



## **2015 10K National Championships**

**Friday, April 24**

**Women's Race 8:00am**

**Men's Race 10:30am**

## **2015 5K National Championships**

**Sunday, April 26**

**Men's Race 8:00am**

**Women's Race 9:30am**

**Miromar Lakes Beach & Golf Club**

**Miromar Lakes, FL**

**Entry Deadline is Tuesday April 14, 2015**

**10K Technical Meeting, Thursday, April 23, 5:00 p.m.**

**5K Technical Meeting, Saturday, April 25, 5:00 p.m.**

**Technical Meetings will be held at**

# USA Swimming

## 2015 Open Water National Championships

### Important Facts About the Competition



- ◆ The 2015 10K Open Water national Championships will serve as the U.S. Trials for the FINA Open Water World Championship Team, the Pan American Games Open Water Team, the World University Games Open Water Team, the USA Swimming Open Water National Team and the USA Swimming Open Water National Junior team. For complete selection criteria, please refer to the National Team section of the USA Swimming website; [usaswimming.org](http://usaswimming.org).
- ◆ Register for the Open Water National Championships on-line at [usaswimming.org/ome](http://usaswimming.org/ome) beginning noon Mountain Time on February 9, 2015, through midnight Mountain Time on Tuesday, April 14, 2015. There will be no race-day registration.
- ◆ Swims achieving the qualifying time standards for the first time from Tuesday, April 14, 2015, through Sunday, April 19, 2015, may enter the meet through OME under the title 2015 Open Water Championships: New Qualifying Swims. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, April 19, 2015. Normal entry fees apply.
- ◆ Race Start times are subject to change due to number of entries and local conditions.
- ◆ All participants in the National Championships must be full (year-round) Athlete members of USA Swimming and eligible to represent the U.S. in international competition (Foreign participants are not allowed in this competition).
- ◆ Swimmers' and Coaches' Responsibility - It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this competition information book, as well as information disseminated at each race technical meeting. USA Swimming Rules will govern the conduct of these championships.
- ◆ All swimmers, or parents of swimmers under 18 must sign a USA Swimming Open Water Waiver and Release, and submit it at Registration.
- ◆ The Race Safety Plan, Waiver & Release Form, and other important information will be posted at [usaswimming.org](http://usaswimming.org).

### Event Administration



#### Championship Referee

Mark McCaw  
[mark.mccaw@ubs.com](mailto:mark.mccaw@ubs.com)  
239-287-2851

#### Local Meet Directors

Greg Cross  
[coachgregg55@aol.com](mailto:coachgregg55@aol.com)  
239-462-3322

#### Event Safety Director

Alise Flanjack  
[alise@leegov.com](mailto:alise@leegov.com)  
239-229-0488

#### USA Swimming Vice President, Program Operations

Dan McAllen  
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214-316-9215

#### USA Swimming National Events & Marketing Director

Dean Ekeren  
[dekeren@usaswimming.org](mailto:dekeren@usaswimming.org)  
719-331-5005

#### USA Swimming National Events Coordinator

Annie White  
[awhite@usaswimming.org](mailto:awhite@usaswimming.org)  
719-238-2398

## Qualifying Criteria and Entry Process



In order to compete in the USA Swimming 2015 **10K** Open Water Championships, a swimmer must have;

- ◆ Finished in the top 10 at the 2014 10K Open Water Championships (Trials) in Castaic, CA, or;
- ◆ Finished in the top 15 in a 2014-2015 FINA 10K World Cup race, or;
- ◆ Achieved the following pool time standard(s) between July 1, 2014 and the entry deadline.

	<u>800 LCM</u>	<u>1500 LCM</u>	<u>1000 SCY</u>	<u>1650 SCY</u>
Women 10K Race Qualifying Times	8:58.09	17:10.09	9:57.59	16:36.19
Men 10K Race Qualifying Times	8:23.59	15:55.49	9:14.19	15:28.09

In order to compete in the USA Swimming 2015 **5K** Open Water Championships, a swimmer must have;

- ◆ Finished in the top 10 at the 2014 USA Swimming 5K or 10K Open Water Championships in Castaic, CA, or;
- ◆ Finished in the top 15 in a 2014-2015 FINA 10K World Cup race, or;
- ◆ Finished first in a USA Swimming Open Water Zone Championship (5K or greater), or;
- ◆ Achieved the following pool time standard(s) between July 1, 2014 and the entry deadline.

	<u>800 LCM</u>	<u>1500 LCM</u>	<u>1000 SCY</u>	<u>1650 SCY</u>
Women 5K Race Qualifying Times	9:03.49	17:20.49	10:03.59	16:46.19
Men 5K Race Qualifying Times	8:28.69	16:05.29	9:19.89	15:37.59

Proof of time is required from a USA Swimming sanctioned/approved meet or from a USA Swimming observed performance. Converted times will not be allowed.

### Enter On-Line at [usaswimming.org/ome](http://usaswimming.org/ome)

Athletes must enter these events through USA Swimming's On-line Meet Entry System (OME).

Register for the Open Water National Championships on-line at [usaswimming.org/ome](http://usaswimming.org/ome) beginning noon Mountain Time on February 9, 2015, through midnight Mountain Time on Tuesday, April 14, 2015. There will be no race-day registration.

For help with the entries, contact Anthony Buhr at USA Swimming (719-866-4578) or [abuhr@usaswimming.org](mailto:abuhr@usaswimming.org).

You will be required to pay for the on-line entries with a Visa, Mastercard, American Express or Discover.

OME is not an eligibility report; It is the coaches responsibility to know what events your athlete is qualified for.

Once you complete your entry, you will be sent confirmations via e-mail. Please keep all of these and bring them with you to the meet (just in case).

Drug waiver forms will automatically be sent to you via e-mail after you submit your entry. Please have these filled out and bring them with you to the event.

The 5K and 10K competitions are not open to foreign athletes.



## Rules

Current USA Swimming Rules and Regulations will govern this event. Please see Part Seven of the USA Swimming Rules & Regulations for complete list of Open Water Rules.

## Selected Open Water Rules;

### Swimwear

- ◆ No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed, endurance, or buoyancy.
- ◆ A maximum of two (2) caps may be used.
- ◆ Wet suits, flotation aids or any similar items, and anything used to maintain body heat, except a reasonable application of body grease, are not allowed.

### Team Events

- ◆ Team events will be conducted concurrently with individual events, with the results achieved in the individual event used to compute the team scoring.
- ◆ Teams will be entered automatically based on club entries.
- ◆ The team event shall be contested on a total time basis. Clubs may place any number of three-swimmer teams. The aggregate time of the top three swimmers on each team shall be used to determine the team's time. Mixed-gender teams shall be composed of not more than two males and two females.
- ◆ The team whose top three swimmers have the lowest cumulative time shall be the winning team. Subsequent places shall be determined on the cumulative time. If two or more teams have identical times, a tie shall be declared.
- ◆ No participant shall compete in more than two team events, one of which may be as a member of his/her gender-specific team and the other as a member of a mixed-gender team.
- ◆ Awards for team events will be mailed following the event.

### Awards

- ◆ Individual champions shall be determined and awarded in women's and men's competitions. Medals shall be awarded to all first through eighth place finishers in each individual event.
- ◆ The male and female swimmers 18 years of age or younger attaining the highest finish position shall be designated as the USA Swimming 18 and under OWS Champion in each contested event and shall receive the appropriate USA Swimming Championship medals.
- ◆ Team Event medals shall be awarded to team event members placing first through third.
- ◆ Awards shall be given to the top three clubs: men's, women's and combined where the following criteria are met;

Men's or Women's – in order for awards to be given within a specific gender, that gender shall have a minimum of 16 competitors from at least three clubs starting the race.

Combined – To be eligible for this award, a club must have scored in both men's and women's races, and there must have been a minimum of three clubs participating in each gender's race.

- ◆ Team and Club awards will be mailed from USA Swimming headquarters to the recipients after the event.
- ◆ Scoring of individual events will be on a sixteen (16) place basis: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

### Doping Control

The athletes in these competitions are subject to drug testing conducted by the United States Anti Doping Agency (USADA) and FINA under the In-Competition Testing Program.

### Late Entries

Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

- A. Late entries must be submitted through the On-Line Meet Entry system (OME);
- B. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, April 19, 2015;
- C. The team or athlete must pay a processing fee of \$150.00 per entry, and entry fees of \$120/10K event, and/or \$90/5K event.

### Eligibility

The USA Swimming Open Water National Championships are open to all swimmers currently registered as year-round members with USA Swimming, and who meet the specific event qualifying criteria.

### Entry Fees

10K National Championships  
\$60.00 Individual

5K National Championships  
\$45.00 Individual



## Technical Meetings

All swimmers and coaches should arrive in time for the technical meeting for their event(s). Each participant is responsible for all information distributed at these meetings. Meetings will be held at the Holiday Inn Airport, 9931 Commerce Dr., Fort Myers, FL 33913.

- ◆ 10K Technical Meeting, Thursday, April 23, 5:00 p.m.
- ◆ 5K Technical Meeting, Saturday, April 25, 5:00 p.m.

## Pre-Race Briefings

In addition to each technical meeting, all swimmers must be present for the Pre-Race Briefing at the race start area prior to each race. At this meeting, race officials will distribute last minute information on weather and water conditions, emergency procedures, etc.

## Practice Availability

Race Site, Miromar Lakes;

- ◆ Wed, April 22nd, 9:00a.m. - 12:00p.m.
- ◆ Thurs, April 23rd, 9:00a.m. - 12:00p.m. (Finish line structure set up)

Pool Practice FGCU Aquatics Facility;

- ◆ Call 239-590-7700 for available pool time, or contact Don Henshaw at 239-560-4820, to train during GCST team training times.

## Race Day Schedules

Schedules are subject to change depending on number of entries and local conditions.

### Women's 10K Race Day – Friday, April 24

7:00am-7:45am – Women's check-in  
7:45am – Women's Pre-race Briefing  
7:55am – Women's Inspection and Roll Call  
8:00am – Women's 10K Start

### Men's 10K Race Day – Friday, April 24

9:30am-10:15am – Men's check-in  
10:15am – Men's Pre-race Briefing  
10:25pm – Men's Inspection and Roll Call  
10:30pm – Men's 10K Start  
12:45pm – Women's and Men's Awards

### Men's 5K Race Day – Sunday, April 26

7:00am-7:45am – check-in  
7:45am – Pre-race Briefing  
7:55am – Men's Inspection and Roll Call  
8:00am – Men's 5K Start

### Women's 5K Race Day – Sunday, April 26

8:30am-9:15am – check-in  
9:15am – Pre-race Briefing  
9:25am – Women's Inspection and Roll Call  
9:30am – Women's 5K Start  
11:00am – Men's and Women's Awards

## Race Course and Operations

Specific course details will be coming soon.

Aside from Safety and Officials' boats, no additional craft will be allowed near the race course. This is a non-escorted swim.

These races will utilize electronic "chip" timing, and swimmers will wear one timing chip on each arm.

The swimmers must swim within the finish chute and will finish by touching a finish banner over the water's surface.

Toe nails and finger nails will be checked before the race by the Head Referee. If the nails are too long, they must be cut to a reasonable length at the discretion of the Referee.



### Parking

Parking will be available on-site.

### Weather Contingency

In the event of adverse conditions, the following re-scheduling priorities will be used based on weather predictions, and at the discretion of the Meet Referee:

- Priority 1 - Later during the race day
- Priority 2 - On the following day(s)

### Hotels

For hotel accommodations please visit [usaswimming.org/ownationals](http://usaswimming.org/ownationals).

### Phillips 66 Athlete Reimbursement

Reimbursement is for 10K competitors only.

#### Eligibility Criteria

- a. Athletes must be US citizens and eligible to represent the United States in International competition.
- b. For the 2015 10K Open Water Nationals, reimbursement is based on results from the current and previous year's Championships.
- c. Local athletes who qualify via the rankings are eligible to receive funding.

#### Application Process

- a. USA Swimming Athlete Services staff will compile a list of all athletes eligible to receive funding and the amount of funding each athlete will receive.
- b. Coaches who have athletes on this list will be contacted via email following the competition to clearly designate if the funds should be sent to the Club or to the Athlete.  
Note: NCAA athletes may not receive funds directly; funds must be sent to the club. USA Swimming Athlete Services staff will notify, via email, all funding recipients

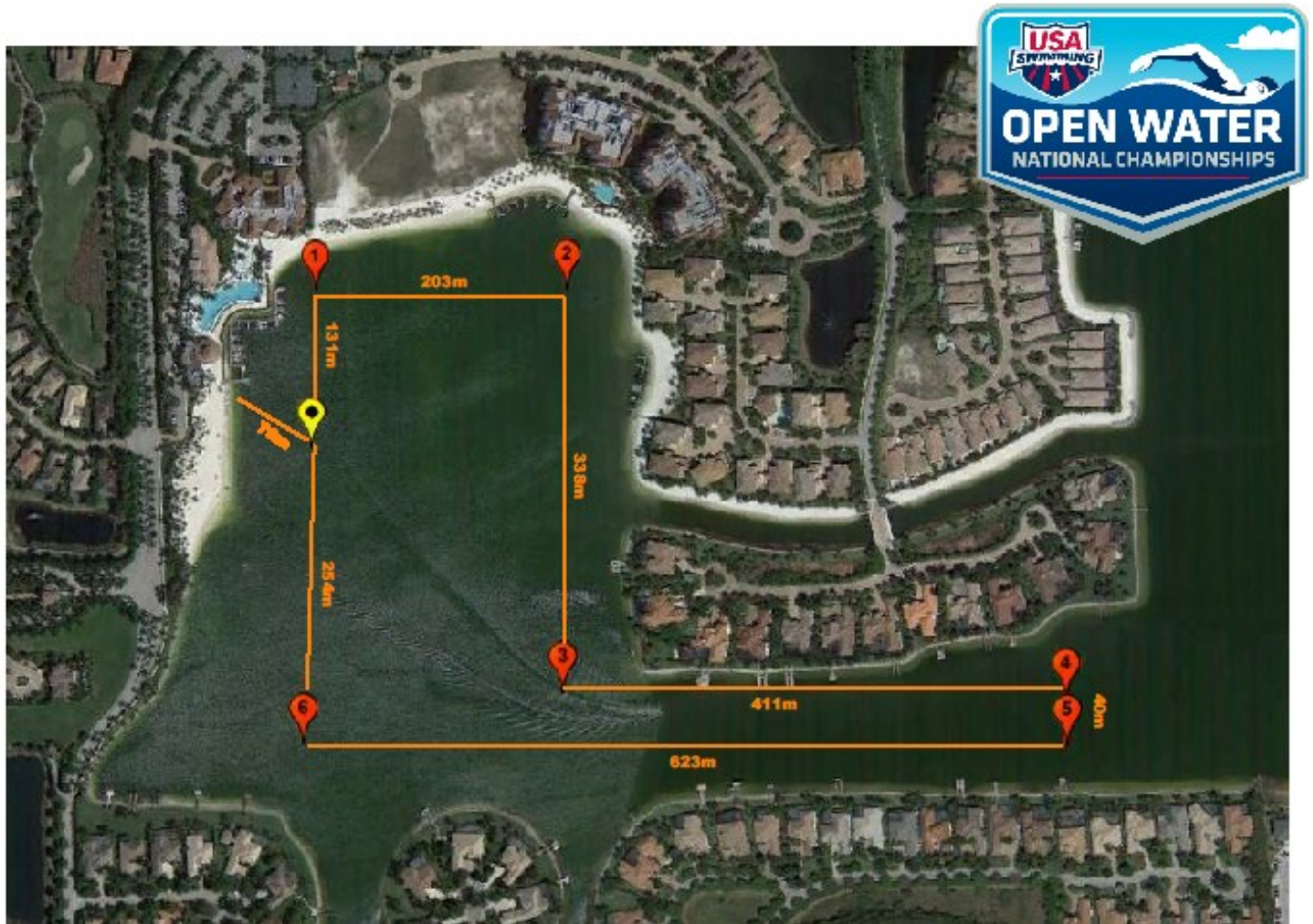
to request a current w-9 form, if needed, and verify the appropriate address.

- c. The list of recipients/funding will be sent to the Times and Recognition Committee Chair for checks and balances.
- d. Reimbursement Structure:
  - ◆ Current Year National Team Member \$675
  - ◆ Top 6 Finishers at 10K OW Nationals \$375
- e. Checks will be mailed directly to the address provided by the recipient. Coaches and Athletes must take the responsibility to make sure the funds are sent to the appropriate recipient. USA Swimming is not responsible for lost checks or checks mailed to the incorrect address.
- f. USA Swimming staff will work for disbursement of funds 2 weeks from the final day of the competition

## Course Layout



Tentative Course Layout - Complete course information will be coming soon.



## Event Safety Information



### Safety Information

#### 1. Safety Authority

The safety for this event will be coordinated through the Lee County Parks and Recreation Department (LCPR). LCPR Lifeguards have provided safety services for USA Swimming Open Water events for several years.

The lifeguards are equipped and capable to respond to any aquatic or medical emergencies on the course and if needed will transfer emergency care to the San Carlos Park Fire and Rescue Department who will provide trauma services at the medical tent on the beach. AED's, First Aid kits, and Basic Life Support gear will be available on the beach at the medical tent.

The Safety Director, Safety Officer, Medical staff and safety patrol boats will communicate via the event radio network and VHF radios.

There will be 8 – 10 Kayaks or rescue boards with Lifeguards located throughout the course.

There will be two Personal Watercraft on-course to monitor swimmer's safety and two safety boats idling well inside course with LCPR staff to respond if needed.

There will be course officials located at the turn buoys on anchored boats or on docks.

Race Operations will be manned by:

Race Director  
Administrative Referee  
Safety Director

The event is held in Lake Como within the jurisdiction of Miron Lakes Lake Use Development and all recreational boat usage is prohibited during the event and will be monitored by the Lee County Sheriff's Dive Rescue unit.

#### 2. Communications Plan

Primary - There will be two separate radio networks using two different frequency plans. The radios are not inter-changeable.

Communication across radio networks will be coordinated through Race Operations. Personnel using USA Swimming radios include the Race Director, Race Operations, Race Referees, Safety Director, Feed Station Referee, Administrative Referee, Turn Judges, Medical tent and event announcer.

The safety patrol boats will utilize their own VHF radios, and will be in contact with Sheriff, Fire/ Rescue, Race Operations, Safety Officer and On-Water Lifeguard on PWC.

Communications between lifeguards in kayaks and all parties will be through Whistles and Flags. If Lifeguards need assistance from the Safety boats, they will blow a series of 1 long whistle blasts and wave orange flag

#### 3. Swimmer in Distress

- Lifeguard will activate their water rescue protocols.
- Any swimmer withdrawing from the race must report to

the nearest lifeguard or course official to identify and confirm withdrawal. Course official will radio race-control with the competitor number and direct the swimmer to return to the start area.

- A Medical tent will be maintained on the beach in the Start/Finish area manned by a Lifeguard and Fire / Rescue staff.
- Swimmers needing emergency medical care on the water will be administered by LCPR staff and then Fire/ Rescue staff at the dock.
- Swimmers requiring evacuation via ambulance will be transported to Gulf Coast Hospital, approx. 10 miles from the venue.

#### 4. Missing Swimmer

- All swimmers will be issued a "Race Ticket" with their competitor number during the registration process. This "Ticket" will be collected as the swimmers enter the water.
- All swimmers will be required to provide a personal cell phone contact and a coach/handler cell phone contact at registration.
- All swimmers will be video taped during the final inspection/accounting prior to the start.
- If a swimmer is reported missing and last seen in the water: Lifeguards and Sheriff's Dive Rescue unit will activate their under-water search and recovery protocol. Concurrently, meet operations will attempt contact with the coach/handler and swimmer via cell phone. Meet Operations will also review the start list, withdrawal list, site race tickets, and view the pre-race video tape to confirm the swimmer actually started the race.
- All swimmers are reminded before the race start that they must report to the nearest lifeguard or course official if they withdraw from the race. All swimmers who depart from the water will be identified by their race number.

#### 5. Support Vessels

- The following vessels will be used:
  - Referee Boats – 3
  - Turn Judge Boats - 2
  - Feed Boats - 3
  - Safety Patrol Boats - 2
  - Personal Water Craft - 2
  - Paddle Craft - 8 to 10
- All vessels Captains will attend a briefing by the Safety Officer.
- Spare vessels will remain clear of the vessel exclusion zone unless summoned on to the course by race control.
- Once the course has been set, the Course Officer vessel will remain clear of the vessel exclusion zone unless summoned to the course by the Referee or race control.
- All official's boats will be equipped with VHF radios on the race control network.
- Safety Patrol boats will be on designated VHF radio channel.





### 6. Parameters for Abandoning the Race

- a. Any one of the following individuals are empowered to independently order the race abandoned due to unsafe course or other conditions.
  - ◆ Meet Referee
  - ◆ Safety Officer
  - ◆ USA Swimming Events Director
- b. If the race is to be abandoned, Race Control will relay via radio to all vessels to signal abandonment. Simultaneously, the Safety Officer will signal to Lifeguards for race abandonment. The abandonment signals will be:
  - ◆ From Officials Boats – 5 short blasts followed by one long blast.
  - ◆ From the Lifeguards – 5 short blasts of the whistle followed by one long blast.
- c. Swimmer actions are to:
  - ◆ Discontinue swimming
  - ◆ Look for directions from the Officials or water safety personnel
  - ◆ Once safe on the beach, proceed to the start/fish area and check-in.

### 7. Contingency Plan

- a. Due to venue restrictions, it is unlikely any change to the shape of the course will be possible.
- b. If weather conditions require, the directions of swim (CW/CCW) and the location of the start/finish structure may be changed.
- c. If the race is abandoned, it will be postponed until later the same day. If the race must be abandoned for the entire day, the race will be held the following day.



### Testing

The athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA) and FINA under the In-Competition Testing program. This section is intended to give an overview of the key points relevant to this program and the testing which will be conducted at the competitions governed by this booklet. For a more detailed explanation of the program please contact Stacy Michael-Miller, USA Swimming Athlete Services Manager at 719-866-4962.

### Medications: The 2015 Prohibited List is in effect for this competition and may be found at [usada.org](http://usada.org)

Athletes should check the status of all medications (over the counter and prescription) and substances prior to consumption to ensure that they do not contain a prohibited substance. This should be done well in advance of the competition, as certain medications may require reporting in advance.

Check the status of all medications at one of the following locations:

Drug Reference Online: [globaldro.com](http://globaldro.com)

Drug Reference Line: 800-233-0393

The athlete is responsible for ensuring that no prohibited substance enters his/her system.

### Supplements

In an effort to maintain the integrity of our sport and the safety of our athletes, USA Swimming has taken a proactive role in making athletes and coaches more aware of the risks involved in the use of commercially available dietary supplements that have been linked to enhancing performance. Along with the US Anti-Doping Agency (USADA), USA Swimming considers dietary supplements "take at your own risk," placing full responsibility for any effects and repercussions on the athlete.

Claims made by the manufacturers/ distributors of dietary supplements regarding the effectiveness of their products are not strictly regulated by the US Food and Drug Administration. Any commercial dietary supplement is susceptible to containing substances that may appear on the Prohibited Substance list(s) of FINA and/or the IOC. The potential exists for commercial supplements to contain substances that do not appear on the product's list of ingredients (see Dietary Supplement Health and Education Act for more information). Statistics indicate that in some cases, the use of legal dietary supplements has been linked to positive test results for prohibited substances in athletics.

The choice to use a dietary supplement is the sole responsibility of the athlete and one that should not be made in haste. An athlete is advised to weigh the options heavily, consider the consequences, and take responsibility for his/her actions.

*Feb/01, rev: Jul/03, rev: Sep/11*

### Doping Control rule for athletes previously eligible for out of competition drug testing:

Athletes who were previously eligible for out of competition (no-advance-notice) doping control and officially retired have a 9 month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of-competition testing during this reinstatement period. The athlete is not permitted to compete in any USA Swimming sanctioned events (local competitions all the way up through National competitions including meets with a dual sanction from Masters and USA Swimming) or FINA sanctioned events. If you have an athlete in this situation, please email [smichael@usaswimming.org](mailto:smichael@usaswimming.org) immediately.

### More Information

For information regarding medication status, the reporting of medications and the requirements in place for reporting, please contact the US Anti-Doping Agency (USADA) at 800-233-0393.

For more information about the doping control process please visit the USA Swimming website at [usaswimming.org](http://usaswimming.org)