



NINE 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, 2010, Sanctioned by: Ozark LMSC for USMS Inc., Sanction #220-OW001

TIME: 9:00 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. For driving directions, see below.

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

ELIGIBILITY: Persons eighteen (18) years of age and older and all levels of swimming ability are welcome. Age is determined by swimmer's age on June 13, 2010. Participants must be 2010 USMS members. You may apply for USMS membership at the meet if you so desire, but we prefer you apply for USMS membership online, prior to the meet at the USMS website <http://www.usms.org/reg/>. We are in the Ozark LMSC. One Event USMS registration (OEV) of \$17 is also available at the meet, but OEV membership is good only for this meet only.

FEES: \$40 if received by June 10, 2010; \$55 if received from June 11, 2010, 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. (**No Special Deal** anymore for YMCA members as the Lodge charges everyone the same amount.)

DEADLINE: Race day entries will be permitted as will one-event registration. You must bring your USMS registration card and pay the \$55.00 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.

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 official placing in the results due to the competitive advantage wet suits provide.

RESULTS: 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 may also purchase a day pass at the price of \$15 that entitles him or her to use of the facility along with the lunch buffet at the Trout Lodge. (There are no longer just “meal charges”). When you’re done eating, why not spend the day? By registering you receive a day pass that will allow you to partake in any of the many activities the camp has to offer. It is important, however, that if you do bring guests, they be registered and paid for. Check out their website at www.ymcaoftheozarks.org.

ACCOMMODATIONS: The YMCA does have limited number of rooms for \$149 for first adult and second adult is an additional \$69; children 6-17 are an additional \$49 and children five and under are free. The rate includes three meals a day, but you 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: (Approximately 75 miles from the Arch) I-55 for 22 miles from I-270, 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 E. Hopson aquaticlawyer@yahoo.com, (314) 952-3394

MAIL COMPLETED ENTRY FORM BY June 10, 2010, TO:

Bruce E. Hopson, SLAM Open Water Swim, 721 N. 17th St, Apt 102, St. Louis, MO 63103

