

**Meet Information:**

# **CSI Open Water Championship**

## **5K Open Water Competition**

Friday, August 10<sup>th</sup>, 2018

Men's and Women's (15-18 Age Group) Race 2:00 pm

Masters Open Race 4:00pm

## **1 Mile Competition**

Saturday, August 11<sup>th</sup>, 2018

Masters Open Race 11:00 am

Men's and Women's 15-Up Race 12:00 pm

Men's and Women's 14-Under Race 1:00 pm

\*Age is defined by the athlete's age as of December 31, 2018

Nottingham Lake

Avon, CO

Hosted by Avon Swim Club

## **Entry Deadline is August 3rd, 2018**

Sanction number 2018-109

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Held under the sanction of USA Swimming.

### **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.
- FINA rules for swimwear will be used for all events.

## Course

- Both the 5k and mile will be swum counterclockwise.
- Both the Turn buoys and intermediate buoys will be passed by the swimmer with their left shoulder towards the buoy.

## Awards

- Individual champions shall be determined and awarded in women's and men's competitions. Medals shall be awarded to all first through 8<sup>th</sup> place finishers in each individual event.

## Entries

- Entries open for submission July 11<sup>th</sup>, 2018.
- Entries can be received at [mhershey@avon.org](mailto:mhershey@avon.org)

## Late Entries

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

- A. Team/Swimmer late entries must be received no later than 11:59 pm Mountain Time on Sunday, August 5<sup>th</sup>, 2018.
- B. Late entries must be submitted to [mhershey@avon.org](mailto:mhershey@avon.org)
- C. Swimmers may be subject to a \$10.00 late entry fee.
- D. Entries for master's swimmers will be excepted up until 9:00 am the morning of the race. If the swimmer is not USA registered they can pay the one-time fee to be eligible to race as a USA registered swimmer for that day.

## Eligibility

The event is open to all swimmers currently registered as year-round members with USA swimming, or swimmers paying the one-time membership fee to compete for that race.

## Entry Fees

5K competitions - \$40.00/Individual

1 Mile competitions - 30.00/individual

## Parking

Parking will be available on streets around the venue and at the Avon Recreation Center venue.

## 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)

In the case of severe weather, the referees will sound air horns and direct the swimmers to the closest exit point. The swimmers will then be directed to the Recreation Center which is adjacent to the lake. The swimmers will be able to sit in the fitness studio and overflow if need be in the yoga studio. The lead safety personnel, meet director, and referees will then determine what course of action to take, either postponing the meet, or start the meet over later in the day.

## Hotels

Hotel information will be posted at a later date.

### **Technical Meeting/Pre-Race Meeting**

We will be having a technical/pre-race meeting at 1:30pm on Friday, August 10<sup>th</sup> and 10:30am on Saturday, August 11<sup>th</sup>, 2018 that is required for all swimmers to attend. The athlete must be present at this meeting to participate.

### **Warm Up/Warm Down**

Athletes will be able to warm up/down in the 50-meter lap lanes in the lake just off the shoreline. This will be under lifeguard surveillance.

### **Swimmer Accountability**

Swimmers will be numbered with magic markers, on the backs of their shoulders and down their arms. The swimmers will receive their numbers during check in which will open an hour and a half before the first race of the day begins.

All swimmers will be videotaped during the final inspection/accounting prior to the start, the start, and the finish.

### **Qualifications**

Swimmers Participating in the open water competition should be able to complete a 1650 SCY in under 40 minutes.

### **Medical Information**

Swimmers needing emergency medical care will be attended to by the Eagle County Paramedic Services. Swimmers requiring evacuation via ambulance will be transported to the Centura Health Emergency & Urgent Care Facility less than a mile from Nottingham Lake.