

JIM MCDONNELL LAKE SWIMS

May 26–27, 2012

Welcome to the Jim McDonnell Lake Swims. Below you will find excerpts of information for the two-day event weekend. Full information for the lake swims may be found at <http://www.restonmasters.org/jmls/>. If you cannot read this email, you may download a PDF version at http://www.restonmasters.org/jmls/swimmer_info.pdf.

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.*

Event Timelines

Planned timelines for the weekend activities are listed below. Please note the following requirements before swimming in the clinic swim or races:

- A picture ID is required at check-in.
- USMS registration or OEVT registration must be complete.
- All fees must be paid.
- Be prepared for a 50-minute time limit for the 1-mile swims, 90-minutes for the 2-mile swim and 2-hours 15-minutes for the 5K swim. Time limits begin after the last wave starts. For the 5K swim, participants must also complete the first two laps in 90 minutes.

Saturday May 26, 2012: 5k race, Open Water Clinic, 1-mile Practice Swim

- 6:00 am: Check-in opens
- 7:30 am: Briefing for 5K race begins at starting line **
- 7:45 am: Line-up for 5K race at starting line
- 8:00 am: 5K race begins
- 9:30 am: Clinic begins
- 10:30 am: 5K race ends
- 10:30 am: Briefing for practice swim begins at starting line **
- 10:45 am: Line-up for practice swim at starting line
- 11:00 am: Practice swim begins
- 12:00 pm: Practice swim ends

Sunday, May 27, 2012: 2-mile race, 1-mile race

- 6:00 am: Check-in opens
- 7:30 am: Briefing for 2-Mile race begins at starting line **
- 7:45 am: Line-up for 2-Mile race at starting line
- 8:00 am: 2-Mile race begins
- 9:45 am: 2-Mile race ends
- 9:45 am: Briefing for 1-Mile race at starting line **
- 10:00 am: 1-Mile race begins
- 11:00 am: 1-Mile race ends

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

Warm-ups and Cool-downs

Unfortunately, we do not have space on the course for warm-up and cool-down. The Lake Audubon pool will be open from 7:00 AM to 11:00 AM both days for warm-up and cool-down swims. The only requirement is that you wear your swim cap so that the guards know that you are a competitor.

Food & Drinks

JMLS provides food and drinks for all swimmers on both days as follows:

- Food for swimmers will be catered by Cafesano.
- Drinks for swimmers will be provided by Bonzai and Reston Masters.
- Water will be available for 5K swimmers on the boat ramp and on water craft out on the lake during the race.
- The Orange Cow ice cream truck and Rolls on Rolls, an Indian cuisine food truck, will be on site for swimmers and spectators to purchase food.

Wet Suits and Water Temperature:

Article 303.7.3B 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.

Swimmers with Disabilities

If you have a disability that needs our attention, please notify us prior to the event, so we can prepare for your needs.

Volunteers

Swimmers and their families are welcome to volunteer to help run the swim. If you are interested, please send an email to restonmasters@gmail.com to volunteer. Thanks!

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 multiple races.
- The swim cap you received at check-in.
- The BIB you received at check-in under your cap.
- Please start with your proper wave to ensure a correct finish time.

Switching Wetsuit/Non-Wetsuit Division

- You may switch between wetsuit and non-wetsuit 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.

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. Participants who complete the Triple Dip will get a certificate of completion and their combined time for the three events.

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 the Monday preceding event weekend at <http://restonmasters.org/jmls/>.
- Recycling containers will be at the site and labeled for you to dispose of recyclables.
- The timing chips will be collected for recycling after your swim. Please turn in all unused chips before leaving the venue.
- Race sponsors will be available in specially set-up tents for you to visit during the event.