



2010 Event Information

What it is: An open water swimming event consisting of three distances:
1/2 mile, 1 mile or 2 mile swims.

Proceeds from this event will benefit the Girl Scouts of Eastern Oklahoma Camp Tallchief Scholarship Fund, Tulsa Masters Swim Club, and Swim Tulsa.

Where it is located: Zink Ranch, Sand Springs, OK

- ◇ **Sand Springs, OK** is located approximately 10 miles west of downtown Tulsa.
- ◇ **Zink Ranch** is located approximately 9.7 miles north of Sand Springs at the termination of Hwy. 97 & the intersection of Rock School Road.
- ◇ The **site of the Tallchief Open Water Challenge** is located another 4.5 miles from the entrance of the ranch.

REGISTRATION WILL CLOSE AT 8:30 AM SHARP! PLEASE PLAN ACCORDINGLY!

Directions to Zink Ranch, Sand Springs, OK:

From Tulsa or points east of Tulsa:

Hwy. 64/ 412 (Keystone Expressway) WEST to 129th West Ave. exit.

(You will see a green ZINK RANCH sign just before the exit.)

At the top of the exit, turn left, then right (North) onto Hwy. 97

(The arrow on the sign at the intersection points north to Skiatook, no mention of Zink Ranch)

Drive approximately 9.7 miles north on Hwy. 97 to entrance of Zink Ranch.

(The road dead ends at the intersection of Hwy. 97 & Rock School Road)

From Enid/ Stillwater:

Hwy. 64/ 412 (Cimmaron Turnpike) EAST to 129th West Ave. exit.

Follow the directions above.

From OKC via Turner Turnpike, I-44:

Exit 215, Hwy. 97N Sand Springs

Go WEST on HWY. 64/412 (Keystone Expressway) toward Stillwater/ Enid.

Follow the directions above.

Do not go through Sand Springs on Hwy. 97, you will be very confused!

From points north of Tulsa:

Contact me & I will send you a map!

Once you reach the entrance of the Ranch, volunteers will direct you through the electronic gate and to the site of the lake swim. Follow the Tallchief signs. The camp is located approximately 4.5 miles from the entrance of the ranch.

REGISTRATION WILL CLOSE AT 8:30 am. The swims will start at 9 am.

Please allow plenty of time to arrive, check in, & get to the swim start. There is some walking involved from the parking lot to the water front.

Who can participate:

Swimmers 18 years old and older. Swimmers must be members of United States Masters

Swimming (USMS) or purchase a one event membership.

USMS ONE DAY EVENT REGISTRATION: \$15.00

If you are not a member of USMS, you will be required to complete a One Day Event Registration form at check-in. This is absolutely necessary for insurance coverage.

You may obtain a USMS membership online, www.usms.org, or join race day.

Swimmers 17 and under are required to be members of USA Swimming or purchase a one event membership for \$12. Swimmers 17 & under need to refer to www.swimtulsa.org or contact Corinne Dolan, meetdirector@swimtulsa.org to register. Links to event information for the 17 & unders swimmers are as follows:

www.swimtulsa.org/EventShow.jsp?returnPage=%2FHome.jsp&id=75237&team=osst
www.swimtulsa.org/osst/_eventform_/93787_Tallchief%20Open%20Water%20Challenge%202010%20meet%20info.pdf

Registration Information:

Entry Fee: \$20 USMS members/ \$35 non members. Add \$10 on race day.

All participants receive a swim cap, t-shirt and post race refreshments.

The non member entry fee includes the \$15 one event registration fee.

Register online: www.getmeregistered.com. On line registration closes at 11:00 pm Thursday, August 26, 2010.

Register by mail: Denise Smart, 1512 E. 37th Pl, Tulsa, OK 74105.

Checks payable to Tulsa Masters Swim Club (TMSC)

THE SWIM COURSE:

The swim course will be a straight out and back swim marked by large regatta buoys.

- ◇ The 1/2 mile swimmers will swim out 1/4 mile & return to the finish.
- ◇ The 1 mile swimmers will swim out 1/2 mile & return to the finish.
- ◇ The 2 mile swimmers will swim 2 laps of the course.

Safety: The swim course will be monitored by persons in kayaks, as well as by lifeguards stationed in a power boats to assist in rescue if needed.

Swimmers must be at the water front and ready to start by 9 am.

AWARDS:

Awards will be given to the top 3 male & female swimmers in the 1/2 mile event and top 5 male & female swimmers in the 1 & 2 mile events.

Wet suits are allowed, but those wearing wet suits will not be included in the awards.

POST RACE REFRESHMENTS PROVIDED TO ALL PARTICIPANTS &

VOLUNTEERS. Spectators/ friends/ family can partake of the post race food for \$5/ person

WHAT ELSE?

Bring your lawn chairs, sunscreen & bug spray.

Showers will be available following the event.

Please make arrangements to have your children supervised while you are swimming.

NO ALCOHOLIC BEVERAGES, NO PETS! NO SMOKING! (Facility rules)

A special thanks to our sponsors:

Swim Tulsa

Tulsa Area Triathletes

Landreth Lawfirm

Coach-Janet.com

JW Design

Athletic Sound M.C.

HAVE FUN!!