



Diamond Lake

Diamond Lake is located in southwest Michigan, near Cassopolis. It is a spring-fed inland lake, known for the sparkling, clear waters for which it is named.

The lake is a short half hour drive north of the Notre Dame Campus, providing a convenient venue for swimmers from Michigan, Indiana, and Illinois.

Diamond Lake is 1,078 acres in size (the largest in SW Michigan). 60% of the lake is less than 10 feet deep. The lake is 64 feet at its deepest.

Most of its shoreline is lined with over 900 homes and cottages, including an occupied island of about 43 acres in the center of the lake, accessible to island residents by the privately owned ferry during the summer months. There is one marina on its shores, and one public boat launch. The race venue provides an attractive outing for swimmers and spectators alike.

Event Schedule

This is an open water swim offering events ranging from 1K to 10K in length. Events will follow the general schedule below. Specific start times, based on age group within each race distance, will be announced the day of the race.

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

Swimmers must swim their own age group and event for which they are registered. This is not a gender specific event. Depending on race day attendance, boys and girls/men and women may swim in the same event. Relay teams will be permitted for 5K and 10K races. All participants will be allowed to finish regardless of time unless a safety issue exists in the judgment of the Meet Referee or Meet Director.

No flotation devices will be allowed. 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).

Entry

There are two methods for entering:

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 45 minutes prior to the beginning of each event.

Entry Fees

\$50.00 Individual Participant registering on or before September 1, 2009

\$75.00 Relay Teams registering on or before September 1, 2009.

\$60.00 Individual Participant registering on or after September 2, 2009

\$85.00 Relay Teams registering on or after September 2, 2009.

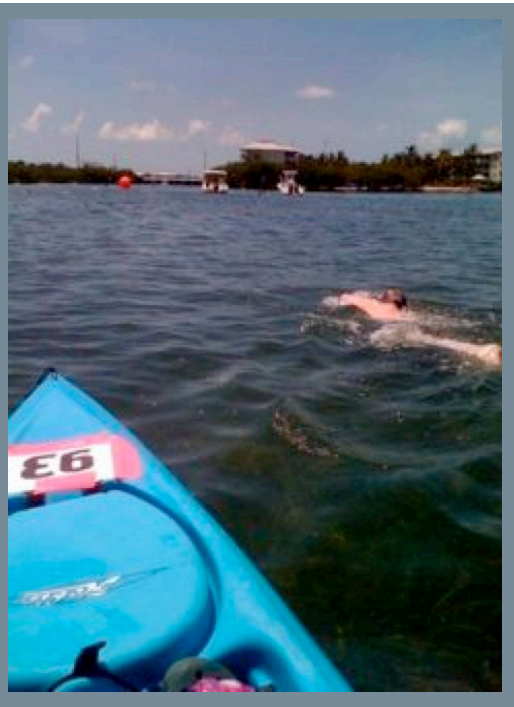
\$70.00 Individual deck entries

\$90.00 Relay deck entries

Membership Requirements

Bring your USMS 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 at race site*

- *Free to race participants*
- *\$20 for non-participants*

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

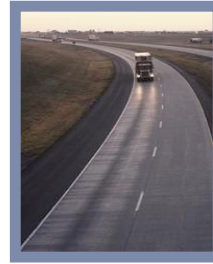
\$10 will be credited to Deck Entry fee for clinic participants previously unregistered.



Directions

From Indiana/Illinois:

- Go to South Bend using the Indiana toll road (I-90).
- Get off at the Mishawaka Exit -- Exit 83 (this exit follows all of the South Bend exits).
- Turn right off the exit, heading west.
- Turn right (north) on Highway 23, which becomes Highway 62 in Michigan (for about 15 miles)
- Turn right (east) at Brownsville Road (about 1 mile) *note this road is also called Hospital Rd to west of Hwy 23*
- Follow signs for Diamond Lake Open Water Challenge



Lodging

Participants seeking local accommodations should **act quickly**, since the race occurs over a Notre Dame Football weekend, and accommodations in the South Bend area become scarce. Alternatives may be found in Cassopolis, Dowagiac, Niles, Three Oaks, and other towns outside the South Bend area.



Race Director:
Craig Strong
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craigstrongmultisport@gmail.com
Cell 847-641-0067

Race Contact Address:
Open Water Challenge 2009
c/o Todd Paul
1840 Oak Ave, Suite LM101
Evanston, IL 60201

Website: promotionswimming.com

Diamond Lake Open Water Challenge

*The diamonds sparkle most
when you're swimming*



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

