



TALLCHIEF OPEN WATER CHALLENGE

Held under the Sanction of USA Swimming
By Oklahoma Swimming, Inc.
SANCTION NO.: OK09 - 035

Host: SwimTulsa and The Tulsa Masters Swim Club (for Masters swimmers go to www.tulsamastersswimclub.com for an entry form)

Date: Saturday, August 29, 2009

Location: Zink Ranch, Sand Springs, Oklahoma

Schedule: Warm up – starting at 7:30am
Check in – until 8:15am
Briefing - 8:30am
Meet Start – 9:00am

Race Description: The course is out and back, swum clockwise and marked by buoys at an eighth, quarter, and half mile length. Swimmers will have in water swimming start and an on land finish with the swimmer running to cross the finish line. The color of the cap will determine the length of the swimmers race.

Eligibility: This meet is open to all USA Swimming registered swimmers. Age as of August, 29, 2009 will determine eligibility for age group.

Rules: This will be an unescorted swim. Current USAS Rules, supplemented by Oklahoma Swimming, Inc. rules will govern the meet.

Entry Fee: \$25 (\$1.50 to OKS Reserve Fund and \$3.50 to OKS Aquatic Fund). This includes cap and t shirt.

Deck Entries: Deck entries will be accepted up until 8:15am. Cost will be \$30.

Entry Limit: 1 Event.

Entering: SD3 or CL2 files are preferred. Include hard copy of entries. Handwritten or printed entries must indicate swimmer's name, sex, age, USAS number, and event number.

Deadline: Entries must be in the hands of the meet director by 6pm Friday, August 21, 2009. Include a single check payable to **SwimTulsa** with meet entries. If entries are emailed, a check must be received before team participates. Entries which require signature for receipt will not be accepted! Send a hard copy of entries and check to:

Corinne Dolan
6260 S. Jamestown Ave.
Tulsa, OK 74136

918-260-0387 (cell)
918-495-1164 (home)
meetdirector@swimtulsa.org you may attach SD3, CL2, Excel or Word file)

Qualifying Entry Times: "B" cuts in the longest freestyle event offered in the swimmers age group in LCM or SCY: 10 & under – 200 Free, 11-12 – 400/500 Free, 13 & overs – 1500/1650 Free. "No Times" will not be accepted.

Safety: Lake safety is provided by the Water Front Safety Certified councilors at the Tallchief camp supported by the trained Dust Bowl Chapter of the Arkansas Canoe Club. A lifeguard station will be positioned every 1/8th mile on the course with additional support craft around the course. **No recording devices, including cell phones, can be used in the locker rooms at the site of a swim practice or meet. Marshals will insure that locker rooms are monitored as often as possible by all meet personnel.**

Liability Release: See attached form. This must be filled out by every participant and turned in either by mail or at the meet. No one will be allowed to participate without the completed, signed, and dated form.

Water Temp: Average water temperature for August is approximately 80 degrees F.

Abandonment: If a race has to be abandoned prior to the lead swimmer finishing the race the race will be re-swum and the whole distance will be completed at a time determined by the meet committee. Rain Date is August 30, 2009. Check the SwimTulsa tape, 748-3400, if the weather is questionable. If there is no message about the Open Water Meet, then the meet will be held as scheduled.

Awards: An award will be given for the fastest in each age group and gender – 10 & under, 11/12, 13/14, and 15 & over.

Directions: Zink Ranch, Sand Springs, Oklahoma. Sand Springs is located approximately 10 miles west of downtown Tulsa. Zink Ranch is located approximately 9.7 miles north of Sand Springs at the termination of Hwy 97 & the intersection of Rock School Road. The site of the Tallchief Open Water Challenge is located another 4.5 miles from the entrance of the ranch. Once you reach the entrance of the Ranch, volunteers will direct you through the electric gate and to the site of the lake swim. Follow the signs.

Other Info: There is a slight walk from the parking area to the check in area. Bring your lawn chairs, sunscreen and bug spray. Showers will be available after the meet.

Post Race: Refreshments (hamburgers/hotdogs with sides) will be provided to all participants and volunteers after the meet. Spectators/friends/family can partake of the post race food for \$5/person. Tickets can be purchased before the meet.

Tallchief Open Water Challenge Events and Qualifying Times

Q Time	Girls	Event	Boys	Q Time
LCM/SCY				LCM/SCY
3:48.59/3:20.19	1	10 & U ¼ Mile	2	3:35.49/3:09.89
6:27.79/7:10.79	3	11/12 ½ Mile	4	6:21.69/7:05.49
24:06.39/23:34.19	5	13/14 1 Mile	6	23:14.99/22:28.29
23:53.09/23:18.79	7	15 & Over 2 Mile	8	22:25.59/21:55.89

2009 Tallchief Open Water Challenge INDIVIDUAL ENTRY FORM

Provide entry times in Long Course Meters only

Swimmer Name (Last, First, MI): _____

Female/Male _____ Birth Date: _____ Age: _____

Team Name: _____ Team Code: _____

Entry Time

10 & Under 200 Free _:_.

11 & 12 400 Free _:_.

13 & 14 1500 Free _:_.

15 & Over 1500 Free _:_.