



Lake Moomaw 1- Mile Swim

Alleghany County, Virginia, Saturday, August 17, 2024

Sponsored by: The Virginia Masters Swim Team, The Alleghany Highlands YMCA, The Alleghany Highlands Chamber of Commerce & Tourism, and The Alleghany Foundation.

Sanctioned by: LMSC of Virginia for USMS Inc.

[REGISTER ONLINE HERE:](#)

https://www.clubassistant.com/club/meet_information.cfm?c=2402&smid=18563

Your credit card will be charged to "Virginia Masters VMST"

EVENT: There will be a one-mile race at 9:00am. The start and finish are on the beach at Cole's Point, clearly visible to the spectators and race personnel. The course runs along the shore, approximately 500 yards to the south, and then turns east and north into a protected inlet, around buoys that will be clearly visible. The swimmers will reach the turn-around point inside the "no wake zone" in the inlet, turn counter-clockwise around a buoy, and swim back to the beach via the same route. All buoys will remain to the swimmer's left, except the final one, which will be on the right. A 2x3 foot poster of the course diagram will be posted at the lake, and the current water and air temperature will be posted at 8am. Swimmers will depart from the beach in waves of 10 people or fewer, 30 seconds apart.

Warm-up begins at: 7:45am **Check-in Closes at:** 8:45am **Race begins at:** 9:00am

Eligibility: Open to all swimmers 18 years & older. Your USMS status will be automatically verified when you register online, but "One Event" is also available to non-USMS members for an additional fee of \$20.00, through the Club Assistant event entry process. You may also [renew or join US Masters Swimming](#), which provides you with an annual membership and benefits.

Rules: Current 2024 USMS rules will govern the race.

Entries: All entries are [online](#) and will close at noon, Eastern Daylight Time on August 15, 2024, or when the event reaches its capacity of 100 participants. Late or race day entries will NOT be accepted. **Entry fee is \$75.00.** To be guaranteed a free t-shirt, enter online by 5pm on July 27, 2024.

Safety: For safety reasons, swimmers who cannot complete 1 mile in one hour should NOT enter. Swimmers still on the course after the time limit will be stopped and listed DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the race. The WestRock water rescue team will be on site with boats, kayaks, and rescue squads.

Seeding: Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 10 swimmers or fewer, staggered at 30-second intervals. “No Time” entries will be seeded in the final wave. Seeding changes and additions will not be allowed on race day.

Age Groups: 18-24, 25-29, 30-34, etc. in five year increments, for both men/women.

Awards/ Social: Awards will be given to the top 3 men & women finishers in each age group. The awards ceremony will take place on the beach following the race.

Accommodations: Please call Josh Taylor at the Alleghany-Highlands Chamber of Commerce & Tourism at 540-962-2178 for information.

Directions: Google Map “Coles Point Drive, Hot Springs, VA 24445”.

Race Directors Contact: Dave Holland 804-467-2425 (VMST); Josh Taylor 540-962-2178 (Chamber)

***NEW IN 2024* SWIM ALL THREE**

This year, we will be joining the organizers of the:

Reston Masters’ Jim McDonnell Lake Swims on 5/26/2024

<https://runsignup.com/jmls>

and the:

John Shrum Chris Greene Lake Cable Swim on 6/1/2024

<https://chrisgreencableswim.com>

for a new series... ***SWIM ALL THREE!***

A special award will be given to those who complete the Jim McDonnell 1 or 2-mile races, John Shrum Chris Greene 1 or 2-mile races and the Lake Moomaw 1-mile swim. Every age group is eligible for the award but you must complete all three events. Many of you already swim one or two of our local events, so why not do your best to complete the threesome? What an opportunity!!
