting that we will meet in this special place because the race is named in memory of a very special woman. Betsy Owens gave herself freely to Masters swimming, both founding the swims in Mirror Lake and serving as the Adirondack Chair. Net proceeds of this year's event will be donated for breast cancer research in honor of Betsy.

This year, "The Betsy" is also the 2011 US Masters Swimming 2-mile Cable National Championship. As a championship event, athletes will be eligible for USMS National Championship awards and All-American status.

We work hard in our planning to make this a safe event, and we need your involvement to turn planning into successful reality. Athletes provide a key safety layer to open water events through sportsmanlike behavior and as a last line of defense for another in distress. Thank you for your part in making this a great day.

We look forward to hosting a safe and enjoyable race.

Sincerely,

Ann Svenson and David Dammerman

## SCHEDULE OF EVENTS

Friday Morning: Coin toss to determine direction of swim

### Saturday

- 8:30 Check-in opens
- 8:45 Warm-up begins
- 9:30 Heat 1 – Check-in closes
- 9:30 Warm-up closes for Heat 1 swimmers
- 9:35 Heat 1 – Mandatory pre-race meeting; roll call
- 9:45 Warm-up closes for all swimmers
- 10:00 Heat 1 – **Start**
- 10:30 Heat 2 – Check-in closes
- 10:50 Heat 2 – Mandatory pre-race meeting; roll call
- 11:15 Heat 2 – **Start**
- 1:00 Picnic & awards presentation

## CABLE SWIMMING

For those unfamiliar with cable swimming, you will find the Betsy Owens Memorial Swim to be a very special event.

US Masters Swimming defines a category of open water swimming called the "cable swim." Cable swims are conducted on a specially designed one-quarter mile straightaway course defined by a cable including frequent buoys. These courses are built to demanding specifications and include an in-water start and finish.

Cable swims are held in well-defined, relatively small areas, which helps facilitate swimmer safety. They are great venues for up-close, competitive racing. And they provide a friendly transition from pool swims to open water swims, because cable swims share common elements with both kinds of swimming.

Pool swimmers will feel at home because cable swims include...

- Heats & Waves: Cable swims may have multiple heats. Within each heat, there will be 8-12 waves of 8-12 swimmers each with staggered starts, much like heats at a pool meet.
- Seeding: Swimmers will be arranged at the starts by 1650-yard seed times.
- Steering: There's a visible cable a few feet underwater and buoys approximately every 10 meters, which makes swimming in a straight line pretty easy, even for those who are navigationally challenged.
- Measured Course & Records: Cable course distances are certified to be accurate, which allows national records to be kept.

Open water swimmers will feel at home because cable swims include...

- A Natural Body of Water: Get ready to feel the rhythm of your stroke because you won't have walls to get in the way. Of course, that means you'll be making your turns without push-offs, too!
- Cooler Water: We expect water temperatures to be in the mid 70s on normal race days.
- Variety: Air temperatures may be hot or cold, and weather may be sunny or inclement with wind and waves.
- Crowds: Like all open water swims, everyone will seem to want to share your lane. Straight lines, tight turns and drafting are all part of the event.

Welcome to Lake Placid. We hope you have fun!