



**2006 USA Swimming
Open Water National Championships
&
World Championship Trials**

**5K - June 2nd
10K - June 4th
25K - June 6th**

Hosted by: USA Swimming, Florida Swimming, Inc., Swim Florida, Lee
County Parks and Recreation and Lee County Sports Authority

USA Swimming

2005 Open Water National Championships

Event Information

5K June 2nd, 2006 11:00 a.m. Fort Myers, FL

10K June 4th, 2006 8:00 a.m. Fort Myers, FL

25K June 6th, 2006 8:00 a.m. Fort Myers, FL

Sanctioned by USA Swimming through Florida Swimming, Inc.

Important Facts About the Competition



- ◆ All participants in the USA Swimming Open Water National Championships must be full (year-round) Athlete members of USA Swimming
- ◆ Any swimmers entered in the 10K or 25K Championships will be required to show proof of having achieved a time of 18 minutes or better in the 1500-meter freestyle for men or 19 minutes or better in the 1500-meter freestyle for women. Qualifying times must have been achieved in a USA Swimming *Sanctioned or Approved* competition, or USA Swimming *Observed* performance as defined in the USA Swimming Rules and Regulations.
- ◆ Register on-line at www.active.com or fax entries directly to the host at 239/437-7946. If not entering on-line, entry forms must be received on or before Friday, May 26, 2006. Entries received after this date will have a late fee of 50.00 per entry, and may not receive a race t-shirt.
- ◆ Accommodations for persons with disabilities may be arranged with advance notice.
- ◆ 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. USA Swimming Rules and Regulations will govern the conduct of these championships.
- ◆ This information is available on-line at www.usaswimming.org
- ◆ The organizing committee will be conducting additional open water races in conjunction with the Championships. For more information, please contact Gregg Cross, Meet Director or www.usa-openwaterswim.com
- ◆ Please see World Championships Team Selection Information in the back of this booklet.

Event Administration



Meet Director

Gregg Cross
239-462-3322
21301 S. Tamiami tr 320-111
Estero, FL 33928
Ph-239-462-3322
Fax: 239-992-9157
Gregg.cross@usa-openwaterswim.com

USA Swimming Vice-President Program Operations

Mike Saltzstein
POB 2492
La Mesa, CA 91943-2492
619-445-7660
mikesaltzstein@att.net

USA Swimming National Events Director

Dean Ekeren
1 Olympic Plaza
Colorado Springs, CO 80909
719-866-4578
dekeren@usaswimming.org

Meet Referee

TBD



Selected USA Swimming Open Water Rules

(Please see the 2006 USA Swimming Rules & Regulations for complete list of rules governing this competition)

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.

Eligibility

- ◆ All USA Swimming full athlete-members and member clubs shall be eligible to compete in the USA Swimming Open Water National Championships.
- ◆ The USA Swimming Open Water National Championships shall be open to foreign swimmers under the provisions of 203.9 and 207.11.11. Foreign clubs, but not national teams, may compete for team championships.

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.
- ◆ The team event shall be contested on a total time basis. Clubs may enter any number of three- or four-swimmer teams. Prior to the start of the competition coaches shall designate the category (men's, women's, mixed) and the team (A, B, C, etc.) in which their swimmers shall compete. 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 or which may be as a member of his/her gender-specific team and the other as a member of a mixed-gender team.

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.

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.

Competition Information



Rules

2006 USA Swimming Rules and Regulations will govern this event.

Eligibility

All U.S. athletes competing in the 2006 USA Swimming Open Water National Championships must be current athlete-members of USA Swimming.

Any swimmer entered in the 10K or 25K USA Swimming National Open Water Championships shall be required to show proof of having achieved a time of 18 minutes or better in the 1500-meter freestyle for men or 19 minutes or better in the 1500-meter freestyle for women. These qualifying times must be in the USA Swimming "SWIMS" database, or participants will be required to display an NTV from a USA Swimming *Sanctioned* or *Approved* competition.

The USA Swimming Open Water National Championships shall be open to foreign swimmers under the provisions of 203.9 and 207.11.11. Foreign clubs, but not national teams, may compete for team championships.

Entry Information

Swimmers may enter one individual event and two team events per race distance.

Register on-line at www.active.com or fax entries directly to the host at 239/437-7946.

If not entering on-line, entry forms must be received on or before Friday, May 26, 2006. Entries received after this date will have a late fee of 50.00 per entry, and may not receive a race t-shirt.

Please send entries with an overnight service that has tracking capabilities.

Entry fees include a t-shirt, post-race brunch and awards ceremony.

Additional Entry Forms are available from Wendy Ethridge at wendy@usa-swimming.org or on the website (www.usaswimming.org).

Send all entry forms and fees to:

Gregg Cross
SWIM Florida
15275 Collier Blvd #201
PMB #135
Naples, FL 34119
FAX: (239) 437-7946

Please make checks payable to: SWIM FLORIDA

Pre-Registration Packet Pickup

If you wish to have your packet pre delivered to your accommodations, contact Gregg.Cross@usa-openwaterswim.com

Location and Travel Information

The event will start and finish at Lynn Hall Park near the Fort Myers Beach Pier. Southwest FL International Airport, in Fort Myers, is the closest location to the event. Miami, Ft. Lauderdale and Tampa are each 2 hrs traveling time. Directions from Southwest Florida International Airport: Take Daniels Parkway West to Summerlin Road. Turn left onto Summerlin Road. Follow to San Carlos Boulevard and head South on San Carlos Boulevard over Sky Bridge. Take a right turn at the foot of the bridge onto Estero Boulevard. The park and Pier will be on the left at 950 Estero Boulevard.

2006 Open Water National Championships Dates and Entry Fees

5K National Championships

June 2nd, 2006

8:00 a.m.

\$25.00 Individual

\$5.00 Per member of each Team event

10K National Championships

June 4th, 2006

11:00 a.m.

\$35.00 Individual

\$5.00 Per member of each Team event

25K National Championships

June 6th, 2006

8:00 a.m.

\$80.00 Individual

\$5.00 Per member of each Team event

The 2nd Annual 1 Mile Sunset Dash For Cash, will be held on Sat. June 3rd at 6:00p.m. on Ft Myers Beach. For additional information about this event, go to Usa-openwaterswim.com (Pro and Open Divisions)

Pre-Race Meetings

All swimmers and coaches should arrive in Fort Myers in time for the pre-race meeting for their event(s). Each participant is responsible for all information distributed at these meetings. These meetings will be held at a place to be announced.

- ◆ 5K Pre-Race Meeting ,Thursday, June 1st, 6:00 p.m.
- ◆ 10K Pre-Race Meeting, Saturday, June 3rd , 3:00 p.m.
- ◆ 25K Pre-Race Meeting Monday, June 5th, 6:00 p.m.

Parking

Parking is available at the Lynn Hall Park. Overflow parking is located within walking distance to the park.

Competition Information (Continued)



Hotel Accommodations

Room blocks have been made at local hotels. For a list of all beach hotels, please call 888/529-6588.

RACE HEADQUARTERS

Ramada Inn Beach Front

239-463-6158

1 dbl bed; \$88.00

2 dbl beds; \$98.00

2 dbl beds poolside; \$108.00

Beach front; \$118.00

2dbl bds, beachfront w/ kitchen; \$118.00

Light House Resort (across the street from venue)

239-463-9392

lighthousesort@yahoo.com

Studio suites; \$99

Jr. Suites; \$115

King, 1 BR suites; \$115

Dlx 1 BR suites; \$135

2BR suites; \$165

(Wedding party booked the same weekend, so book early)

Escort Craft

Escort crafts (kayaks) are not allowed for the 5K and 10K races. An escort craft is required for every swimmer in the 25K race. It is the swimmer's responsibility to arrange for escort crafts. For more information on escort craft availability, please contact Estero River Outfitters, 239/992-4050.

A limited number of complimentary Kayaks (for 25k) will be available on a 1st come, 1st serve basis. There are 6, 2 person kayaks, and 2, 1 person kayaks. To reserve, contact gregg.cross@usa-swimming.com

Power boats are also available for rent at the following companies: Please note that arrangements may need to be made for previous night, or early a.m. pickup for power boats. Most vendors do not open until 8:00a.m. or later.

Fishtale Marina - 239/463-3600
Mid Island Marina - 239/765-4371

World Championships Team Selection Information

The 2006 Open Water Nationals @ Fort Myers, FL June 2-6, 2006 will be the selection competition for the 2006 FINA Open Water World Championship held in Naples, ITA August 29-September 3, 2006.

1. Priority #1. The first priority shall be the fastest Available Swimmer based on the order of finish of the Qualifying Competition in each of the events 5K, 10K and 25K.
2. Priority #2. The second priority for the 5K selection shall be the fastest Available Swimmer at the Qualifying Competition from the Men's 1500 meter Freestyle and Women's 800 meter Freestyle. The second priority for the 10K and 25K selection shall be the second fastest Available Swimmer at the Qualifying Competition. Conditional Selection will apply for all Priority #2.
 - A. Qualifying Competitions. "Qualifying Competitions" shall mean the swimming competitions that shall serve as the qualifying competitions for selection to the Team. These competitions shall be the 2006 USA Swimming Open Water National Championships conducted from June 2-6 in Fort Myers, FL and the 2006 Spring Championships conducted from March 28 – April 1, 2006 in Federal Way, WA. Time trials shall not be used for selection.
 - B. Conditional Selection. "Conditional Selection" shall be used when i) the event must have a minimum of five USA Swimming members complete the race and ii) the next "Available Swimmer" must finish within five minutes of the winner of the event.

Complete selection criteria will be posted on the USA Swimming website.

Doping Control Information



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, USA Swimming Athlete Services Manager at (719) 866-4962.

ATHLETES SHOULD CHECK THE STATUS OF ALL MEDICATIONS (OVER THE COUNTER and PRESCRIPTION) PRIOR TO CONSUMPTION TO ENSURE THAT THEY ARE NOT CONSUMING A PROHIBITED SUBSTANCE. Check the status at:

The USADA Drug Reference Line: 1-800-233-0393. A pharmacist answers this Line or returns phone calls promptly.

The USADA Drug Reference Online: www.usantidoping.org/dro. Check the status and print a copy for your records.

Note: Some Medications Require an Abbreviated Therapeutic Use Exemption (ATUE) form be on file prior to testing (forms should be submitted to USADA at least **THREE WEEKS BEFORE** the athlete competes) and must include the signature of the prescribing physician. Visit the USA Swimming Doping Control website at www.usaswimming.org for more notes and reminders about ATUE forms.

Substances and Methods Prohibited at All Times (In and Out of Competition): 2006 World Anti-Doping Agency Prohibited Classes and Methods

1. Anabolic Agents,
 - A. Anabolic Androgenic Steroids
 - B. Other Anabolic Agents
2. Hormones and Related Substances
3. Beta-2 Agonists

According to the US Anti-Doping Agency 2006 Guide to Prohibited Substances: "All beta-2 agonists including their D- and L-isomers are prohibited. As an exception, formoterol, salbutamol, (albuterol), levalbuterol, salmeterol and terbutaline, when administered by inhalation, require an Abbreviated Therapeutic Use Exemption. Despite the granting of any form of Therapeutic Use Exemption, a concentration of salbutamol (free plus glucuronide) greater than 1,000 ng/mL, this will be considered an Adverse Analytical Finding unless the athlete proves that the abnormal result was the consequence of the therapeutic use of inhaled salbutamol."

4. Agents with Anti-Estrogenic Activity
5. Diuretics and other masking agents

Substances and Methods Prohibited in Competition: 2006 World Anti-Doping Agency Prohibited Classes and Methods

1. Stimulants
2. Narcotics
3. Cannabinoids
4. Glucocorticosteroids

According to the US Anti-Doping Agency 2006 Guide to Prohibited Substances: "All glucocorticosteroids are prohibited when administered orally, rectally, intravenously or intramuscularly. Their use requires a Therapeutic Use Exemption approval. Administration by inhalation, iontophoresis, or local injection requires an Abbreviated Therapeutic Use Exemption. Topical preparations when used for dermatological, otic, nasal, buccal cavity and ophthalmic disorders are not prohibited and do not require any form of Therapeutic Use Exemption."

Prohibited Methods include: 2006 World Anti-Doping Agency Prohibited Classes and Methods

1. Enhancement of Oxygen Transfer
2. Chemical and Physical Manipulation
3. Gene Doping

Supplements USA Swimming Position Statement

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.

It is the role of USA Swimming to educate swimmers, coaches and parents on the issues of dietary supplements, including general and specific risks, normal values and toxicity, drug testing and drug interactions, stacking, and conventional dietary alternatives. It is also the role of USA Swimming to validate or repudiate via research review or sanctioned research the answers to the many questions that surround scientific and anecdotal evidence versus actual application. Any recommendations or opinions offered by USA Swimming regarding the use of dietary supplements are based on a yellow-orange-red light continuum Health & Contamination Risk Chart for Dietary Supplements and the most current publicly available scientific and consumer-specific information.

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*

Sanctions

Sanctions for positive tests conform with the FINA rules. All parties should refer to the FINA website (www.fina.org) for specifics relating to sanctions for a positive drug test. Penalties may also apply to any individual assisting a swimmer taking prohibited substances.

Summary

The use of drugs to enhance performance is strictly forbidden in aquatic sports. It is the responsibility of the athlete to check the status of any substance he/she plans to consume and ensure that no prohibited substances are consumed.

Doping Control Rule for athletes previously eligible for Out-of-Competition Drug Testing:

Athletes who previously eligible for out of competition (no-advance-notice) drug testing 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. The athlete is not permitted to compete in ANY USA Swimming sanctioned or FINA sanctioned events. If you have an athlete in this situation, contact smichael@usaswimming.org

2006 USA Swimming Open Water National Championships

OFFICIAL ENTRY FORM

Please check the box for the event that you are entering:

☐ **5K National Championships**
Friday, June 2, 2005, 11:00 a.m.
\$25.00 Individual

☐ **10K National Championship**
Sunday, June 4, 8:00 a.m.
\$35.00 Individual

☐ **25K National Championship**
Tuesday, June 6, 8:00 a.m.
\$80.00 Individual

Individual Entry

Name: _____ E-mail: _____

Age: _____ Sex: _____ Shirt Size: _____

Street Address: _____

USA Swimming Registration # (required): _____

Club Name: _____ Club Abbreviation: _____

Club Address: _____

Coach: _____ Phone: _____ e-mail: _____

Release by participant from liability: *I hereby release USA Swimming, the Local Swimming Committee (LSC) 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. In addition, I agree to abide by and be governed by the rules of USA Swimming.*

Signature: _____ Date: _____

Parents Signature: _____ Date: _____
(if under 18 years of age)

Team Competition Entry

A team will consist of three (3) or four (4) swimmers from the same club. The cumulative finishing times of the three fastest swimmers on each team will be used to determine the winners and the places. Swimmers may enter one individual event and two team events.

Team A Male ☐ Female ☐ Mixed ☐

1 _____
2 _____
3 _____
4 _____

Team C Male ☐ Female ☐ Mixed ☐

1 _____
2 _____
3 _____
4 _____

Team B Male ☐ Female ☐ Mixed ☐

1 _____
2 _____
3 _____
4 _____

Team D Male ☐ Female ☐ Mixed ☐

1 _____
2 _____
3 _____
4 _____

To take part in team competition, swimmers must also be entered in the individual event.

Number of Individual Entries @ \$ _____ = \$ _____

Team Competition Entries @ \$5.00/member = \$ _____

Total Enclosed \$ _____

USA Swimming Open Water National Championships Bio Information Form

Please fill out the form below and return to USA Swimming (Duplicate as needed)

Name: _____

Club: _____

Coach: _____

Hometown: _____

Height: _____ Weight: _____ Age: _____

Date and Place of birth: _____

School(s) and year(s) of graduation: _____

(This information will not be given to the Media)

Phone: _____

E-Mail Address: _____

Local Media you want us to notify of your accomplishments: _____

Career Highlights

Please list top finishes in open water and pool competitions. Be sure to include year, meet, event and place of finish.

Personal Information

Please give any other information about yourself that is fun and interesting. (For example- famous relatives, achievements outside of swimming, hobbies, stupid human trick, etc.)

ABBREVIATED THERAPEUTIC USE EXEMPTIONS

beta-2 agonists by inhalation <input type="checkbox"/>	glucocorticosteroids by <input type="checkbox"/> inhalation, local & intra-articular injection, & iontophoresis.
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* Oral, rectal, intravenous, and intramuscular uses are prohibited and require a Standard TUE.*

Topical glucocorticosteroids do not require an Abbreviated TUE.
(Dermal, ophthalmic, otic, and nasal)

1. Athlete Information (Please type or print in block letters.)

Last Name:	First Name:
Female <input type="checkbox"/> Male <input type="checkbox"/>	Date of Birth (month/day/year):
Mailing Address:	
City:	State: Zip Code:
Tel. Work:	Tel. Home: Tel. Mobile:
Email:	Fax:
Sport:	Discipline/Position:
International or National Sporting Organization:	

Paralympic Athletes: Please use IPC TUE Application and Notification form

2. Medical information (Please type or print in block letters.)

Diagnosis:
.....
.....
.....

Prohibited substance(s): <i><u>Generic name</u></i>	Dose	Route	Frequency
1.			
2.			
3.			
Intended duration of treatment: (Please check appropriate box.)	One-Time Only <input type="checkbox"/> emergency <input type="checkbox"/> one year <input type="checkbox"/> or duration (week/month):		

3. Medical practitioner's and athlete's declaration

(Please type or print in block letters.)

All information is required unless otherwise noted.

I certify that the above-mentioned treatment is medically appropriate and that the use of alternative medications not on the Prohibited List would be unsatisfactory for this condition.

Name:

Medical Speciality:

Address:

Tel.: Fax (optional):

E-mail (optional):

Signature of Medical Practitioner: Date:

I,, certify that the information under section one is accurate and that I am requesting approval to use a Substance or Method from the World Anti-Doping Agency (WADA) Prohibited List. I authorize the release of personal medical information to the Anti-Doping Organization including its Therapeutic Use Exemption Committee (TUEC) as well as to WADA staff, to the WADA TUEC, and to other Anti-Doping Organizations under the provisions of the WADA Code. I understand that if I ever wish to revoke the right of the Anti-Doping Organization TUEC or WADA TUEC to obtain my health information on my behalf, I must notify my medical practitioner in writing of that fact. I acknowledge that this form is effective upon receipt (if complete) by the appropriate Anti-Doping Organization.

I understand that National-Level Athletes must submit the Form to USADA. International-level Athletes may submit the completed Form to USADA and USADA will forward the Form to the appropriate International Federation (IF). I understand that using any prohibited substance in- or out-of-competition that requires an Abbreviated TUE is at my own risk of committing a doping violation until a complete form is received by USADA and/or my IF (if applicable).

Athlete's signature: Date:

Parent's/Guardian's signature: Date:

(If the athlete is a minor or has a disability preventing him/her to sign this form, a parent or guardian shall sign together with or on behalf of the athlete.)

Incomplete Applications will be returned and will need to be resubmitted.

Please submit the completed form to the U.S. Anti Doping Agency
and keep a copy for your records.

United States Anti-Doping Agency
1330 Quail Lake Loop, Suite 260
Colorado Springs, CO 80906
Fax: (719) 785-2029

Telephone: (866) 601-2632 (toll-free) or (719) 785-2000

Drug Reference Online: www.usantidoping.org/dro

Drug Reference Line: (800) 233-0393 or (719) 785-2020 (outside of the U.S.)

or drugreference@usantidoping.org

E-mail: webmaster@usantidoping.org

Web Site: www.usantidoping.org

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