

**NO WETSUITS**SEPTEMBER 25, 2010  
OW10-16, OW10-16b**NO WETSUITS**

The Masters 5K & 1 mile swims are USMS sanctioned events, while the youth 1 mile, 5K and 500 yard swims are sanctioned by USA Swimming/SNS. All swimmers must be current 2010 registered members of one of these organizations in order to compete. Membership information may be obtained by contacting the numbers below.

**USMS/PMS (18 & over)** (415) 892-0771  
**USA Swimming/SNS (18 & under)** (209) 656-9686

**For general race information contact:**

**Joe Dowd**, SMST Race Director  
E-mail address: [jrdowd@aol.com](mailto:jrdowd@aol.com)

## Directions & Parking

All swims will start and finish at Beals Point in Folsom. There is a \$10.00 day-use fee, per vehicle, to enter the park. Signs will be posted to guide you to the beach.

80 East Reno  
From Hwy 80 take the Douglas Blvd. exit out of the city of Roseville. Go east on Douglas to Auburn Folsom Road. Turn right. Travel down the road and turn left into Beals Point Rec Area.  
Hwy 50  
Exit Folsom Blvd. North (Left). Travel a few miles (past the Dam Road) until you reach Beals Point Rec Area on your right.

Plenty of parking is available at Beals Point; however, carpooling is strongly encouraged. A bicycle check in area near the first aid booth will be available for those not wanting to drive.

## Water Safety

Swim caps will be provided to all swimmers and will be mandatory for the swims. If you are not wearing the correct cap color for your wave or if you are not wearing the official cap issued, you will not receive a swim time. We ask for your cooperation in this matter to assure a fair, accurate, and smoothly run event. The course will be monitored by both safety boats and paddlers. Individual escorts will not be allowed. A cut-off time will be enforced to ensure that no swimmers will be in the water longer than one hour for the 1-mile swim and 3 hours for the 5K.

## Course & Water Temperature

Both courses (5K & 1 mile) will be marked by buoys. 5K will be two 2.5K loops, dependant on water level. The expected water temperature is between 60 - 75 degrees.

**Check out for more info.**

<http://www.teamunify.com/Home.jsp?team=smst>



**NORCAL SWIM SHOP**

## Divisions

1. **Masters 5K:** 18 yrs and above for male and female.
2. **Masters 1-Mile:** 18 yrs and above for male and female.
3. **USA Swimming 5K:** 11 - Up, male & female.
4. **USA Swimming 1-Mile:** 11 - up, male & female.
5. **Youth 500 yd. Swim:** male & female 8 to 10 yrs old.

## Fees

	To us by 9/10/10	Raceday
1 Mile Masters	\$40	\$55
5k + 1 Mile Masters	\$45	\$60
1-Mile USA Swimming	\$30	\$40
5K + 1 Mile USA Swimming	\$35	\$45
500 yd. youth swim	\$15	\$25

**Sorry, all entries are non-refundable.**

## Awards

All pre-registered participants will receive a tee shirt.

**Register Early and Guarantee  
your limited edition T-Shirt!**

