



## How Cable Swims at Foster Lake are Conducted

Many swimmers have never participated in a cable swim before, so here are the basic operational procedures:

- **Individual Entry:** Although we offer both paper and on-line entry options, please minimize paper, expense, and errors by entering on-line if you can. Remember that these events have limits on the number of swimmers, so don't procrastinate.
- **Seeding:** Accurate seeding is important to you! If you seed way too fast, you will be swamped by swimmers from the waves behind you. If you seed way too slow, you will have to pick your way laboriously through swimmers in the preceding waves. For seeding, you may use a 1650-yard or 1500-meter time from a pool swim, or a 1500-meter time from an open water swim. "No Time" entries will NOT be accepted.
- **Check-in:** On race day, visit the Check-in Table before the deadline to check in, pick up your cap & other goodies, and get your race number inscribed on your arms. Failure to check in by the deadline makes you subject to scratch!
- **Warm-up:**
  - Before the Pre-Race Meeting, warm up in a counterclockwise direction on the course to avoid collisions.
  - Between events, warm up in the direction of the next swim to avoid collisions.
  - During swim races, please warm up and warm down in the enclosed public swim area adjacent to the course to assist safety coverage and avoid conflicts with the swim.
- **Pre-Race Meeting:** The safety and informational meeting on the beach before each swim is MANDATORY. If you are scheduled in the first heat, finish your warm-up and show up for the Pre-Race Meeting READY TO SWIM because marshaling for the first heat will begin immediately after the meeting.
- **Heat & Wave Marshaling:**
  - When your heat is called for marshaling, go to the cable mockup line on the beach immediately. Know your wave and position number (much like knowing your heat and lane number at a pool meet); write it on your hand if necessary.
  - During marshaling, order yourselves into waves in seed order with a little help from the event staff. Like auto racing, the fastest seeded swimmer in each wave has the 'pole position' next to the cable, with subsequent seeds located progressively farther away. Use this time to meet and chat with the other swimmers in your wave; you are likely to spend some time with them during the swim, as they are seeded closest to you.
  - The event staff will confirm your position and check you into your wave. Please cooperate fully, as this is the final safety check to find out how many people will enter the water!
  - When told, enter the water with your wave and move towards the starting line. Stay with your wave, and keep waves about 10 yards apart to reduce confusion. After each wave starts, each succeeding wave will move another ten yards closer to the starting line. Eventually, your wave will arrive at the line, ready to go.
- **Starting:**
  - The starting line is a yellow rope suspended above the water, also marked by a small red & white buoy on the cable. Your head and torso must remain behind this line before the starting signal.
  - Each wave will start exactly 20 or 30 seconds apart (to be determined by the needs of the entry).
  - The Starter will confirm your wave number, then count down "3-2-1" seconds before giving the starting signal, an auditory blast from an air horn and a visual drop of a green starting flag.
  - After the start, swimmers should consider waiting for congestion to thin before sliding towards the cable.
- **Swimming:**

- **Passing:** Wait until you have gained at least a full body length before cutting in front of another swimmer. Failure to give appropriate distance makes you liable to disqualification for impeding.
- **Turning:**
  - ◆ The pole—not the attached buoy—is the turnaround point. Round the pole! Judges will be watching.
  - ◆ With heavy crowds expected at the turnarounds, avoid swimming breaststroke for everyone’s safety.
  - ◆ If you find yourself directionally disoriented after a turn, move off the cable to let others pass.
- **Assistance:** USMS rules prohibit resting or pulling on the cable, buoys, buoy lines, other lines, the posts that mark the turnaround & the finish, and the safety craft. If you need that level of assistance, your swim is over.
- **Approaching the Finish:** For the last 40 yards of your swim, you will find yourself in a chute that gradually narrows to the finish line. Aim for the finish board and swim straight! Every swimmer approaching the finish deserves an unobstructed lane to the finish, and impeding other swimmers by cutting them off in the chute is the most common type of disqualifying offense even in international races. Judges will be watching.
- **Finishing:** As you swim through the finish line, you **MUST** reach up and tap the finish board suspended above the surface—no touch, no finish! A gentle tap will do just as well as a hard one.
- **After Your Finish:**
  - Get out of the way immediately! Continue swimming through and beyond the finish line. There will probably be swimmers immediately behind you, all of whom deserve to finish unobstructed.
  - Shortly after your finish, a finish judge located in the water will hand you a numbered tongue depressor. This is not a race souvenir; take this tongue depressor to the beach immediately, and report to the recorder at the water’s edge who will take your stick, your race number, and your name to confirm correct finish order.
  - Do not go back onto the course for any reason!
- **Results:** The results of each wave will be posted as soon as they have been compiled. Please be patient. You will have 30 minutes after posting to protest your finish order if necessary.
- **Awards:** Awards will be distributed after the results of all waves have been consolidated, necessarily at least 30 minutes after the results of the last wave have been posted. Please be patient.