



**10K National Championships
& National Team Trials
Friday, June 10**

**5K National Championships
Sunday, June 12**

**Fort Lauderdale, FL
Sanction FGC #061211-OW1**

Event Technical & Entry Information

UPDATED April 29, 2011



USA Swimming

2011 Open Water National Championships

Event Technical & Entry Information

Important Facts About the Competition



- ◆ The 2011 10K Open Water National Championships will serve as the Trials for the USA Swimming National Open Water Team. For complete USA Swimming National Team selection criteria, please refer to the National Team section of the USA Swimming website; usaswimming.org.
- ◆ Register for the Open Water National Championships on-line at usaswimming.org/ome from *March 1, 2011 through May 30, 2011*. There will be no late or race-day registration.
- ◆ 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.
- ◆ 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.
- ◆ Accommodations for persons with disabilities may be arranged with advance notice.
- ◆ UPDATED: New race location is Fort Lauderdale Beach, across from the International Hall of Fame Aquatic Complex. Registration will be at the Aquatic Complex and technical meetings will be at the nearby Bahia Mar Resort and Yachting Center, 801 Seabreeze Boulevard.

Event Administration



Local Meet Directors

Jay Thomas
jaythomas@comcast.net
954-873-3370

Lisa McLuckie
lmcluckie@flaswim.com
954-647-5680

USA Swimming Vice President, Program Operations

Jim Sheehan
Jim.Sheehan@marshpm.com
908-239-9009

Event Safety Director

Sid Cassidy
Sid.Cassidy@saintandrews.net
561-210-2128

USA Swimming National Events & Marketing Director

Dean Ekeren
dekeren@usaswimming.org
719-331-5005

Championship Referee

Ron Van Pool
ronvp@aol.com
206-617-1611

USA Swimming National Events Coordinator

Sandra Lopez
slopez@usaswimming.org
719-338-5736

Competition Entry Information



Location

The races will be conducted in the Atlantic Ocean on Fort Lauderdale Beach, with the pre-race staging at the Fort Lauderdale Aquatic Complex, less than 200m from the start/finish area. Pre-race training will be available at the Fort Lauderdale Aquatic Complex. Doping control will also take place at the Fort Lauderdale Aquatic Complex.

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
\$40.00 Individual

5K National Championships
\$30.00 Individual

Technical Meetings

All swimmers and coaches should arrive in Fort Lauderdale in time for the technical meeting for their event(s). Each participant is responsible for all information distributed at these meetings.

These meetings will be held at:

Bahia Mar Resort and Yachting Center
801 Seabreeze Boulevard
Fort Lauderdale, FL 33316

- ◆ 10K Technical Meeting, Thursday, June 9, 6:00 p.m.
- ◆ 5K Technical Meeting, Saturday, June 11, 6:00 p.m.

Pre-Race Meetings

In addition to each technical meeting, all swimmers must be present for the Pre-Race Briefing at Fort Lauderdale Aquatic Complex 40 minutes prior to the scheduled start of the race. At this meeting, race officials will distribute last minute information on weather and water conditions, emergency procedures, etc.

Practice Availability

Fort Lauderdale Beach is always open to the public, and is monitored by Lifeguards 10:00am - 5:00pm daily. Additional training opportunities are available according to the following schedule;

June 8-10; 8:00am – 7:30pm - Fort Lauderdale Aquatic Center
June 11-12; 8:00am – 2:00pm - Fort Lauderdale Aquatic Center
June 9 & 11; 10:00am-5:00pm – Ocean Course open to public
June 9 & 11; 3:00pm-5:00pm – Finish Structure available for training – weather permitting

Race Day Schedule

10K Race Day – June 10, 2011

7:00am-8:45am – Registration, Fort Lauderdale Aquatic Complex
8:50am – Pre-race Briefing, Fort Lauderdale Aquatic Complex
9:15am – Inspection and Roll Call, Lifeguard Tower 5, Fort Lauderdale Beach
9:30am – Men's 10K Start*
9:40am – Women's 10K Start*
12:15pm – Awards, Fort Lauderdale Aquatic Complex

5K Race Day – Sunday - June 12, 2011

7:00am-8:45am – Registration, Fort Lauderdale Aquatic Complex
8:50am – Pre-race Briefing, Fort Lauderdale Aquatic Complex
9:15am – Inspection and Roll Call, Lifeguard Tower 5, Fort Lauderdale Beach
9:30am – Men's 5K Start*
9:40am – Women's 5K Start*
11:15am – Awards, Fort Lauderdale Aquatic Complex

*Subject to change depending on local conditions.

Race Course and Operations

The race course will consist of two (5K) or four (10K) loops around a 2 1/2K course. A "feeding" station will be available once per lap.

The use of feed sticks by coaches will be required due to the height of the feeding station. It is the swimmer's responsibility to coordinate with their coach or another individual for feeding purposes. No volunteers will be specifically available for this purpose. Feed poles are not to exceed 5 meters in length when extended. No objects, rope or wire may hang off of feed poles except banners or flags, but may not exceed the size of 30 cm x 20 cm.

No additional coaches' craft will be allowed near the race course. 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 Head Referee.

For additional information, please refer to the Event Plan at usaswimming.org.



Qualifying Criteria

In order to compete in the USA Swimming 2011 Open Water Championships, a swimmer must have;

- Finished in the top 15 at a 2010-11 FINA World Cup Race, or
- Finished in the top 10 at the 2010 USA Swimming 5K or 10K National Championships, or
- Attended the 2011 Open Water Developmental Camp (by invitation only), or
- Achieved the following pool times standard(s) between April 1, 2009 and the entry deadline

	<u>1500 LCM</u>	<u>800 LCM</u>	<u>1650 SCY</u>	<u>1000 SCY</u>
Women 5K Race Qualifying Times	18:20.89	9:35.99	17:57.39	10:43.19
Men 5K Race Qualifying Times	17:29.89	9:08.99	16:59.39	10:10.99
Women 10K Race Qualifying Times	17:20.49	9:03.49	16:48.49	10:05.99
Men 10K Race Qualifying Times	16:15.49	8:35.59	15:51.49	9:26.09

- Athletes who meet these times standards will be permitted to enter the Open Water National Championships.
- 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.

Entering On-Line at usaswimming.org/ome

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

Entries will be accepted from March 1, 2011 until May 30, 2011 (at 11:59 p.m. Mountain Time).

For help with the entries, contact Susan Woessner at USA Swimming (719-866-4578) or swoessner@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.

Foreign Entries

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

Qualifying Period

The qualifying period for this event is April 1, 2009 through the entry deadline.



Rules

2011 USA Swimming Rules and Regulations will govern this event. Please see Part Seven of the 2011 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.
- ◆ 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 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.

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.



Parking

Parking is available adjacent to the race site on Fort Lauderdale Beach.

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)

Headquarters Hotel

A block of rooms has been established at the Courtyard by Marriott Fort Lauderdale Beach 440 Seabreeze Boulevard Fort Lauderdale, FL 33316 (954) 524-8733

To reserve your room and receive the special Open Water National Championships rate of \$129.00 plus tax, please click on one of the links below:

Rooms with 2 Queen Beds
marriott.com/hotels/travel/flco?groupCode=ownownb&app=resvlink&fromDate=6/5/11&toDate=6/13/11

Rooms with 1 King Bed
marriott.com/hotels/travel/flco?groupCode=ownowne&app=resvlink&fromDate=6/5/11&toDate=6/13/11



ConocoPhillips Athlete Reimbursement

Reimbursement Criteria

- A. Athletes must be U.S. citizens and eligible to represent the United States in International competition.
- B. For 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.

Reimbursement 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 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.
- C. Following the competition, USA Swimming Athlete Services staff will notify, via email, all funding recipients and request a current w-9 form if needed and verify the appropriate address.
- D. The list of recipients/funding will be sent to the Times and Recognition Committee Chair for checks and balances.

Reimbursement Structure:

Athletes may receive funding in one category only

Status: Current Year National Team Member
 Travel Expense: \$400
 Per Diem: \$300

Status: Top 6 Finishers at OW Nationals
 Travel Expense: \$400

- A. 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.
- B. USA Swimming staff will work for disbursement of funds 2 weeks from the final day of the competition.



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 2011 Prohibited List is in effect for this competition and may be found at www.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

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.

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 may contain substances that may appear on the Prohibited Substance list(s) of FINA and/or the WADA. 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

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 or FINA sanctioned events. If you have an athlete in this situation, please email 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