

## 2022 Jim McDonnell Lake Swims



Saturday, June 4, 2022  
Jim McDonnell Lake Swims  
Open Water Registration



Upcoming Potomac Valley LMSC  
Swim Competition Schedule  
[Saturday, April 2, 2022 - 2022 Albatross](#)  
[Open \(SCM\)](#)

[All U.S. Masters Swimming](#)  
[Swim Meets, Open Water Events,](#)  
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### Registration Schedule

It is now 11:54:35 AM Eastern Time (EST) on Monday, March 7, 2022.

	Open	Close
Swimmer Registration	Tue, Mar 29, 2022 12:01 PM	Tue, May 31, 2022 11:59 PM

Online Registration is in 'Build' Mode.  
More Information Coming Soon...

[SwimPhone](#)

[Current Weather](#)

[Map & Directions](#)



#### Notices

- **JMLS** will be a **one-day event on Saturday, June 4, 2022** — 1-mile and 2-mile swims.
- **Entries open** March 29, 2022 at 12:00 PM EDT.
- **Entries close** May 31, 2022 at 11:59 PM EDT.
- **No entry changes after entry closing date.** This includes any new entries, added swims, or changed entry information.
- **The race will be started using a rolling start.** Instructions will be provided for swimmers during the briefing prior to the race.
- **USMS, Local, State and National COVID-19 protocols will be followed.** Information will be provided for swimmers prior to the event.

#### Entry Information

- **Sanction:** Sanctioned by Potomac Valley LMSC for USMS, Inc., Sanction #:
- **Location:** Lake Audubon, 2070 Twin Branches Rd, Reston, VA ([Map & Directions](#)).
- **Course Map:** 1-mile open water course ([map](#)). Swim counterclockwise beginning at Lake Audubon Pool end.
- **Host:** Reston Masters Swim Team
- **Event website:** *Event web site is in update mode*
- **Event Timeline**
  - 6:00am: Check-in opens (all races)
  - 7:30am: 1-Mile Line-up and Safety Briefing
  - **8:00am: 1-Mile race begins**
  - 9:00am: 2-Mile Check-in closes
  - 9:15am: 2-Mile Line-up and Safety Briefing
  - **9:45am: 2-Mile race begins**

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Club Management, Meet and Event

- o 11:30am: Race course clean-up begins
- o 12:00pm: Clean-up is complete
- **Facebook:** [JMLS Facebook Page](#)
- **Info:** Lynn Hazlewood, Email: [jmls@meets.clubassistant.com](mailto:jmls@meets.clubassistant.com)
- **Timing and scoring:** [LinMarkSports](#), Email: [linmarksports@linmarksports.com](mailto:linmarksports@linmarksports.com)
- **Online Entries:** This event will use online entries only — No Paper Entries
- **Eligibility:** Minimum participation age is 18 by race event date. Swimmers must be registered with USMS or be a Masters swimming member of a FINA member federation or obtain a USMS One Event registration (OEVT). Proof of membership must be presented during the registration process.
- **Proof of Membership:** If you do not have proof of membership, during the first step of the event registration process, you will be given an opportunity to obtain a copy of your USMS membership card or purchase either a USMS membership directly from USMS or a USMS OEVT registration (\$15 paid at checkout).

#### Swims offered June 4, 2022 (to be swum in the order listed):

Swimmers may enter both the 1-mile and 2-mile swim. **Entry limit is a maximum of 350 swimmers in the water simultaneously.**

- **1-mile Race:** CAT I & CAT II divisions; time limit 50 minutes.
- **2-mile Race:** CAT I and CAT II divisions; time limit 90 minutes. **All 2-mile contestants who have not completed the first 1-mile lap within 45 minutes will be directed to exit the course as they pass the boat ramp.**

#### Deadlines:

- **Entry Deadline:** Entries close 11:59 PM EDT on May 31, 2022.
- **Entry Updates:** Entry updates will be allowed prior to entry closing. Contact [Registrar](#) to request changes.
- **Entry Update Deadline:** **No entry updates (new entries, added swims, or changed entries) after entry closing date.**

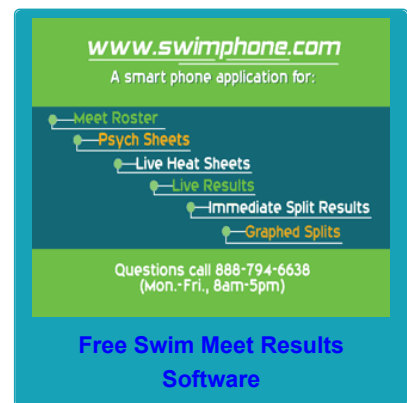
#### Fee schedule—Online entries are paid by credit card to "ClubAssistant.com Events":

- \$40 Event Entry Fee (required)
- \$1.80 Online Entry Service Fee (required)
- \$15 OEVT Fee (for swimmers not USMS or FINA registered)
- \$50 Per Race Entry (required for each race entered)
- **Refunds, Transfers, and Deferrals:** **There are no refunds, no deferrals of fees to next year and no selling/transfer of slots in swims. Swimmers will be required to confirm agreement with this policy before submitting their entry.**

#### Swimming Information

- **Seeding:** Swims are seeded fast to slow using the 1650 yard time.
- **Start:** The race will be started using a rolling start in order of seed time.
- **Timing Chips:** Participants in swims will wear timing chips.
- **Temperature Restrictions:** No wetsuits or heat retaining swimwear in water above 78 degrees. If swimmers are not able to meet the requirements for CAT I swimwear, then they may swim in CAT II using swimwear configurations allowed in CAT II (see Swimwear Categories below).
- **Water Quality:** Reston lakes are managed by Reston Association, which does not maintain the lakes to swimming standards. Approximately one week before the race, RA will test the water and if deemed unsafe, RMST will cancel the event.
- **Scoring Divisions for Races:** Scoring divisions are divided by overall, gender, five year age groups and swimwear category. All scoring divisions in a race swim

#### Registration



*Psych Sheets, Heat Sheets, Live Results*

simultaneously and are scored separately. You may swim in only one scoring division for each race distance. You may change your Swimwear Category at the starting line.

- **Swimwear Categories:** USMS Category I (CAT I): swimsuits shall be made from textile materials; may not be buoyant or heat retaining; for both men and women, the swimsuit shall not cover the neck and shall not extend past the shoulder nor below the ankles. USMS Category II (CAT II): all other swimsuits, including wetsuits; no restriction on coverage. There are other differences, which you should be familiar with, so there are no surprises on race day. Swimwear categories are defined in *Article 303.4 Swimwear for Open Water Events* ([www.usms.org/rules/part3.pdf](http://www.usms.org/rules/part3.pdf), 2022 USMS Rule Book, pg 70.)

#### Additional Information

- **Individual Awards:** Awards will be given to 1st through 3rd place for age group scoring divisions.
- **T-shirts:** Each 1-mile or 2-mile race participant will receive a maximum of one t-shirt with their entry.
- **Food:** Individually wrapped snack/energy bars, fruit, and water will be served.
- **Host Hotel:** Information for the Host Hotel will be provided as soon as it is available.
- **Benefit:** The Jim McDonnell Lake Swims donate a portion of the event proceeds to local charities.

**Note: If paying by credit card, your credit card statement will reflect a charge from "ClubAssistant.com Events."**

Online Registration is in 'Build' Mode.

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