

2nd Annual
Hot August Chill

Donner Lake
½ mile, 1 mile, and 500 yard
Open Water Swims

Sunday August 22, 2010

USMS/PMS Sanction #OW10-14a-b-c
USA Swimming Sanction #pending

Location:
West End Beach,
Donner Lake,
Truckee, CA.



Sanctioned Participants: The 500, ½ mile and 1 mile events are USA Swimming and USMS/Pacific Master's sanctioned. *Swimmers under 12 must have coaches' approval to participate in distance events. The ½ mile and 1 mile events ONLY are sanctioned events to count toward open water points, and the 500 yard swim is sanctioned as a novice swim (no Open Water points). All swimmers **must** be current registered members of one of these organizations in order to compete. Membership information may be obtained by contacting:

USMS/Pacific Master's (18 and over)
(415) 892-0771
registrar@pacificmasters.org

USA Swimming/SNS (18 and under)
(209) 656-9686
donbrown4044@att.net

Directions: From I-80, Donner Lake exit. Down to Donner Pass Road, turn right. Turn left on South Shore Drive. West End Beach on left. Follow signs to Special Events entrance. Parking limited. Car Pooling encouraged.

Course: ½, 1 mile, and 500 yard. 500 yard DOES NOT count toward OW Points. Start & chute finish on sandy beach. All courses will be marked with buoys at approximately 200 yard intervals, with different buoys indicating turns. Course Maps will be available on site. Expected water temperature 60-70 degrees. Elevation: appx. 6000'.
PARTICIPANTS SHOULD BE ADEQUATELY TRAINED FOR HIGH ALTITUDE & COOL WATER.

Swim Check-In/ Timeline:

Registration Opens: 7:30 a.m.

Same Day Registration closes: 9:00 a.m. for all races.

½ mile pre-registered sign in closes: 9:15 a.m.

1 mi and 500 yd pre-registered sign-in closes @ 9:30 a.m.

NO LATE CHECK IN.

Mandatory swimmers meetings 10 minutes before the start of each event.

9:35 am: ½ mile 1st **wave starts:** (30 minute time limit)

10:30 am: 1 mile 1st **wave starts:** (60 minute time limit)

11:45 am: 500 yd 1st **wave starts:** (20 minute time limit)

11:00 Maxell Live Music Starts.

11:45 BBQ by Wild Thyme Starts.

Swim Divisions:

½ Mile: Master's / USA (11-18)* / Wetsuit

1 Mile: Master's / USA (11-18)* / Wetsuit

500 Yard (No OW Points): Master's / USA (10-18)* / Wetsuit

New to 2010: Wetsuit Wave (for the "Not So Chill").

If you are concerned about the "Chill" check out Xterra wetsuit rentals program: www.XTERRAWETSUITS.com

Wave Starts (Master's/USA Swimmers/Wetsuit – additional waves, e.g. Male/Female to be determined based on pre-registration numbers and division participants.)
Family Start Wave: tbd based on interest.

Swim Procedures : Swimmers must wear provided swim caps and racing chips. Color of the swim cap will designate race. If you are not wearing the correct cap color for your wave or if you are not wearing the official cap issued, you will be asked to leave the water and will not receive a swim time.

The course will be monitored by both safety boats and paddlers/kayakers supervised by nationalmarinesafetycenter.com. No individual escorts, but volunteers welcome. Timing to be provided by **BIG SKY ENDURANCE SPORTS**.

Instant disqualification for use of fins, pull buoys, or other swimming devices. Soft hand paddles for prosthesis only, provided race director determines no safety hazard to other swimmers.

**USA Swimmers under 12 may participate, but must have approval of their coach and parents to do so.*

Use of wetsuits render swimmer ineligible for age group awards (*except swimmers 10 and under, who may participate in a wetsuit, but must have been approved for the swim by their coach and meet director).

"Not so chill" Wetsuit division awarded separately! Wetsuit wearers not eligible for Pacific Master's or USA Pacific Swimming open water points and awards.

Individual Event Awards (Table): Medals for top three finishers (male/female) in each event by traditional age groups (10 & under, 11-12, 13-14, 15-16, 17-18, 19-24, 25-29, etc.). Individual event award available at awards table.

Top Winners Awards Ceremony: Debbie Meyer (3x Olympic gold medalist): Master of Ceremonies.

"Super Chill" awards to top three finishers, lowest combined total time, in all three events (male/female), by age group. "Extreme Chill" Trophies to top male/female Master's and top male/female USA Swimmer for lowest combined total time in all three events.

Fees:

One event: \$37 Master's;
\$27 USA Swimmers.

Each Add'l event: \$10.

Non-swimmer: \$15.

Entry (& non-swimmer) fee includes:

- * Park Entrance Fee,
- * Hospitality by TTST in conjunction with **Wild Cherries Coffee House**,
- * **Wild Thyme** BBQ catered lunch, and
- * Live Music by **Maxell**.

Registration Options:

***New To 2010:** On Line Entry:

Active.Com

Highly Recommended!!

Until 8/20/2010

All Pre-registered will also be entered into the Pre-registered only Raffle: Including local ski passes, swim gear, and 2 Xterra Wetsuits!

If race cancels, refunds will be less \$5 processing fee. Sorry, no other refunds.

Mail-In Form Available:

www.truckeeswim.com.

By Mail: Send entry form & 2010 USA Swimming or USMS card to:

TTST Hot August Chill
P.O. Box 9122
Truckee, CA 96162.

Pre-register Mail Deadline: Received by 8/15/10.

Late (rcvd after 8/15/10) or Same Day registration: Add'l \$10 per event.

THE "Chill"est Open Water Event T-Shirts/Sweatshirts – "JUST CHILL" SHIRTS: NOT in entry fee. Pictures available on www.truckeeswim.com. Pre-order by 8/1/10. Tie-dyed or Athletic Ash T-Shirts \$18 (\$23 for XXL); Tie Dye Sweatshirts \$35 (XXL \$38). Tie Dye shirts run small due to dyeing, please compensate when ordering. Ltd t-shirts, Ltd number/sizes available on race day for \$25. Sweatshirts not available for race day purchase.

Accommodations: Donner Lake Memorial State Park Camping available through www.reserveamerica.com (800-444-PARK) **hurry this will fill up quickly**. Discount local hotel accommodations: See www.truckeeswim.com

Contact: Race Director: **Lydia Percin**: 530-448-6244 or email to Percin@ltol.com (reference "HAC" to avoid SPAM)

TTST would like to thank all of our sponsors, including the following fine establishments:

