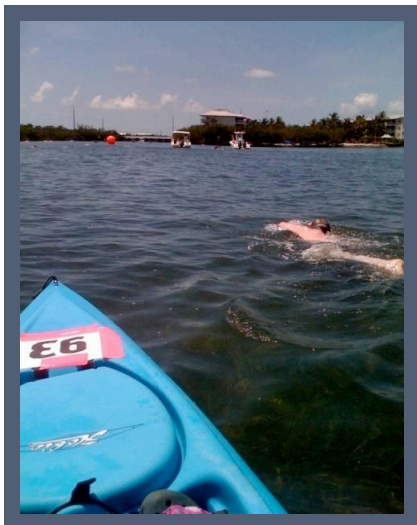

Diamond Lake Open Water Challenge



Sunday, September 20, 2009
Diamond Lake - Cassopolis, Michigan

Event Schedule

This is an open water swim following the general schedule below. Specific start times will be announced on race day.

10K Races: 8:00 AM EDT/7:00 AM CDT

5K Races: 9:00 AM EDT/8:00 AM CDT

3K Races: 10:00 AM EDT/9 AM CDT

1K Races: 10:30 AM EDT/9:30 AM CDT

Course Closes at 12:00 PM EDT/11:00 AM CDT

Wetsuits are recommended. Separate awards will be given for wetsuit/non-wetsuit divisions. Swimmers should be present at least 45 minutes before their start time. Events are sanctioned by Michigan Masters Swimming LMSC (USMS #199-003OW) and USA Triathlon (USAT).

Registration

1) Electronic – PREFERRED METHOD!! Enter on or before Friday, September 18, 2009 using <http://www.active.com> (search “Diamond Lake Open Water Challenge”).

2) Deck Entries: Allowed until 30 minutes prior to the beginning of each event.

- \$50.00 Individual Participant registering on or before September 1, 2009/\$60 through September 18
- \$75.00 Relay Teams registering on or before September 1, 2009/\$85 through September 18
- \$70.00 Individual deck entries/\$90 Relay deck entries

Bring your USMS card or USAT card to the event. If you are unable to verify membership during registration or on race day, you will be required to sign the waiver associated with a one-event membership.

Open Water Clinic and Course Talk

Saturday, September 19

9 – 11 AM EDT/10-12 CDT at race site

- Free to race participants
- \$20 for non-participants (\$10 will be credited to Deck Entry fee for clinic participants previously unregistered)

Topics: Course review, safety, starts, acclimation, modification of pool technique, sighting, navigation and more!!!

Race Director:

Craig Strong

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Race Contact Address:

Open Water Challenge 2009

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