

NEW LOCATION

SEPTEMBER 26, 2009
OW-09-14a, 14b

NEW LOCATION

The Masters ½ mile & 1 mile swims are USMS sanctioned events, while the youth 1 mile, ½ mile and 500 yard swims are sanctioned by USA Swimming/SNS. All swimmers must be current 2008 registered members of one of these organizations in order to compete. Membership information may be obtained by contacting the numbers below.

USMS/PMS (18 & over) (415) 892-0771 **USA Swimming/SNS (18 & under)** (209) 656-9686

For general race information contact:

Joe Dowd, SMST Race Director
E-mail address: jrdowd@aol.com

Directions & Parking

All swims will start and finish at Lake Natoma in Folsom. There is a \$7.00 day-use fee, per vehicle, to enter the park. Signs will be posted to guide you to the beach.

80 East Reno

From Hwy 80 take the Douglas Blvd. exit out of the city of Roseville. Go east on Douglas to Sierra College Blvd. Turn right. The street will be renamed Hazel after awhile, Turn Left @ the light after crossing the river. If you make it to HWY 50 you have gone too far. Hwy 50

Take the Hazel exit to the left, crossing over the HWY. The entrance to Lake Natoma is on the Right.

Plenty of parking is available at Lake Natoma; however, carpooling is strongly encouraged. A bicycle check in area near the first aide booth will be available for those not wanting to drive.

Water Safety

Swim caps will be provided to all swimmers and will be mandatory for the swims. If you are not wearing the correct cap color for your wave or if you are not wearing the official cap issued, you will not receive a swim time. We ask for your cooperation in this matter to assure a fair, accurate, and smoothly run event. The course will be monitored by both safety boats and paddlers. Individual escorts will not be allowed. A cut-off time will be enforced to ensure that no swimmers will be in the water longer than one hour for the 1-mile swim and 30 minutes for the ½ mile.

Course & Water Temperature

Both courses (½ & 1 mile) will be marked by buoys at the turns. The expected water temperature is between 55 - 65 degrees.

Check out

<http://www.myfolsom.com/lakenatoma.shtml> for more info.



NORCAL SWIM SHOP

Divisions

1. **Masters ½ Mile:** 18 yrs and above for male and female.
2. **Masters 1-Mile:** 18 yrs and above for male and female.
3. **USA Swimming ½ Mile:** 11 - 17+ yrs, male & female.
4. **USA Swimming 1-Mile:** 11 - 17+ yrs, male & female.
5. **Youth 500 yd. Swim:** male & female 8 to 10 yrs old.

Fees

| | To us by 9/21/09 | Race Day |
|-------------------------|---------------------|----------|
| ½ Mile Masters | \$30 | \$40 |
| 1 Mile Masters | \$30 | \$40 |
| ½ Mile + 1 Mile Masters | \$40 | \$50 |
| ½ Mile USA Swimming | \$30 | \$40 |
| 1-Mile USA Swimming | \$30 | \$40 |
| 500 yd. youth swim | \$15 | \$25 |

Sorry, all entries are non-refundable.

Awards

All pre-registered participants will receive a tee shirt.

**Register Early and Guarantee
your limited edition T-Shirt!**

