

JIM MCDONNELL LAKE SWIMS



Directions & Parking:

Lake entrance is at 2070 Twin Branches Rd, Reston, VA 20191. From I-495 (Capital Beltway). Take Route 267 West (Dulles Airport Toll Road). Turn left on Wiehle Ave. (Exit #13). Turn left on Sunrise Valley Drive. Go to second traffic light and turn right on South Lakes Drive. Go one block and turn left on Twin Branches Road (at traffic light next to shopping center). Stay on Twin Branches until you reach Lake Audubon. *Park on Twin Branches Road or Glade Drive (the street just past the lake entrance). There is no parking in the pool or lake parking lots.*

Saturday May 28, 2011: Open Water Clinic and 1-mile Practice Swim Timelines

- 7:30 am: Clinic & practice swim check-in opens.
- 9:00 am: Clinic presentation begins.
- 9:45 am: Practice swim check-in closes.
- 10:00 am: 1-mile practice swim begins.

Sunday, May 29, 2011: Open Water Races Timelines

- 6:00 am: Check-in for both races opens.
- 7:25 am: Check-in for 1-mile race closes.
- 7:30 am: Briefing for 1-mile race begins at starting line.**
- 7:45 am: Line-up for 1-mile race at starting line.
- 8:00 am: 1-mile race begins.
- 8:55 am: Check-in for 2-mile race closes.
- 9:00 am: Briefing for 2-mile race begins at starting line.**
- 9:15 am: Line-up for 2-mile race at starting line.
- 9:30 am: 2-mile race begins.
- 10:00 am: Lunch service begins.

**Swimmers will have an opportunity to remove sweat suits, etc. after the briefing and before they line up at the start.

Pre-race Information

- Please remember to bring your receipt to the lake in case there are any questions about your entry.
- All swimmers must show a photo ID and have completed registration to pick up packets.
- The Lake Audubon pool will be open and available for warm-up swims on Sunday. The only requirement is that you wear your swim cap so that the guards know that you are a competitor.
- The large portion of competitor's Bibs will be collected during check-in and used for random prize drawings.

Food & Drinks

JMLS provides food and drinks for swimmers as follows. Please bring some fluids for yourself in case of temporary shortages.

- Fluids will be available for swimmers participating in the clinic on Saturday.
- Food and drinks will be available for swimmers participating in the races on Sunday.

Wet Suits and Water Temperature:

Article 303.6.3B of U.S. Masters Swimming Rules states that "Wetsuits or any other heat-retaining swimwear may be allowed at the discretion of the event director when the water temperature does not exceed 78 degrees Fahrenheit..." This 78 degree limit will be enforced. Please look for water temperatures to be posted the last week prior to the event.

Timing Chips:

We use the ChronoTrack disposable timing chip. Both the chip and bands are recyclable and there will be a recycling receptacle at the end of the finish area. Please return all chips to be recycled. ***The ChronoTrack chip is very sensitive. Please do not walk near the mats wearing your chip unless you are participating in the race or your chip may inadvertently be registered in the timing system.***

At the Starting Line

When you come to the starting line you must have:

- Your race and wave number on your arm.
- The timing chip you received in your packet. ***USAT timing chips will not register with this timing system. Please use the chip intended for the race you are swimming if you have registered for both races.***
- The racing cap you received at check-in.
- The tear-off tag from your bib under your cap.

In addition:

- You may switch between wet suit and non-wet suit at the starting line. Wet suit and non-wetsuit swimmers will be identified electronically along with a manual back-up process. Please follow the starter's instructions to make sure you are scored properly.
- Please start with your proper wave to ensure a correct finish time.

Awards:

Awards will be available as soon as results are posted. The first three places in each age group (wetsuit and non-wetsuit) will receive a custom JMLS medal. You must be present (or have someone there to pick up) to receive your award. There will also be awards for overall winners this year—top three places overall and by gender for 1-mile wetsuit and non-wetsuit and 2-mile wetsuit and non-wetsuit.

Go Green:

We have implemented a number of steps to make the race more environmentally responsible:

- We are doing minimal packet stuffing to reduce excess use of paper products.
- We will not print a program for each swimmer. Heat sheets will be posted by May 23 on <http://restonmasters.org/jmls/> for your convenience.
- Recycling containers will be at the site and labeled for you to dispose of recyclables.
- The disposable chips will be collected for recycling after your swim. If you entered two races and only swam one, please turn in your chip for recycling.
- Race sponsors will be available in specially set-up tents for you to visit during the event.