

John Shrum Chris Greene Lake Swim

Featuring

2025 USMS 1 and 2 Mile Cable Swim National Championships

2025  **U.S. MASTERS
SWIMMING**

CABLE OPEN WATER NATIONAL CHAMPIONSHIPS

Saturday, May 31, 2025

Sponsored by Virginia Masters Swim Team

Open Water Registration



Registration Schedule

Opens on January 1, 2025 and Closes midnight May 28, 2025

	Open	
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[Club Entry Rosters](#)



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Charlottesville, Virginia

Sponsored by: Virginia Masters Swim Team and Albemarle County Parks and Recreation

Sanctioned by: LMSC of Virginia Inc. for USMS Inc.

Website: www.chrisgreenelakeswim.com

Event: There will be two races: a 1-mile cable swim at 8:30 am and a 2-mile cable swim beginning at 10:00 am. The 1-mile swim will consist of 2 laps in a counter clockwise direction around a ¼-mile straightaway cable, with start and finish in the water. The 2-mile race will consist of 4 laps around the ¼-mile cable in a clockwise direction. Both the 1- and 2-mile distances are certified and qualify for national records. No splits or premature finishes will be eligible for records. **The lake opens at 7am and warm-up on the cable course will be available 7:15-8:00am.**

NOTE: Holding on to water craft or the cable will not be allowed. All swimmers must be able to complete the swim on their own without assistance. If you have questions, please contact the race director.

- Anticipated water temp: 78° to 82°
- **NO WETSUITS ALLOWED**

Schedule:

6:30 am: Beach opens

7:00 am: Race check-in opens (all races), lifeguards in place, lake opens for warmups

8:00 am: 1-mile line up and safety briefing

8:30 am: 1-mile race start

9:00 am: 2-mile check-in closes

9:30 am: 2-mile line up and safety briefing

10:00 am: 2-mile race start

11:45 am: race course closes, cleanup begins

12:00 pm: awards ceremony on the beach

Eligibility: The Cable swim is open to all swimmers 18 years & older as of May 31, 2025 who are members of USMS. **Online entries will be verified automatically. "One Event" is available through online registration for an additional fee of \$20.00.** Note: Since these are both National Championships one event entrants are not eligible for National records or awards. To renew or join USMS online, visit www.usms.org/reg

Rules: Current 2024 USMS rules will govern both races. Per the race director's discretion, we will NOT allow participants to hold onto any watercraft during the swim. All swims must be unassisted. Please contact the race director with questions.

Entries: **Early entry prices in effect until 11:59pm Eastern Time on Sunday, May 26th, 2024.** Late entry prices are in effect from Monday, May 27, through Wednesday, May 29, at 11:59pm. You may enter both events. Entry fee is \$85 for either the 1- or 2-mile swim. The entry fee for those who enter both the 1- and 2-mile events is \$135. **Late entries will pay a \$40 penalty, may or may not get a race T-shirt, and be seeded in the last wave.**

Entry Fees	Early Entry Jan 1 – Jan. 31	Regular Entry Feb. 1 - May 21	Late Entry May 22 – May 28
1-mile swim only	\$75.00	\$85.00	\$125
2-mile swim only	\$75.00	\$85.00	\$125
BOTH 1-mile and 2-mile swims	\$125.00	\$135.00	\$175

Note: If paying by credit card, your credit card statement will reflect a charge from "Virginia Masters VMST."

Safety: For safety reasons, swimmers who cannot complete 1 mile in 1 hour or 2 miles in 2 hours should **NOT** enter. Swimmers still on the course after the time limit will be stopped and listed as 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 Charlottesville-Albemarle rescue/dive team will be on site with boats, scuba divers, and a rescue squad.

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

Age Groups: 18-24, 25-29, etc. in 5-year increments, for both men/women. **Your age as of 12/31/2025 will be used except for 18-year-olds who must be 18 on the day of competition.**

Awards/ Social: For both races, 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 2-mile race. Drinks and snacks will be provided.

A new program this year:

We will be joining the organizer of the Reston Masters' Jim McDonnell Lake Swim, (<https://runsignup.com/jmls>) for **SWIM Both!** This special award will be for those who swim the Jim McDonnell 1 or 2 mile in Reston, VA, the John Shrum Chris Greene 1 or 2 mile cable swim in Charlottesville. Every age group is eligible for the award but you must complete both events. Many of you already swim one or two of our local events, so why not do your best to complete the duo? What an opportunity!!

Directions: (Google Maps - "Chris Greene Lake Park")

From Washington, D.C:

(Distance: 115 miles, Drive Time: ~ 2 to 2.5 hours)

Take Rt. 29 toward Charlottesville, VA. In Earlysville, turn right onto Airport Rd. (Rt. 649). Travel 7/10 mile toward airport. At roundabout, bear right onto 606. Go 1.2 miles and turn left onto Chris Greene Lake Rd. Proceed past guardhouse and follow the road downhill and around the lake to the parking lot at the end of the road.

From Richmond, VA:

(Distance: 75 miles, Drive Time: ~ 90 minutes)

Take I-64 West to exit 124, Charlottesville/Shadwell, (U.S. 250 West), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

From Waynesboro, VA:

(Distance: 34 miles, Drive Time: ~ 45 minutes)

Take I-64 East to exit 118B, Charlottesville/Culpeper, (U.S. 29 North Bypass), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

Race Directors Contact:

Jim Miller, MD

Email: jwmswimmd@aol.com

John Post, MD

Email: john@johnpostmd.com

Session 1 - 1-Mile Cable Swim

Warm-ups start at 7:15 AM

Meet starts at 8:30 AM

#	Sex	Event
1	Mixed (Enter your 1650 time)	1 Y Free

Session 2 - 2-Mile Cable Swim

Meet starts at 10:00 AM

#	Sex	Event
2	Mixed (Enter your 1650 time)	2 Y Free

Note: If paying by credit card, your credit card statement will reflect a charge from "VIRGINIA MASTERS VMST."

[Problem with this registration?](#)