

Inaugural CLACKAMAS COVE CRUISE

Oregon City, OR Saturday, June 15, 2024

Hosted by Wild Waters LLC

Sanctioned by Oregon LMSC for U.S. Masters Swimming, Inc.

Operating under Special Use Permit from Oregon City Public Works Department, Urban Development & Oregon City Parks & Recreation

SAFETY & SWIMS

SAFETY—OUR PRIMARY CONCERN:

- Swimmers **MUST** follow all announced safety rules without exception, under penalty of disqualification.
- **Swim Safety:** All swims will be unescorted. Spotters in safety boats will monitor the entire course in zone coverage. Swimmers must wear a brightly-colored swim cap of their choice (such as team caps!), have their race number on their arms (or hands when wearing sleeved wetsuits), and provide their emergency contact information with entry.
- **Land Safety:** Basic first aid supplies & treatment will be available. EMTs will be on call.

LOCATION: Clackamas Cove is a mostly-enclosed still-water cove of the Clackamas River just north of downtown Oregon City. The expected water temperature is 61-68 degrees Fahrenheit (cool water by usual Oregon racing standards) and will be posted at the venue on race day, and emailed to participants the day before. You can decide on whether to wear a wetsuit on the day of the event.

ACCESSIBILITY: There is an unpaved path from the paved bike trail to the water. The path to the water is uneven and has a steep (6-10%) grade and is not wheelchair accessible. We will make every reasonable effort to clear the path to the water of debris and large stones.

SWIMS (in order):

- **4000-meter (2.4-mile) Swim:** Four loops counterclockwise around our 1000-meter polygonal course.
- **2000-meter (1.2-mile) Swim:** Two loops counterclockwise around our 1000-meter polygonal course.

TRIATHLETES: We have selected the race distances with you in mind. Join us and test your swim pacing!

- 4000-meters is very close to 2.4-miles, the swim distance in full Ironman triathlons.
- 2000-meters is very close to 1.2-miles, the swim distance in Half-Ironman triathlons.

SWIM SCHEDULE (subject to change due to conditions):

7:30am Registration/Check-in OPENS for all swims
8:00am Warm-up begins

8:30am Registration/Check-in CLOSES for 4000-meter (2.4-mile) swim
8:45am Mandatory pre-swim instructions for 4000-meter (2.4-mile) swim
9:00am **Start of 4000-meter (2.4-mile) swim**
 Awards when results as available

10:30am Registration/Check-in CLOSES for 2000-meter (1.2-mile) swim
10:45am Mandatory pre-swim instructions for 2000-meter (1.2-mile) swim
11:00am **Start of 2000-meter (1.2-mile) swim**
 Awards when results as available

ELIGIBILITY & RULES

ELIGIBILITY: Open **ONLY** to adults (18 years of age or older on the day of the event) who are current USMS members or foreign equivalents. Eligibility will be automatically verified through the online entry system. For swimmers who are not USMS members, USMS “One-Event” membership is available with entry for \$20.

AGE DETERMINING DATE: The swimmer's age as of December 31, 2024, will determine the age group according to USMS rule 301.4.

RULES: Current USMS rules will govern this event. Under penalty of disqualification, swimmers may not make deliberate contact with craft, craft operators, and/or any physical features on or near the course during the swim (Note that this is different from the USA-Triathlon rule).

SWIMWEAR: Current USMS swimwear rules will govern this event.

- Category I & II suits will be tabulated separately for placement. See the event website for swimwear category details.
- Due to expected water temperatures, we expect many swimmers to wear wetsuits, which are Category II swimwear. Swimmers who choose non-thermal swimwear MUST certify with their entry that they have practiced sufficient cold-water thermal adaptation before this event. This certification will be included as a required check-off on the registration form.
- All swimmers MAY choose to wear their own Safety Tow Buoy for identification and safety. These are defined as inflatable, tethered to the waist, and towed no farther behind than mid-calf to avoid tangling with other swimmers. They are recommended, but NOT required. Swimmers wearing Safety Tow Buoys will be tabulated in Category II for placement according to USMS rule 303.4.3D.
- To make this event more accessible, swimmers may wear fins but will be tabulated in a separate 'Fins' category.

CONSOLIDATED EVENT: All swims will be conducted seeded as a single swim without regard to swimmer gender, age, or swimwear category. Places, awards, and published results for the 2000 & 4000-meter events shall be separate for each gender, age group, and swimwear category.

QUALIFYING TIME: Swimmers who cannot swim 1650-yards (1500-meters) in 40 minutes MUST NOT ENTER these events. No guessing—time your swim before entering. It's for your safety! Swimmers on the 4000-meter course who have not started their 4th loop within 1 hour, 10 minutes from the race start will be stopped at the starting point

WARM-UP & WARM-DOWN:

- There will be spotters provided in a designated area close to shore for supervised warm-up & warm-down. Choosing to swim elsewhere in the cove is at the swimmer's own risk.
- Please warm up before the pre-race instructions, as swimmers go directly from meeting to marshaling to racing!

STARTS & SEEDING: Both swims will use a mass start, unless the entry size dictates using waves for safety reasons. Just in case, please submit an accurate 1500-meter or 1650 yds seed time with your entry.

ABANDONMENT: In the event of abandonment (usually a thunderstorm), the swim shall be re-started from the beginning at the earliest possible time if time & conditions permit.

REGISTRATION & FEES

REGISTRATION—ONLINE ONLY: www.clackamascoveswim.com/register Online entries must be received by 4:59 PM PST on Tuesday, June 11, 2024.

ENTRY LIMITS: The entire event—including both swims—is limited to the first 100 registrants. We will maintain a waiting list if early registrants drop out early enough to notify others.

ENTRY FEE: One swim is \$50 and two swims are \$80.

OMS SANCTION SURCHARGE: There is a required \$5 per swimmer surcharge to cover the cost of USMS-mandated sanction insurance, which is included in the entry fee prices.

CANCELLATION, REFUND, AND TRANSFER POLICIES:

- Swimmers who do not compete, or who do not complete the swim, are not eligible for refunds.
- If the swim is canceled up to 60 days before race day, 50% of entry fees will be refunded. If the swim is canceled less than 60 days before race day, no fees will be refunded.
- Entries are non-transferable.

OTHER INFORMATION

DIRECTIONS: Navigate to 16350 Main St, Oregon City, OR 97045, the gravel parking lot next to the bike trail and cove.

PARKING: There will be designated event parking spaces, with no parking fee. Parking on Main Street or in the nearby Clackamette Cove is strictly prohibited and will result in the city pulling our event permit and shutting the event down. Please park in the designated event parking areas at 16350 Main St. Oregon City, in the gravel lots as directed by a volunteer. Due to parking limitations, we recommend carpooling.

RESULTS: Will be posted at the race venue promptly after each swim and at www.swimoregon.org after the event.

AWARDS: Age groups are standard USMS age groups.

- Category I & II: Custom Clackamas Cove Cruise ribbons to the top three finishers in each age group & gender in all 3 competition categories (2 suit categories + fins).
- No club/team scoring or awards

OREGON OPEN WATER SERIES: Both swims count towards the cumulative season series.

- Both swims in Category I & II swimwear are featured swims. Both swims in the 'Fins' category are participation swims.
- If the water temperature is under 68 degrees F. (which we expect), there will be no points difference between Categories I & II for the season series.
- See <https://swimoregon.org/OMS-OW-Series-Description.pdf> for full details of the Oregon Open Water Series.

SOUVENIRS: None. We're trying to keep the cost of your swims within your budget.

HOT DRINKS: We'll have hot water for drinks to help keep you warm before and after swims, available for purchase from a beverage vendor by the parking area.

SNACKS: Beverages, snacks, and fruit will be available, but breakfast and lunch will not be provided.

EVENT WEBSITE FOR EVENT INFO: www.clackamascoveswim.com

EVENT MANAGER & DIRECTOR:

Daniela Klaz clackamascoveswim@gmail.com, 317-789-5694

Clackamas Cove Cruise Entry Form

Saturday, June 15, 2024

Sanctioned by Oregon Masters & USMS

Swimming for U.S. Masters (#XXX-XXXX)

Deadline for Entry: June 15, 2023 at 5:00 PM Pacific time, Event capped at 100 total swimmers

EVENT INFO:

Event/Item	Fee	Paid Amount
4000m swim	\$50	
2000m swim	\$50	
Both 4000m and 2000m swim	\$80	
Day-of-Race Entry Surcharge	\$20	
One-day USMS membership, if needed	\$20	
Race T-shirt	\$30	
Total		

INDIVIDUAL SWIMMER INFO:

Name			
Email			
Address			
City, State, Zip			
Phone Number			
2024 USMS Number			
Birth Date		Age	
Emergency Contact Name			
Emergency Contact Phone			
Important Medical Info			

By signing, I certify that I can swim 1500m/1650 yds in 40 mins or less.

By signing, I certify that I have practiced sufficient cold water thermal adaptation for 60-65 degree water temperatures.

Signature of Entrant: _____ Date: _____