



Eastern Zones Open Water Swim Meet
August 11, 2013
SANCTION NO. VS-13-■



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-13-■ USA Swimming, Inc., Eastern Zone Swimming, Inc., Virginia Swimming, Inc., and Lake Anna Christopher Run Campground shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
LOCATION:	Lake Anna, Group Camping area, Christopher Run Campground, 7149 Zachary Taylor Hwy, Mineral, VA 23117, Phone: (540) 894-4744
COURSE DESCRIPTION	<ul style="list-style-type: none"> Open water: <i>The race course will consist of a 500M loop marked with large orange and green buoys. There will be a beach start at the start/finish line. Finish Banner marks finish line. Manual watches will be used for timing system.</i> <i>All swimmers who have not completed the course during the prescribed time limit will be asked to retire. Swimmers must finish within 15 minutes of the first finisher for their event/gender.</i> <i>Details of race course with landmarks will be available at check-in.</i> <i>Expected water temperature is Low 80's degrees</i>
MEET DIRECTOR:	<p>Leonard Philippart Email: leo106@cox.net Phone: (540) 841-9902</p>
ELIGIBILITY:	<ul style="list-style-type: none"> <i>Open to all USA Swimming registered athletes registered prior to the first day of the meet in one of the Eastern Zones LSC's.</i> <i>Open 1K is open to all USA Swimming registered athletes registered prior to the first day of the meet.</i> <i>Must be registered USA swimmer to enter.</i> <i>No at location registration will be permitted.</i> <i>Age on August 11, 2013 will determine age for the entire meet.</i> <i>Race day entries will be accepted with prior USA Swimming registration.</i>
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> <i>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</i> <i>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</i>
FORMAT:	<ul style="list-style-type: none"> <i>Morning session will be for 15-18 3K and 10 and under 500M event</i> <i>Afternoon session will be 13 -14 2K event, 11-12 1K event, 1K open</i>
WARM-UPS:	<ul style="list-style-type: none"> <i>Morning sessions: Warm-ups at 7:30 AM, competition starts at 9:00 AM.</i> <i>Afternoon session: Warm-ups at 10:00 AM, competition starts at no earlier than 12:00 Noon.</i> <i>Depending on the number of entries, the Meet Director reserves the right to change the start time. LSC's will notified by Tuesday, Aug. 7, 2013</i>
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, AUGUST 2, 2013</p> <ul style="list-style-type: none"> <i>Entries must be submitted in LCM times using Hi-Tech Team Manager and Commlink-2 software, or on a VSI master entry sheet.</i> <i>Teams may submit entries via e-mail.</i> <i>A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</i> <i>12 and under events (500M and 1K): Minimum of BB time standard in the 500yd freestyle or the 400M freestyle or successfully completed a minimum of a 500M open water swim in a bay, river, lake or beach.</i> <i>13 and 14 (2K event) and 15-18 (3K event): Minimum of an A time standard in the 1000yd, 1650yd, 800M, or 1500M freestyle or successfully completed a minimum of a 1K open water in a bay, river, lake or at a beach.</i>

	<ul style="list-style-type: none"> • 1K open does not have a minimum time standard requirement but swimmers must be comfortable in open water environment. • All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of 2 individual events. • Entries will be processed in the order received. This meet will be limited to a total of 400 swimmers. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding. • Email entries to: Jessica Simons, jrsimons@comcast.net • IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries. • Deck entries will be accepted in the order received for swimmers to the extent that they can be processed prior to check-in.
FEES:	<p>Individual events: \$5 individual event Swimmer Surcharge: \$30 each (entered in any capacity in the meet includes cap and t-shirt)</p> <ul style="list-style-type: none"> • All entries received after August 1, 2013 requires a \$5 late fee per swimmer. • Those entering after August 1, 2013, will not receive a T-shirt. THERE WILL BE NO REDUCTION IN FEE • Checks should be made payable to: VSI • Send payment to: Jessica Simons 109 Reynard Drive Charlottesville, VA 22901 • Payment must be received by for all entries. Failure to pay entry fees by this deadline could result in swimmers being barred from the meet.
AWARDS/ SCORING:	<ul style="list-style-type: none"> • Eastern Zones medals for first through eighth place by event/gender. • Please note: The results from the open water competition will not affect the team score from the Eastern Zones Meet held in Richmond, VA Aug. 7-10 2013. • Individual events will be scored first to eighth place with the following points: 9-7-6-5-4-3-2-1.
SEEDING:	<ul style="list-style-type: none"> • All like-distances may be seeded as a single event, without regard to a swimmer's gender. Places, awards, and published results will be separate for each event by gender. • Positive check-in for each event is listed on the Description of Events and Schedule page (page #6). • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> ○ Swimmers unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing an appropriate open-water start or must start each race from within the water. ○ Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged. • In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet <ul style="list-style-type: none"> ○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area.

OFFICIALS:	<p> Meet Referee: Gordon Hair Email: grhair919@aol.com Phone: (434) 975-9967 (home) Phone: (434) 960-0849 (Cell) </p> <p> Independent Safety Monitor: Pat Donohue Email: usdonohues@aol.com Phone: (804) 370-0999 </p> <ul style="list-style-type: none"> • Officials that are comfortable and want to be out on the water, please state so in your request. • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability to Stephanie Suhling ssuhling@yahoo.com no later than August 8, 2012. • Officials meeting will be at 7:00 AM at the hospitality tent with Stephanie Suhling
SAFETY:	<ul style="list-style-type: none"> • The meet is a beach start with swimmers held in a closed area marked by numbers on swim cap, shoulders, back and front of one leg. <ul style="list-style-type: none"> ○ They will hold a card with the same number and will give this card to the chief sweep judge prior to the start of the race ○ The number of each swimmer will be recorded and delivered to each turn judge prior to the start of race. ○ There will be instructions of the course and rules of play to swimmers, then the start. At each turn, there will be an accounting of the swimmers by Turn judges (2 on the water and one on land). ○ Anyone leaving the course will be accounted for and communicated to the administrative referee. When the swimmer finishes, it will be a beach finish and the swimmers will again be held in the closed starting area until the cards are returned to each swimmer. • Monitoring Swimmers During Race <ul style="list-style-type: none"> ○ Safety boats will monitor the entire course, (2 power boats, one at each end or out of bounds of course, with min. 4 safety canoes/or jet skis) <ul style="list-style-type: none"> • There will not be escort craft for swimmers • Swimmers will be counted 3 times each lap as they pass buoy 1, buoy 3 and buoy 4 on the course. ○ 4 Lifeguards will be on location, (2 in the water on kayaks and 1 on the land with view of entire course and 1 on the rescue jet boat) ○ There will be one rescue/evacuation Jet Boat. ○ The County Sheriff Department will be on site with Jet Ski or Boat and a Patrol on land. • Medical Services <ul style="list-style-type: none"> ○ There will be a First Aid station/ tent available at start/finish beach. ○ The Mineral Rescue Squad will be on site with one ALS team and one BLS team. Located at the Start/Finish beach. Back up rescue squad will be Louisa County Fire Rescue 6 miles away. ○ UVA Pegasus on call and rescue landing site is 2 miles from event on corner of Route 522/Rt 208 response 5 minutes. Back up VA Hwy Patrol Chopper from Fredericksburg response time 5 minutes. ○ Hospital Emergency room Culpeper 20 minutes and 2 in Charlottesville 30 minutes. ○ Dive team on call from Louisa County, VA • Safety Communications Plan <ul style="list-style-type: none"> ○ Each official, safety craft and safety officer will have a radio and whistle. One Radio channel will be devoted to safety. One blast on whistle or one blast on air horn to attract attention then radio explanation of safety need. ○ The Safety Officer will be in charge of all safety at the event, overseeing life guards, EMT's and swims safety. The safety officer will be in contact with officials, life guards and EMT's by radio. ○ The safety officer will also have a Golf Cart and driver to be able to move through out the event quickly and where needed. • Feeding Stations <ul style="list-style-type: none"> ○ The course is 500M and feeding stations are not required; however, all safety watercraft will have first aid and water.

	<ul style="list-style-type: none"> • Accounting for swimmers <ul style="list-style-type: none"> ○ <u>Refer to monitoring swimmers</u> ○ This is the most important duty of the safety team. ○ Each Turn official will whistle if there is a possible DQ in their jurisdiction and follow with radio protocol in addition to radioing in to admin when last swimmer passes their station each lap. • Technical Meeting <ul style="list-style-type: none"> ○ The technical Meeting will be held at 7:00AM day of race. This technical Meeting will be posted and emailed to each LSC prior to meet day. This will also be reviewed with each heat prior to start of each race. <p><u>Safety during pre-race warm-up and post-race warm-down</u></p> <ul style="list-style-type: none"> ○ There will be a separate warm up warm down area and swimmers will not be allowed to warm up or warm down on the course. ○ The warm up area will also have at least one life guard and one marshal in addition we will have at least one canoe/kayak/paddle board on the water to prevent any swimmers beyond buoy markings of warm up course. ○ We will also require the swimmer to give their number card to marshal prior to entering warm-up area and pick up the card when leaving the warm-up area.
TIMERS:	Timers and scribes are needed for each race. Please contact meet director leo106@cox.net to volunteer. Use this link to volunteer: https://docs.google.com/forms/d/1aR4SdQvnMUK1fjH7iLYYGOTVsf03uhP5Nlnk9_3Aoko/viewform
GENERAL:	<ul style="list-style-type: none"> • This event is on the public side of Lake Anna and will be held rain or shine. • Event may be delayed or cancelled due to lightning. No refunds. • Average water temperature is expected to be in the low 80s • Extra T-shirts for coaches and spectators may be ordered on your registration form for \$10 each. • Hospitality tent will be set up by the lake with water coolers available for swimmers.
FACILITY RULES:	<ul style="list-style-type: none"> • There is a \$10 parking fee per car for non-camping participants and coaches collected by the campground at the gate day of the event. We highly recommend you carpool or sign up to camp. • Facility Rules: http://www.christopherruncampground.com/rules.html • No alcohol can be consumed by any swimmers, coach or spectator before or during the competition on race day.
VOLUNTEERS	<ul style="list-style-type: none"> • Anyone wishing to help with registration check-in, body marking, event check-in, water safety personnel or first aid station, please contact Leonard Philippart at leo106@cox.net. • We are requesting each LSC provide a minimum of 2 workers. To sign up to volunteer please go to the link below and fill in your information: https://docs.google.com/forms/d/1aR4SdQvnMUK1fjH7iLYYGOTVsf03uhP5Nlnk9_3Aoko/viewform
DIRECTIONS:	www.chriswtopherruncampground.com
LODGING:	<ul style="list-style-type: none"> • CAMPING: Group site is already reserved for our event. • Group Area has on site tent camping available. Please contact the campground directly to sign up for camping. Bathhouse is within walking distance. Portable toilets are close to pavilion. Camping is only available until we run out of sites on a first reserve basis. • Christopher Run Campground has spaces for RV's, several cabins, and lodges for rent. Please see their website to book directly from them. www.chriswtopherruncampground.com. • Private Residences for rent: www.vrbo.com. www.vacationrentals.com, • Lake Anna State Park also has cabins and campsites www.lakeannaonline.com/statepark.html • Ramada Inn South, 5324 Jefferson Davis Hwy, Fredericksburg, VA 22408, (540) 898-1102 • Lake Anna Lodge (at the lake), 5152 Rt. 208, Spotsylvania, VA, 22553 (540) 895-5844 • High Point Marina and Lighthouse, 4634 Courthouse Rd, Spotsylvania, VA(540-895-5249)
Food:	<ul style="list-style-type: none"> • Concessions available at campground.

DESCRIPTION OF EVENTS AND SCHEDULE

Technical meeting 7:00AM

Morning session:

3 K: Check-in: Begins at 7:00AM; Pre-race Meeting: 8:40AM; Event starts: 9:00 AM.

The race will consist of 6 times around a 500m loop marked with large orange buoys(left) and large green (right) buoys; Beach start with 5 laps around buoy 1, 2, 3, & 4, finishing with 1 lap around buoy 1, 2 & 3 and beach finish The race will conclude 90 minutes after the start or 15 minutes after the first finisher for each gender completes the event whichever is earlier. All swimmers who have not completed the course will be asked to retire.

1/2 K: Check-in: 7:00 AM; Pre-race meeting: 10:10AM; Event start: No earlier than 10:30AM

The race will consist of a 500m swim. The course will be a 500M marked with large orange Buoys 1, 2, and 3. Beach start and finish.

Lunch break

Afternoon Session:

2K: Check-in: 10:00AM; Pre-race Meeting: 11:40 AM; Event starts: No earlier than 12:00 noon.

The race will consist of 4 times around a 500m loop marked with large orange buoys (left) and large green (right) buoys. Beach start, 3 laps around buoys 1, 2, 3, and 4, finish lap around buoy 1, 2, 3 and beach finish. The race will end 60 minutes after the start or 15 minutes after the first finisher for each gender completes the event whichever is earlier. All swimmers who have not completed the course will be asked to retire.

1K: Check-in: 10:00 AM; Pre-race Meeting: 12:40; Event start: No earlier than 1:00PM

The race will consist of beach start, 1 times around buoy 1, 2, 3 & 4, finish lap of buoy 1, 2, 3 and beach finish. 500m loop marked with large range buoys. The race will end 30 minutes after the start. All swimmers who have not completed the course will be asked to retire.

1K Open: check –in: 10:AM; Pre-race Meeting: 12:45; Event start: No earlier than 1:30PM

The race will consist of beach start, 1 times around buoy 1, 2, 3 & 4, finish lap of buoy 1, 2, 3 and beach finish. 500m loop marked with large range buoys. The race will end 30 minutes after the start. All swimmers who have not completed the course will be asked to retire.

Event	Age	Gender	Distance
1	15-18	Mixed Men/Women	3K
2	10 and under	Mixed Men/Women	500M
3	13-14	Mixed Men/Women	2K
4	11-12	Mixed Men/Women	1K
5	Open	Mixed Men/Women	1K

Registration forms must be signed and sent to:

Jessica Simons

e-mail: jrsimons@comcast.net

One needed for each swimmer. Do not wait on your coach to mail in your form.

Name: _____
Age as of August 11, 2013: _____ Gender: Male Female
USA-S Registration Number : _____
USA Swimming Club: _____ LSC: _____
Street Address: _____
City: _____
State: _____ Zip: _____
E-mail: _____ Phone: _____

Make checks payable to: **VSI**

T-Shirt Size (**Adult sizes**): S M L XL 2XL If no t-shirt size is clearly marked, competitor will receive an Adult L. Children sizes are not available.

Item	# entered	Event(s) #	Cost	Total for line
Swimmer surcharge include T-shirt	1		\$30	\$30
Individual entry fees			\$5	
Extra T-shirt		Size:	\$10 each	
Camping		Group area		Pay CR
Request Electricity and Water		An additional fee	\$33	Pay CR
Request Electricity only		An additional fee	\$32	Pay CR
Parking fee if not camping			\$10 a car	Pay CR
Late Fee if received after Aug. 3, 2012			\$5	
Total enclosed:				

Please read and sign the liability release:

Liability Release

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Age Group Swimming (Training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the USA Swimming or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages caused by the negligence, active or passive, of the following: USA Swimming, Virginia Swimming, Inc, Eastern Zones, HOKI AQUATICS Swim Team, Virginia Game, Wildlife and Fisheries, Dominion Power, Christopher Run Campground, United States Coast Guard, Chesapeake Paddlers, Piracy of the James River, Meet Sponsors, Meet Committees, and or any individuals officiating at the meet or supervising such activities. In addition, I agree to abide by and be governed by the rules of USA Swimming. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Swimmer's Signature _____
Parent's Signature if under 18: _____ Date: _____