

SWIMMING OPEN WATER

Sponsored by



Par Montana

DATE: Saturday, June 28

SITE: Lake Elmo State Park • Billings Heights

DEADLINES & FEES: by June 1 • Early Registration
• \$30 First Event • \$10 Second Event
June 2 - June 27 • Late Registration
• \$40 First Event • \$10 Second Event

PROCESSING FEE: \$2.95 + 3% or \$5/paper registration

COMMISSIONER:

Sean Phelps
406-647-8140

EVENTS	SKILLS	GENDER	AGE GROUPS		
1K - 1 Lap (11 & Over)	Non-Wetsuit	Male/Female	9-10	25-29	55-59
5K - 5 Laps (11 & Over)	Wetsuit		11-12	30-34	60-64
400 Meter (9 & Over)			13-14	35-39	65-69
			15-17	40-44	70+
			18-19	45-49	
			20-24	50-54	

SCHEDULE:

- Check-In: 6:30 a.m. - 7:15 a.m.
- 1k/5k Begins (rolling starts): 7:30 a.m.
- 400m Begins: 9:30 a.m.

5k swimmers must be able to complete course in 2 hours

ELIGIBILITY: Residents of MONTANA, IDAHO, NORTH DAKOTA, SOUTH DAKOTA, and WYOMING are allowed to participate.

RULES:

- USA Swimming & US Masters Swimming rules and regulations will apply to the event.
- There will be non-wetsuit and wetsuit divisions in both the 1K, 5K, and 400 meter swims.
- Flotation shorts and flotation pants are classified as wetsuits.
- Skinsuits/Speedsuits may be used in the non-wetsuit division.
- Wetsuits will not be allowed if the water temperature is 84 degrees Fahrenheit or higher.
- Races will be canceled if water temperature is 60 degrees Fahrenheit or lower.
- Race organizers reserve the right to modify or cancel the event due to weather and other conditions.
- Lifeguards will be present at several locations along the course as will support boats/kayaks/stand up paddle boards.
- All participants MUST wear the provided swim cap.

COURSE INFORMATION:

- Disclaimer: If entering the 5K, participant must be able to swim for 30-minutes without assistance in a pool.
- For the 5K, and 1K swims, it will be a "beach start" on the north shore of Lake Elmo.
- The 5K course is five laps of a triangular counter-clockwise course. Participants will swim towards the southwest corner of the lake before turning left and swimming parallel to the south shore (where the Fish, Wildlife and Parks building is located) heading east. Near the east shore line another left turn will be made and participants will swim parallel to the north shore heading towards the boat ramp and then turning left at the buoy. Those in the 5K will complete three laps of the course before finishing.
- Swimmers in the 1K will swim towards the boat ramp, going west. One lap only. The finish line is up the boat ramp through the finishing chute.
- Swimmers in the 400m will start near the boat ramp. They will swim 200m, going east, towards the turn-around buoy, go around the buoy and finish up the boat ramp through the finishing chute.



T-SHIRT DEADLINE INFO:

- T-Shirts will be available for pickup at the event site.