

# 31<sup>st</sup> CASCADE LAKES SWIM FESTIVAL

## Featuring the Oregon LMSC 1500-meter Open Water Championships

**Elk Lake, OR     August 2, 2025     Only 1 Day this Year!**

Hosted by Central Oregon Masters Aquatics  
Sanctioned by Oregon LMSC for U.S. Masters Swimming, Inc.  
Operating under Special Use Permit from the United States Forest Service

### Staggered entry fee:

- **Entries completed by July 21 receive a built-in bonus for timeliness.**
- **Entries completed July 22-28 pay an extra fee.**
- **Online entries close on July 28 at 11:59pm PDT.**
- **NO DAY-OF-RACE ENTRIES!**

### SAFETY—OUR PRIMARY CONCERN:

- Entry: Only adult swimmers who can swim 1650-yards/1500-meters in 40 minutes or less may enter any swim.
- Rules: 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 and medical personnel will be on-site. Swimmers must wear a brightly-colored swim cap of your 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: Medic first aid services will be available on shore.

**LOCATION:** Elk Lake, a beautiful, clear mountain lake nestled in the sunny Oregon Cascades 33 miles from Bend. Water temperature is expected to be 66-71° F. (19-22° C.) and will be posted on race day.

**FESTIVAL:** Elk Lake is a great place to bring your family for a fine outdoors experience and extravaganza. It's a **CELEBRATION** of fitness, fellowship, & fun!

### SWIMS (in order):

- **3000-meter** swim counterclockwise twice around our triangular course.
- **1500-meter** swim clockwise once around our triangular course.

**SERIES:** Sorry, no series this year in a single-day event. Sometimes, simple is good!

### SWIM SCHEDULE (subject to change due to conditions):

7:30am	Check-in opens for both swims
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8:30am	Check-in CLOSES for 3000-meter Swim
9:00am	Warm-up ends & Mandatory pre-swim instructions for 3000-meter swim begins
9:15am	<b>Start of 3000-meter Swim</b>
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10:45am	Check-in CLOSES for the 1500-meter Swim
11:15am	Warm-up ends & Mandatory pre-swim instructions for 1500-meter swim begins
11:30am	<b>Start of 1500-meter swim—also the Oregon LMSC Championship!</b>
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12:15pm	Lunch
12:45pm	Awards

### REGISTRATION—ONLINE ONLY (and NO DAY-OF-RACE ENTRIES!):

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1756&smid=19771](https://www.clubassistant.com/club/meet_information.cfm?c=1756&smid=19771)

- Entry fees are staggered.
  - Entries completed by July 21 will receive a built-in bonus for timeliness.
  - Entries completed July 22-28 pay an extra \$20 fee,

- Online entries will close on Monday, July 28 at 11:59pm PDST. **Save some cash—submit your entry on time!**
- **LATE OR DAY-OF-RACE ENTRIES WILL NOT BE ACCEPTED.** Please don't even ask.

**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 verified through the online entry system. For swimmers who are not USMS members, USMS “One-Event” (OEVT) membership—good for both swims—is available with entry for \$20; One-Event members are not eligible for the Oregon LMSC 1500-meter Championship but may swim in a separate non-championship category.

**QUALIFYING TIME:** Swimmers who cannot swim 1650-yards/1500-meters in 40 minutes MAY NOT ENTER these events. Please, it's for safety! Swimmers on the 3000-meter course longer than 1:30 may be stopped and listed as DNF/DQ in the results.

**ENTRY LIMITS:** The entire event—including both swims—is limited to the first 200 registrants. We will maintain a waiting list if early registrants drop out early enough to notify others.

**ENTRY FEE:** \$55 for one swim and \$70 for both. Entry fee includes a swim cap and a post-swims lunch.

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**CONSOLIDATED EVENT:** Each swim will be conducted seeded as a single swim without regard to swimmer gender, age, or swimwear category, and in the order of submitted entry times if applicable. Places, awards, and published results for these events shall be separate for each gender, age group, and swimwear category.

**RULES & SWIMWEAR:** Current USMS rules will govern this event.

- **Age:** Will be determined by the age of the swimmer on December 31, 2025, except for 18-year-olds, who must be 18 on the first day of the event.
- **Contact on course:** 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 a swim.
- **Swimwear classification:**
  - Category I suits are required to be eligible for the Oregon LMS 1500-meter Championship.
  - Category II suits—including wetsuits—are welcomed in all swims, but tabulated in a separate category.
  - See Event Website (linked below) for swimwear classification details.
- **Safety Tow Buoys:** Swimmers in either swimwear category MAY wear a Safety Tow Buoy for identification and safety. These are defined as inflatable, tethered to the waist, and towed no farther behind than the top of the ankle. Swimmers wearing Safety Tow Buoys will be tabulated in Category II as USMS rules require.

**‘JUST FOR FUN’ CATEGORY:** In the 1500-meter swim only, we have included a ‘Just for Fun’ category for swimmers who would like a more-relaxed, non-competitive participation swim experience. Swimmers in this category may use otherwise-prohibited devices like snorkels, pull buoys, paddles, fins, etc, within reason and safety constraints as determined by the Referee. They'll identify themselves at the pre-swim meeting and swim with the rest of us, but for safety & fairness they'll start at the back of the pack and avoid contact & drafting with those who are racing. We won't report places or score them in any swimwear category, but we will report times as a courtesy. As we said—just for fun!

#### **WARM-UP & WARM-DOWN:**

- **Where:** There will spotters provided in the area close to shore for supervised warm-up & warm-down. Choosing to swim elsewhere in the lake is at the swimmer's own risk.
- **When:** Warm up before the pre-race meeting, as swimmers go directly from meeting to marshaling to racing!

#### **STARTS & SEEDING:**

- The 3000-meter swim will use a mass start, unless the size of the entry dictates otherwise for safety.
- The 1500-meter swim will be divided into women's and men's waves, and subdivided by swimwear category.

**RESULTS:** Posted promptly after each swim and at [www.comaswim.org](http://www.comaswim.org) and [www.swimoregon.org](http://www.swimoregon.org) after the event.

**AWARDS:** Ribbons to three places in each standard USMS age group in both Category I & II suit divisions in all swims.

#### **OREGON LMSC 1500-METER INDIVIDUAL & TEAM OPEN WATER CHAMPIONSHIPS:**

- **Team affiliation:** Swimmers will represent the Oregon LMSC local team listed on their USMS registration.
- **Swimwear:** **Only swimmers wearing Category I suits shall score.** Swimmers wearing other swimwear or wetsuits may swim, but they shall not place or score in the Team Championships.
- **Scoring:** Team scoring shall be point value by age group: 8-6-4-3-2-1.

- **Team awards:** Championship recognition shall be awarded to the team champions in both Large & Small Team categories.

**OREGON OPEN WATER SERIES:** Both swims are featured swims, scored 22-18-16-14-12-10-8-6-4-2. The 'Just for Fun' category in the 1500-meter swim counts as a participation swim. See <https://swimoregon.org/21-OMS-OW-Series-Description.pdf> for details of the Oregon Open Water Series.-----

**SOUVENIRS:** With entry, swimmers may pre-order & purchase commemorative t-shirts for \$20. See the Event Website (below) for design. Souvenirs will not be on sale at the event unless there are extras.

**HOT DRINKS & SNACKS:** We'll have hot coffee and hot water for other drinks to help keep you warm before & after swims. We will also offer modest snacks for our volunteers, many of whom are on duty long before swimmers arrive. Swimmers may snack too, but these snacks are limited and NOT intended to serve as your breakfast or lunch.

**MEALS:** Swimmers will receive a post-swims lunch meal; order vegetarian or meat with entry. Swimmers may pre-order spectator meals—vegetarian or meat—for \$12 each in advance with entry.

**CAMPING:** No group campground this year. There are nearby campgrounds that you can reserve through [www.recreation.gov](http://www.recreation.gov). We recommend reserving early!

**DIRECTIONS (Google: Elk Lake or go to <http://www.comaswim.org/cl-directions.html>):** From Century Drive in Bend, take the Cascade Lakes Scenic Highway approximately 34 miles to Elk Lake. The start & finish for all swims is the Beach Day Use Area at the southernmost end of the lake, the last Elk Lake exit if coming from Bend.

**PARKING:** Parking is limited to two large pullouts off the Cascades Lakes Highway and the Six-Lakes Trailhead. There will be no general parking at the race site until after event activities have concluded. **Your car MUST display a current NW Forest Pass to park anywhere other than the highway pullouts or trailhead.**

**DOGS: NO DOGS at Elk Lake** (a U.S. Forest Service Rule), but they may be in campgrounds on a leash. Never leave your dog unattended in a car!

**EVENT WEBSITE FOR COMPLETE INFO:** [www.comaswim.org/cascade-lakes.html](http://www.comaswim.org/cascade-lakes.html)

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