



**OPEN WATER FESTIVAL**  
**FORT MYERS, FLORIDA**  
**Masters 5K**

- Host: Gulf Coast Swim Team *and* Lee County Parks & Recreation
- Sanction: Sanctioned by Florida LMSC for USMS, Inc., sanction # 142-015
- Date: Sunday, April 29, 2012
- Location: Miromar Lakes in Fort Myers, Florida. Map and directions on the Festival's web site at <http://www.openwaterfestival.org>
- Meet director: Gregg Cross
- Referee: Mark McCaw
- Race Times: Start 11:10 am
- Course: Miromar Lakes is a deep, fresh water lake. The course is three laps around a 1666m rectangle with a dog leg (see diagram on next page). The course will be clearly marked with large yellow marine buoys on corners and intermediate buoys. The start will be a standing start in shallow water (approximately 2 feet deep) at the edge of a steep drop off and the finish will be on land.
- Time limit: Maximum time permitted to complete the 5K is two and a half hours. Swimmers still in the water after the time limit will be notified that the race is over and they need to leave the water at that time. Results will show their time as Did Not Finish (DNF).
- Eligibility: The race is open to all swimmers currently registered with USMS. Your 2012 USMS registration number **MUST** be included on the online entry form. Foreign swimmers must present a letter of introduction from their national Masters organizations.
- Entries & deadline: On-line entry only at [http://www.active.com/event\\_detail.cfm?event\\_id=2010950](http://www.active.com/event_detail.cfm?event_id=2010950)  
Online entries close Wednesday, April 25. There will be **NO** race day entries.
- Entry fee: Early registration (received by Wednesday, April 18)..... \$ 35  
Regular registration (received by Wednesday, April 25).....\$ 45
- Rules: 2012 USMS rules and regulations govern this event.
- Age: The age on April 29, 2012, determines the age group.
- Clip caution: For the safety of swimmers, fingernails and toenails must be clipped. Meet officials will check fingernail and toenail length before the race. Clippers will be available and will be used. Please plan ahead.
- Equipment: Wet suits are **NOT** permitted. Support craft other than designated race craft are not permitted. Swim suits must conform to USMS open water rules.
- Results: Results will be posted at <http://www.openwaterfestival.org>
- Awards: Special awards for the overall male and female winners. Awards to the top three finishers in each male/female Masters age group (18-24, 25-29, 30-34, 35-39, 40-44, ec.).

Lodging: For the best rates, call Lee County Sports Housing to book your hotel for this event ~ 541-1800 or (888) 529-6588; ask for accommodations near Miromar Lakes. Swimmers may also book online at <http://www.leecountysportshousing.org/event/191>. Other nearby lodging is listed on the Festival's web site below.

Information: <http://www.openwaterfestival.org>  
or Gregg Cross, (239) 462-3322 or e mailto:[GreggCR@LeeSchools.net](mailto:GreggCR@LeeSchools.net)

Approximate course diagram:

**5K**

First 2 laps = 1666m and last lap with land finish = 1670m; three laps = 5002m

Standing in-water start; land finish

Large yellow buoys on turns with intermediate buoys

