

The First Annual
CAST CLASSIC Open Water Swim

Coeur d'Alene, Idaho
August 14, 2010

USAS Inland Empire Swimming Sanction #IE1023
USMS (Inland Northwest Masters) Sanction # 03500814

Held under the sanction of USA Swimming, Inc. and Inland Empire Swimming, Inc.
Held under the sanction of US Masters Swimming, Inc. and Inland Northwest Masters
Swimming, Inc.

In granting this sanction it is understood and agreed that USA Swimming, Inland Empire
Swimming, US Masters Swimming, and Inland NW Masters Swimming shall be free and
held harmless from any liabilities or claims for damages arising by reason of injuries to
anyone during the conduct of the event.

**Sponsored by the Coeur d'Alene Area Swim Team (CAST) and
sanctioned under USAS and USMS.**

Additional updates and info are available on our website,
<http://www.swimcast.net>

Email: castclassic@gmail.com

Location: Lake Coeur d'Alene Idaho, starting at Independence Point, Coeur
d'Alene Public Beach, adjacent to City Park and the Coeur d'Alene resort.

Events: Athletes can participate in one (1) of the 2.5k (developmental only), the
5k, or the 10k Open Water race. Each race will be scored separately in USAS and
USMS divisions separated by ages and/or gender as outlined in the award section
and by the race committee. All races will be swum concurrently with separate
starts by division. Final start information will be outlined in the Pre-Race Technical
Briefing.

Start time and Swimwear:

Swimmers are responsible for the safety and storage of their own belongings at all times.

Registered swimmers must check-in at Clerk-of-Course beginning at 6:00 am and must be completed by 7:15 am. Day of Meet registration athletes must be in line no later than 6:30 and registration will close at 7:00 am. Each participant will receive their meet package and be numbered. Please note: Fingernail and Toenail length will be inspected by the meet referee or designee during check-in. Nails must be trimmed close or the swimmer will be disqualified. Please bring your own clippers. Numbered caps will be provided and **MUST** be worn. Use of neoprene swimsuits, wetsuits, or other non-porous attire shall result in that swimmer being ineligible for awards or place points. The use of fins, pull buoys, or other swimming devices will result in disqualification. A mandatory Pre-Race Technical Briefing will take place at 7:30 am. The races will start shortly after the conclusion of the Pre-Race Technical Briefing (appx 8 am). Starting procedures, assignments, and order will be described in the briefing. Be ready to swim before the briefing begins.

The Course: The course will be a 2.5 kilometer rectangle marked by buoys; the start and finish will take place in the water. 2.5k participants will make one loop, 5k participants 2 loops, and 10k participants 4 loops of the course. 10k participants must finish the course in less than 3 hours and 30 minutes; 5k participants in 2 hours and 30 minutes and 2.5k participants must finish in less than 1 hour and 30 minutes. Any swimmers failing to finish under the allotted time will be stopped and listed as DNF. The course will be monitored by safety boats and paddlers. Paramedics and Law Enforcement will be present.

These events are unescorted swims. No escort crafts will be allowed. Swimmers may opt to feed only in the 10K race. A common area for a feeding station will be provided and officiated. All feeding station equipment must fall within standards identified in the USAS rules and USAS Meet Directors Handbook. Final determination will be made by the Meet Referee.

Water temperature in Lake Coeur d'Alene is expected to be appx 70 F.

Eligibility: Athletes must be registered with either USA swimming or USMS to be eligible. Day of meet temporary Event registration (through Inland Empire Swimming/USAS and Inland NW Masters/USMS) will be available at the Clerk of Course for an additional fee. Same day registration will be allowed only if the event does not reach its capacity of 200 swimmers prior to race day. Athletes registering at the meet must present their USA or USMS membership cards the day of the race. Pre-race day registrants must supply a copy of their USAS/USMS card with hard copy or online registration. You cannot swim without proof of eligibility, please bring your card with you! Athletes swimming the 5K or 10K must be a minimum of 14 years of age on the day of the race.

Cost: \$40 for early registration which must be postmarked by July 23rd, \$50 for late registration (postmarked by August 6) and same day registration. Late and same day registrations will not receive a t-shirt.

Timing and Results: Timing will be conducted manually with stopwatches. Results will be made available as quickly as possible after the conclusion of the events.

Awards: There will be two divisions for the 5K and 10K distance; USMS and USAS. Other age divisions within each distance/category may be awarded at the discretion of the race committee. The top three male and female finishers in each category for each distance will receive medals.

Entries: Entries will be limited to the first 200 received. Online entries can be filled out at www.swimcast.net Entries can also be emailed in a Hy-Tek Team Manager file to strokespecific@earthlink.net; those entries must include a zip file, a word copy of the entry file, and a fee report. Entries can also be mailed using the form below to:

CAST
PO Box 846
Post Falls, ID 83877

Checks should be mailed to the above address and made out to CAST with either the Hy-tek fee report or the registration sheet below. All fees are non-refundable.

A copy of each swimmer's current USAS or USMS must be sent with the registration.

Safety and Rules: Safety will be of paramount consideration during this competition. Safety provisions contained in the **USA Swimming Open Water Meet Directors Guidelines** shall be followed. All applicable USAS and USMS rules, regulations and safety requirements will be enforced for the well being of the swimmers. The event will be held rain or shine, and delays for lightning will be accommodated as much as possible. The Meet Referee will be the final authority on cancellation or postponement. If the races are stopped during competition they will be either re-ran in their entirety or abandoned outright, determined separately for each distance. No refunds will be available in the event of cancellation or postponement.

Meet Referee: Ken Schuh
kdschuhmeister@aol.com

Meet Directors: Bob Wood and Jean Seymour
castclassic@gmail.com

Direction: Directions to the public beach in Coeur d'Alene: Coming from Spokane or Missoula on I-90 take exit 11 for Northwest Blvd. Turn south onto Northwest Boulevard towards city center for about 2 miles. City Park, LAKE and Beach will be on your right.

Coming from Moscow: Take Highway 95 north and turn right on I-90 Business S/Northwest Blvd. Continue on Northwest Blvd south for appx 1 mile, City Park, LAKE and beach will be on your right.

Parking, lodging and additional area information is available on the CAST website.

2010 CAST CLASSIC



Name _____ Phone _____

Address _____

Email _____ Team _____

USA/USMS card # (required) _____

A copy of each swimmer's current USAS or USMS must be sent with the registration.

T-shirt Size: (Adult Only) S M L XL XXL **(Circle One)**

Please indicate the number of participants for each Event:

Open water 2.5K swim _____

Open water 5k Swim _____ (14 and older only)

Open water 10K swim _____ (14 and older only)

of entry fees (postmarked by July 23, 2010) of \$40 enclosed _____

of late entry fees (postmarked after July 23, 2010) of \$50 enclosed _____

Temporary USA/USMS registration of \$10 _____

Total amount enclosed _____

Mail entry with check payable to CAST to:

CAST
PO Box 846
Post Falls, ID 83877

RELEASE OF LIABILITY BY PARTICIPANT: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in swimming (training & competition), including possible permanent disability or death, and agree to assume all of those risks. **AS A CONDITION OF MY PARTICIPATION IN THE SWIMMING PROGRAM OR ANY OTHER ACTIVITY INCIDENT THERETO, I HEREBY WAIVE ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., USA Swimming, Inc., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.** In addition, I agree to abide by and be governed by the rules of USMS Swimming. Finally, I specifically acknowledge that I am aware of all the risks in open water swimming and agree to assume those risks.

In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Signature: _____ **Date:** _____

Printed Name: _____

CAST CLASSIC Course Outline

2.5 K (one lap), 5K (two laps), 10K (four laps)

