

**Eastern Zone
Open Water
Swimming Competition
August 15, 2010**

Sanctioned by Potomac Valley Swimming
Sanction # PVZ-10-403

SPONSOR/HOST: Potomac Marlins, Inc.

Location: National Harbor
137 National Plaza
National Harbor, MD 20745

FROM WASHINGTON, DC

- Take I-295 South for approximately 5.5 miles
- Take National Harbor Exit 1B

FROM MARYLAND

- Merge onto I-495 / I-95 Capital Beltway – Inner Loop
- The lanes will divide after you pass Exit 4. Make sure stay in the right lanes in order to follow the ‘Local Lanes’.
- Take National Harbor Exit 2A

FROM VIRGINIA

- Merge onto I-495 / I-95 Capital Beltway – Outer Loop
- As you are approaching the Woodrow Wilson Bridge stay in the right hand lanes in order to take the ‘Local Lanes’
- Cross the Woodrow Wilson Bridge
- Take National Harbor Exit 2A

Meet and Entries Director: (Send entries to Bill Marlin)

Bill Marlin
3212 Allness Lane
Herndon, VA 20171
571-334-0987
E-mail: coach_bill@verizon.net

Chris Swensen
1811 Harewood Ln.
Crofton, MD 21114
410-721-2505
E-mail: cswensen11@comcast.net

Meet Referee: Kurt Thiel
swimthiel@erols.com

Schedule of Events:

Check in begins: 7:30 AM (all swimmers must check in at least 30 minutes before the start of their race)
Briefing: 8:00 AM
10 & Under 1 K – 9:00 am

11-12 and 13-14 2 K – 9:45 am

15-18 3 K – 10:30 am

(Men and women in each age group will compete on the same course at the same time.)

If there are a high number of entries in a particular event, the race will be run in heats. If the number of entries for a particular event is so large to cause it to run more than the time allotted above, the meet director will limit the entries for that event.

Weather Delay: If inclement weather causes a delay, a notice will be posted on the Eastern Zone website (<http://www.easternzoneswimming.org/>) along with the adjusted start times for each race. There will be no rain date.

Facilities: The swimmers will compete in an area of the Potomac River adjacent to the pier. The race course will be marked with large orange buoys. The start will take place in the water just off the pier. There are suppose to be showers provided on the pier for swimmers to rinse off after the swim..

ELIGIBILITY:

1. Each swimmer must be a 2010 USA Swimming registered athlete in one of the LSC's which make up the Eastern Zone
2. Each swimmer must be entered on the official entry forms provided. Only one swimmer per entry form.
3. Competition is restricted to Eastern Zone LSC's.
4. The Meet Director reserves the right to limit entries or conduct the events in heats
5. A full refund will be given to swimmers that are eliminated.

COURSE: 400 m x 100 m for all races. 11-12 & 13-14 swimmers will go twice around, 15-18 swimmers will go 3 times around. Water temperature in August is usually between 76-80 degrees. Water depth is 4-12 feet at mean low tide. There is next to no current. Water is clean.

EVENTS:	10 & U	1 K
	11-12	2 K
	13-14	2 K
	15-18	3 K

RULES: 2010 USA Swimming Rules and Regulations will govern this event. No drafting allowed. No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed, endurance or buoyancy.

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.

(Please see Part Seven of the 2010 USA Swimming Rules & Regulations for complete list of Open Water Rules)

PROTESTS: A Meet Jury will adjudicate any protest including issues of conduct which may occur at the meet venue. All protests must be made in writing. The Meet Jury will consist of the Meet Director, Meet Referee, an Athlete Representative, a Coach Representative and a Non-coach Representative

Safety: Adequate safety guidelines will be strictly adhered to at this meet. Kayakers will be spotting throughout the course and safety craft will be on site and prepared to administer aid should the need arise. The Fire Department Search & Rescue will be the Safety Authority on the water, and the Coast Guard will monitor the surrounding area in order to keep boat traffic away from the course. Meet swim caps will be provided and must be worn by all competitors.

AWARDS: Zone Open Water medals for first through eighth places. Please Note: The results of the Open Water Competition will not affect the team score from the Eastern Zones Meet.

Make Checks payable to:
Marlin Meet Management

Meet Director for the meet is: Bill Marlin
Meet Manager is Chris Swensen

E-mail any questions to: coach_bill@verizon.net

Entry Fee:

ENTRY DEADLINE: Entries must be received by Friday August 6th, 2010. All entries must be submitted on the official entry form. Please submit a separate entry sheet for each swimmer. All signatures, including coach's verification, must be on the entry form prior to participation

Swimmers entering a meet must be registered with USA Swimming by the meet entry deadline date. Per Maryland Swimming rules, any club that enters an unregistered athlete will be fined \$100.00 per unregistered athlete.

Release Form: Coaches are encouraged to include a completed release form (copy follows) for each swimmer when mailing the entry fee check. The Meet Director must have a completed release form for each swimmer no later than 8:00 am the day of the meet.

Eastern Zone Open Water Championships
Official Entry Form
National Harbor, MD
Sunday August 15, 2010

Name: _____ Age: _____ Gender: _____

USA Swimming Reg. #: _____ LSC: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Club Code: _____

Coach: _____

T-shirt size (please circle) Adult Sizes S M L XL

Release by participant from Liability: I hereby release USA Swimming, the National Harbor, Peterson Corp., Potomac Marlins, Inc., Potomac Valley Swimming, and any other participating organization from any claims and damages received by me as a result of my participation in the race and furthermore, hold them harmless and indemnified from any damages. I further attest and verify that I am aware of the risks involved with an open water swim, am physically fit to compete and have trained sufficiently for the completion of this race.

Signature: _____ Date: _____

Parent's Signature: _____ Date: _____
(If under 18 years of age)

Coaches Certification: I hereby affirm that the swimmer entered on this form is capable of completing the distance entered.

Coaches Signature: _____ Date: _____

*******Entries must be received by Friday, August 6, 2010******* Entry Fee: \$20.00

(includes T-shirt)

Mail Entry, Entry Fee and Release Form to:

Bill Marlin
3212 Allness Lane
Herndon, VA 20171
571-334-0987
coach_bill@verizon.net