

Truckee Tahoe Swim Team  
Presents:

Hot August Chill  
Donner Lake ½ mile, 1 mile, and 500 yard

With USA 3 time Olympic Gold Medalist,  
Debbie Meyer

Sunday August 16, 2009

USMS/PMS Sanction #OW-09-11a,b,c  
USA Swimming Sanction #47-09

**Location:** West End Beach, Donner Lake, Truckee, CA.

**Sanctioned Participants:** The 500, ½ mile and 1 mile events are USA Swimming and USMS/PMS sanctioned events. All swimmers **must** be current 2009 registered members of one of these organizations in order to compete. Membership information may be obtained by contacting the numbers below:

USMA/MS (18 and over)

(415) 892-0771

[registrar@pacificmasters.org](mailto:registrar@pacificmasters.org)

USA Swimming/SNS (18 and under)

(209) 656-9686

[donbrown4044@att.net](mailto:donbrown4044@att.net)

**Directions:** From I-80, Donner Lake exit. Down to Donner Pass Road, turn right. Turn left on South Shore Drive. West End Beach on left. Follow signs to Special Events entrance. Parking limited. Car Pooling encouraged.

**Course:** ½, 1 mile, and 500 yard. Start & chute finish on sandy beach. All courses will be marked with buoys at approximately 200 yard intervals, with different buoys indicating turns. Course Maps will be available on site. Expected water temperature 60-70 degrees. Elevation: appx. 6000'. **PARTICIPANTS SHOULD BE ADEQUATELY TRAINED FOR HIGH ALTITUDE & COOL WATER.**

**Swim Check-In/ Timeline:**

Registration Opens: 7:30 a.m.

½ mile registration closes: 8:30 a.m.

½ mandatory meeting: 8:45 a.m.

½ 1<sup>st</sup> **wave starts:** 9:00 a.m. (30 minute time limit)

1 mile registration closes: 9:30 a.m.

1 mile mandatory meeting: 9:45 a.m.

1 mile 1<sup>st</sup> **wave starts:** 10:00 a.m. (60 minute time limit)

500 registration closes: 10:00 a.m.

500 mandatory meeting: 11:15 a.m.

500 1<sup>st</sup> **wave starts:** 11:30 (20 minute time limit)

No late check-in.

Time Limits to be Strictly Enforced

**Swim Divisions:**

½ Mile Master's

1 Mile Master's

500 Yard Master's

½ Mile USA Swimming (11-17)

1 Mile USA Swimming (11-17)

500 Yard USA Swimming (8-17)

**Wave Starts** (Master's, USA Swimmers – 5 minute intervals)

Super Chill medals for top 3 in each age group, lowest combined time for all three races.

Extreme Chill (4) awards for lowest combined time, top male and female in Master's and USA Swimming.

**Swim Procedures :** Swimmers must wear provided swim caps and racing chips. Color of the swim cap will designate race. If you are not wearing the correct cap color for your wave or if you are not wearing the official cap issued, you will be asked to leave the water and will not receive a swim time.

The course will be monitored by both safety boats and paddlers/kayakers supervised by [nationalmarinesafetycenter.com](http://nationalmarinesafetycenter.com). No individual escorts, but volunteers welcome. Timing to be provided by **Synergy**.

Use of neoprene swimsuits or wetsuits render swimmer ineligible for awards. Instant disqualification for use of fins, pull buoys, or other swimming devices. Soft hand paddles for prosthesis only, provided race director determines no safety hazard to other swimmers.

**Awards/Ceremony: Debbie Meyer (3x Olympic gold medalist): Master of Award Ceremonies.**

Medals for top three finishers (male/female) in each age group, in each event.

“Super Chill” medals awarded to top three finishers, lowest combined total time in all three events (male/female).  
“Extremely Chill” award to top male/female Master’s and top male/female USA Swimmer for lowest combined total time in all three events. Yes, we are giving a lot of awards!

**Fees:**

Entry fee includes Park Entrance, Hospitality, BBQ lunch, and Entertainment.

One event: \$37 Master’s;  
\$27 USA Swimmers.  
Each Add’l event: \$10.  
Non-swimmer: \$15.

**Pre-register Deadline:**

August 1, 2009.  
Late (after 8/1/09) or Same Day registration: Add’l \$10/ event.

Catering by **Wild Thyme BBQ**.  
Concession by **Jamba Juice** and **Wild Cherries Coffee House**.

If race cancels, refunds will be less \$5 processing fee. Sorry, no other refunds.

**Checks payable to TTST.**

Send entries & 2009 USA Swimming or USMS card to:

TTST Hot August Chill  
P.O. Box 9122  
Truckee, CA 96162.

Consolidated entry forms available on [www.truckeeswim.com](http://www.truckeeswim.com) or via email (below).

**T-Shirts/Sweatshirts:**

Pre-order available for \$15 (\$20 for XXL). Limited number/sizes available on race day for \$20. NOT in entry fee.

**Accommodations:** Donner Lake Memorial State Park Camping available through [www.reserveamerica.com](http://www.reserveamerica.com) (800-444-PARK) hurry this will fill up quickly.

Discount hotel accommodations available through **Hampton Inn and Suites** (530-587-1197 – ask for the TTST/Hot August Chill discount).

**Contact:** Race Directors: Laura Bingham: [Binghamfamily3@aol.com](mailto:Binghamfamily3@aol.com); or Lydia Percin: [Percin@litol.com](mailto:Percin@litol.com)