



THIRD ANNUAL TEAM ST. LOUIS/ ST. LOUIS AREA MASTERS ONE-MILE AND TWO-MILE OPEN WATER SWIM

at Sunnen Lake (YMCA of the Ozarks), Potosi, Missouri

DATE: Sunday, June 13, 2004, SANCTIONED BY: Ozark LMSC for USMS Inc., Sanction #4818

TIME: 9 am start. Check in for both events begins at 7:45 am; pre-race instructions will be given at 8:45 am.

LOCATION: Sunnen Lake is part of the YMCA of the Ozarks, located approximately 90 minutes southwest of St. Louis in the Mark Twain National Forest. See directions below.

EVENT: Triangular course; marked by buoys, and lifeguards in kayaks. One lap around course is one mile, twice around is two miles.

ELIGIBILITY: USMS registration is required of all participants in the Masters' Division. A photocopy of the swimmer's current registration must be submitted with the official entry form. A one-day USMS Registration is available for an additional fee of \$14 and may be submitted at the time of entry.

FEES: \$25 if received by June 9, 2004; \$40 if received from June 10, 2004, until day of race. **Make checks payable to St. Louis Masters Swimming.** Fee includes a swim cap, and the post-event social. Sorry fees are non-refundable. **Special Deal** for YMCA members. Proof of membership to any YMCA anywhere in the country entitles you to **\$5** discount.

DEADLINE: Race day entries will be permitted as will one-event registration. You must bring your USMS registration card and pay the \$40.00 LATE ENTRY FEE.

SAFETY: Swimmers must wear the fluorescent swim cap provided at check-in. Prior to the race, all swimmers are required to leave at the registration table a valid form of identification, which can be retrieved after exiting the water. This is done to insure all swimmers are out of the water at the conclusion of the race. The water temperature is expected to be about 75-80F. Last year the water was much warmer when it was held July 6. It should be cooler because of it being earlier in the summer.

RULES: Current USMS rules will apply for the Masters' Division.

WETSUITS: Swimmers wearing wetsuits or other non-porous attire are welcome to register in the Wetsuit Division, but will not be eligible for awards or official placing in the results due to the competitive advantage wet suits provide.

AWARDS: Awards for Places 1 through 3 in each age group (men & women, 19-24, 25-29, 30-34, ...). Awards for the wetsuit division will be for men and women, places 1-5 only. Results will be sent to each participant who provides an email address and posted on the internet at www.swimslam.org.

SOCIAL: Your registration fee entitles you to eat at the buffet at the Trout Lodge. Spouses and/or guests (over the age of 13) not registered to swim may purchase a meal for \$7.95. Children between the ages of 5 and 13 are \$6 a child, and children under the age of 5 eat free. When your done eating, why not spend the day? By registering you're entitled to a day pass that will allow you to partake in any of the many activities the camp has to offer. Check out their website at www.ymcaoftheozarks.org.

ACCOMMODATIONS: The YMCA does have limited number of rooms for \$101 a night based on double occupancy that includes three meals a night, but must stay at least two nights (Fri.-Sat. or Sun.-Mon.) There is no Saturday check in or checkout. Rooms can be reserved directly on line at the web site above or by calling 314-241-YMCA (9622). Other hotels can be found along I-255/I-270 and I-55 (approximately 70 miles from Lake).

DIRECTIONS: On line at http://www.ymcaoftheozarks.org/Default/Maps_1.cfm

From St. Louis Area: I-55 for 22 miles, until you reach Festus and Hwy. 67 south (at exit 174B). 6 miles on Hwy. 67, until you reach Hwy. 110 (west), go for approx. 10 miles to Hwy. 21 (south). Make a left onto Hwy. 21 and go for 27 miles - until you reach Potosi. Turn right onto Hwy. 8 (west) for 12 miles to AA. At AA, turn right and go for 2 miles.

OR I-270 to Tesson Ferry Road (Hwy. 21). Hwy. 21 (south) to Potosi (approx. 55 miles). Turn right onto Hwy. 8 (west) for 12 miles to AA. At AA, turn right and go for 2 miles

Columbia: (Approximately 140 miles) take US 63 S. to Jefferson City, to Hwy. 68 S., to I-44 E., to Hwy. 19 S., to Steelville. Take Hwy. 8 E. to AA. Turn left on AA to entrance of YMCA.

Rolla: (approximately 50 miles) take I-44 E. to Hwy. 19 S., to Steelville. Take Hwy. 8 E. to AA. Turn left on AA to entrance of YMCA.

Kansas City: (approximately 250 miles) take I-70 E. to Hwy. 19 S. to Steelville. Take Hwy. 8 E. to AA. Turn left on AA to entrance of YMCA.

Louisville: (approximately 350 miles) take I-64 W. to St. Louis. From St. Louis, take I-55 S. for 22 miles to Hwy. 67 S. to Desloge. Take Hwy. 8 W. for 32 miles thru Potosi to AA. Turn right at AA and go 2 miles to YMCA.

Memphis: (approximately 325 miles) take I-55 N. to Cape Girardeau. Take Hwy. 72 W. to US 67 N. Take US 67 N. to Flat River. Take Hwy. 8 W. thru Potosi to AA. At AA, turn right and go for 2 miles to YMCA.

Indianapolis: (approximately 300 miles) take I-70 W. to I-55 S. for 33 miles to Festus. Take Hwy. 67 S. for 28 miles to Desloge. Take Hwy. 8 W. for 32 miles thru Potosi to AA. At AA turn right and go for 2 miles to YMCA.

Chicago: (approximately 350 miles) take I-55 S. thru St. Louis to Hwy. 67 S. Go for 28 miles on Hwy. 67 S. to Desloge. Take Hwy. 8 W. for 32 miles thru Potosi to AA. At AA, turn right and go for 2 miles to YMCA.

RACE DIRECTOR: Bruce Hopson bhopson@swbell.net, (314) 588-8066

MAIL COMPLETED ENTRY FORM BY 6/10/04, TO:

Bruce Hopson, SLAM Open Water Swim, 315 N. 11th St., Apt. 703, St. Louis, MO 63101

