

**ST. LOUIS AREA MASTERS SWIM CLUB
ONE MILE OPEN WATER SWIM**

at Lake Ste. Louis, Lake St. Louis, Missouri

- DATE:** Sunday, June 30, 2002. SANCTIONED BY: Ozark LMSC for USMS Inc., Sanction # 4636
- TIME:** 8:00 am start. Check in for both events begins at 6:45 am and pre-race instructions will be given at 7:45 am.
- LOCATION:** Lake Ste. Louis, located approximately 19 miles west of St. Charles on I-70 and 48 miles west of St. Louis on I-70. From I-70, exit number 212 Mo. A (Freymuth) and turn left, heading south until you reach south Service Rd. West. Turn left on the service road until you reach S. Ellerman Rd where you will turn right.
- EVENT:** One mile swim on a one mile triangular course.
- ELIGIBILITY:** USMS registration is required of all participants. 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 \$11 and may be submitted at the time of entry. One-day registrants are not eligible for USMS All American recognition.
- FEES:** \$25 if received by June 26, 2002; \$40 if received from June 27, 2002 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.
- DEADLINE:** Race day entries will be permitted as well as 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 72°F.
- RULES:** Current USMS rules will apply.
- 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.
- ACCOMMODATIONS:** Please indicate on attached form if needed.
- RACE DIRECTORS:** Bruce Hopson 314-965-7839, xmuswimr@aol.com; Keith Negri, kiethanegri@aol.com
- MAIL COMPLETED ENTRY FORM BY 6/26 TO:** Bruce Hopson, 515 N. Kirkwood Rd, #3W, St. Louis, MO 63122