



## **10K National Championships**

**Friday, May 17**

**Women's Race 8:00am**

**Men's Race 10:30am**

## **5K National Championships**

**Sunday, May 19**

**Men's Race 8:00am**

**Women's Race 9:30am**

**Lower Castaic Lake**

**Santa Clarita, CA**

**Hosted by Canyons Aquatic Club**

**Entry Deadline is Tuesday May 7, 2013**

**10K Technical Meeting, Thursday, May 16, 5:00 p.m.**

**5K Technical Meeting, Saturday, May 18, 5:00 p.m.**

**Technical Meetings will be held at the College of The Canyons Natatorium  
26455 Rockwell Canyon Rd  
Santa Clarita, CA 91355**

# USA Swimming 2013 Open Water National Championships

## Important Facts About the Competition



- ◆ The 2013 10K Open Water National Championships will serve as the Trials for the USA Swimming National Open Water Team and National Junior Open Water Team. For complete selection criteria, please refer to the National Team section of the USA Swimming website; [usaswimming.org](http://usaswimming.org).
- ◆ Register for the Open Water National Championships on-line at [usaswimming.org/ome](http://usaswimming.org/ome) beginning noon Mountain Time on March 11, 2013 through midnight Mountain Time on Tuesday, May 7, 2013. There will be no late or race-day registration.
- ◆ Race Start times are subject to change due to number of entries and local conditions.
- ◆ 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 (Foreign participants are not allowed in this 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.
- ◆ All swimmers, or parents of swimmers under 18 must sign a USA Swimming Open Water Waiver and Release, and submit it at Registration.
- ◆ The Race Safety Plan, Waiver & Release Form, and other important information will be posted at [usaswimming.org](http://usaswimming.org).

## Event Administration



### Championship Referee

Chip Carrigan  
[carrigan@fuse.net](mailto:carrigan@fuse.net)  
513-404-6530

### Administrative Referee

John Julian  
[jgjulian@comcast.net](mailto:jgjulian@comcast.net)  
559-970-3711

### Local Meet Directors

Ron Mita  
[rmita@canyons.org](mailto:rmita@canyons.org)  
661-305-0202

Jeremy Anderson  
[jav@canyons.org](mailto:jav@canyons.org)  
805-207-1111

### Event Safety Director

Ralph Searcy  
L.A. County Lifeguard

### USA Swimming Vice President, Program Operations

Jim Sheehan  
[Jim.Sheehan@marshpm.com](mailto:Jim.Sheehan@marshpm.com)  
908-239-9009

### USA Swimming National Events & Marketing Director

Dean Ekeren  
[dekeren@usaswimming.org](mailto:dekeren@usaswimming.org)  
719-331-5005

### USA Swimming National Events Coordinator

Sandra Griffith  
[sgriffith@usaswimming.org](mailto:sgriffith@usaswimming.org)  
719-338-5736

## Competition Entry Information



### Location

The 2013 Open Water Championships will take place at Lower Castaic Lake located just north of Santa Clarita on the Interstate 5 Freeway. Anticipated water temperature is low 70's F, and anticipated high air temperature is 83°F.

### 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  
\$50.00 Individual

5K National Championships  
\$40.00 Individual

### Technical Meetings (New Location)

All swimmers and coaches should arrive in time for the technical meeting for their event(s). Each participant is responsible for all information distributed at these meetings. College of The Canyons Natatorium, 26455 Rockwell Canyon Rd, Santa Clarita, CA 91355. Park in lot #5 and walk toward PE building. Pool is located at the back of the PE building.

- ◆ 10K Technical Meeting, Thursday, May 16, 5:00 p.m.
- ◆ 5K Technical Meeting, Saturday, May 18, 5:00 p.m.

### Pre-Race Meetings

In addition to each technical meeting, all swimmers must be present for the Pre-Race Briefing at the race start area no later than 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

Open Water training will be available at the venue on Wednesday, March 15th from 5pm-8pm. The local club will be holding a 3K race on the championship course during this time. Participants in the USA Swimming National Championships may participate in this 3K race free of charge. The course will be available Thursday, March 16 9:00am-12:30pm, and Friday, March 17th beginning at 6:30am. On Saturday, March 18th, the lake is open for practice from 8:00 - 10:00 AM for full course access. After 10:00 the lake will be open for public access and swimming will be restricted to the public swim areas for the remainder of the day.

Pool practice will be available at the Santa Clarita Aquatics Center, 20850 Centre Pointe Parkway, Santa Clarita, CA on the following days/times

Tuesday, May 14, 4- 6 PM  
Wednesday, May 15, 10 AM - 1:00 PM  
Thursday, May 16, 12:00 - 4:00 PM  
Friday, May 17, 4:00 - 6:00 PM  
Saturday, May 18, 12:00 - 4:00 PM

Additional pool practice is available at the College of the Canyons Natatorium, 26455 Rockwell Canyon Rd, Santa Clarita, CA 91355 on the following days/times:

Tuesday, May 14, 7- 9 PM  
Wednesday May 15, 7-9 PM  
Thursday May 16, 7- 9 PM

### Race Day Schedules

#### Women's 10K Race Day – Friday, May 17

7:00am-7:45am – Women's check-in, Lower Castaic Lake  
7:45am – Women's Pre-race Briefing  
7:55am – Women's Inspection and Roll Call  
**8:00am – Women's 10K Start\***

#### Men's 10K Race Day – Friday, May 17

9:30am-10:15am – Men's check-in, Lower Castaic Lake  
10:15am – Men's Pre-race Briefing  
10:25pm – Men's Inspection and Roll Call  
**10:30pm – Men's 10K Start\***  
12:45pm – Women's and Men's Awards

#### Men's 5K Race Day – Sunday, May 19

7:00am-7:45am – check-in, Lower Castaic Lake  
7:45am – Pre-race Briefing  
7:55am – Men's Inspection and Roll Call  
**8:00am – Men's 5K Start\***

#### Women's 5K Race Day – Sunday, May 19

8:30am-9:15am – check-in, Lower Castaic Lake  
9:15am – Pre-race Briefing  
9:25am – Men's Inspection and Roll Call  
**9:30am – Women's 5K Start\***  
11:00am – Men's and Women's Awards

\*Subject to change depending on number of entries and local conditions.

### Race Course and Operations

The race course will consist of six 1.66K loops (10K) or three 1.66K loops (5K) with large buoys at each turn, and intermediate buoys lining the course.

A "feeding" station will be located near the halfway point of the 10K course, and will be accessible by land. The use of feed sticks by coaches will be permitted. 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.

Aside from Safety and Officials' boats, no additional craft will be allowed near the race course. This is a non-escorted swim.

These races will utilize electronic "chip" timing, and swimmers will wear one timing chip on each arm.

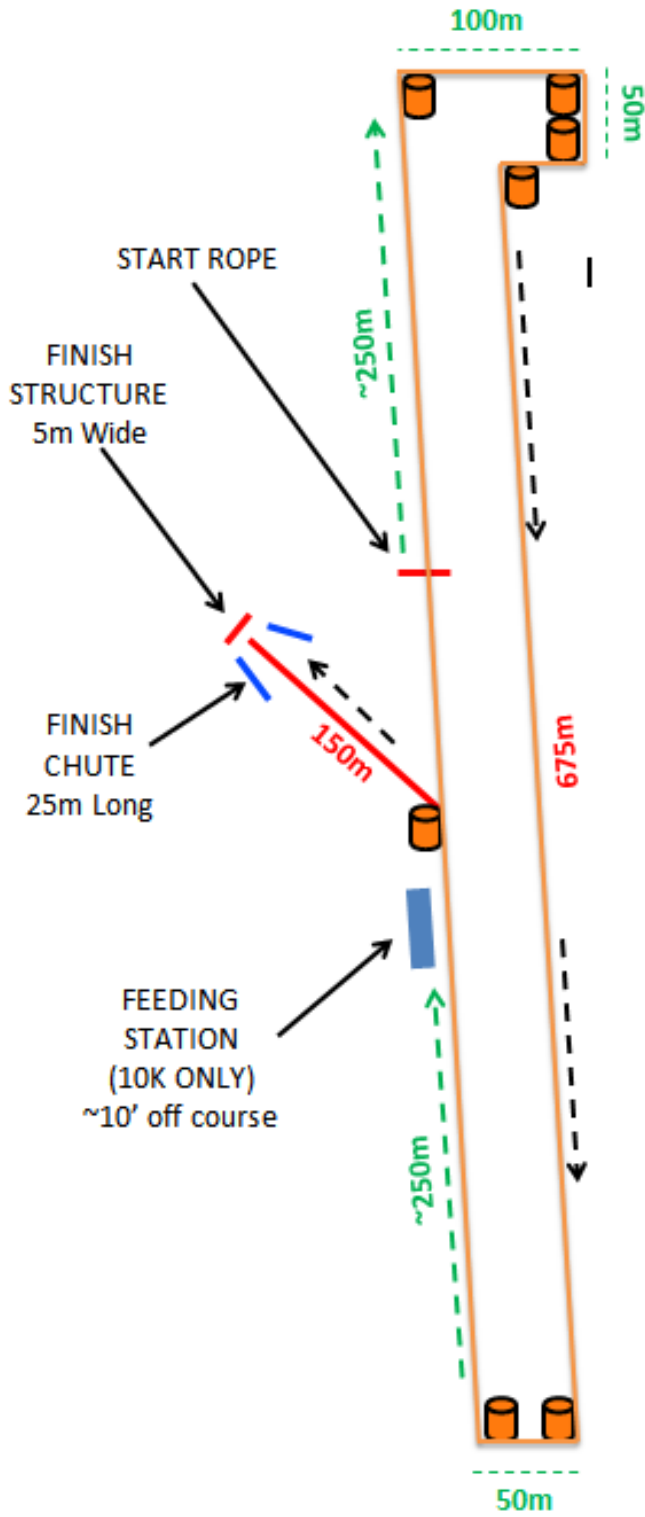
The swimmers must swim within the finish chute and will finish by touching a finish banner over the water's surface.

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 Referee.

Course Layout



Course Layout



**Lower Castaic Lake  
Course Detail (1650m)  
Distances are approx.  
10K = 6 Laps  
5K = 3 Laps**



### Qualifying Criteria

In order to compete in the USA Swimming 2013 **10K** Open Water Championships, a swimmer must have;

- ◆ Finished in the top 10 at the 2012 10K Open Water Championships (Trials) in Miromar, FL or;
- ◆ Finished in the top 15 in a 2012-2013 FINA 10K World Cup race, or;
- ◆ Achieved the following pool time standard(s) between July 1, 2012 and the entry deadline.

	<u>800 LCM</u>	<u>1500 LCM</u>	<u>1000 SCY</u>	<u>1650 SCY</u>
Women 10K Race Qualifying Times	9:03.49	17:20.49	10:02.79	16:43.49
Men 10K Race Qualifying Times	8:27.98	16:14.29	9:15.19	15:44.29

In order to compete in the USA Swimming 2013 **5K** Open Water Championships, a swimmer must have;

- ◆ Finished in the top 10 at the 2012 USA Swimming 5K or 10K Open Water Championships in Miromar, FL, or;
- ◆ Finished in the top 15 in a 2012-2013 FINA 10K World Cup race, or;
- ◆ Attended the 2013 Open Water Developmental Camp (by invitation only), or
- ◆ Achieved the following pool time standard(s) between July 1, 2012 and the entry deadline.

	<u>800 LCM</u>	<u>1500 LCM</u>	<u>1000 SCY</u>	<u>1650 SCY</u>
Women 5K Race Qualifying Times	9:11.19	17:38.69	10:15.29	17:14.39
Men 5K Race Qualifying Times	8:38.59	16:36.69	9:34.29	16:03.79

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.

### Enter On-Line at [usaswimming.org/ome](http://usaswimming.org/ome)

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

Register for the Open Water National Championships on-line at [usaswimming.org/ome](http://usaswimming.org/ome) beginning noon Mountain Time on March 11, 2013 through midnight Mountain Time on Tuesday, May 7, 2013. There will be no late or race-day registration.

For help with the entries, contact Josh Fowler at USA Swimming (719-866-4578) or [jfowler@usaswimming.org](mailto:jfowler@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.



**Parking**

Free parking will be available on-site.

**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)

**Hotels**

For hotel accommodations please visit [usaswimming.org/ownationals](http://usaswimming.org/ownationals).

The host has established a block of rooms at the Courtyard by Marriott  
28523 Westinghouse Place  
Valencia, CA 91355  
Attn: Kate Kernochan 661-678-2923

The rate is \$119/night. Please mention the *US OPEN WATER NATIONALS* when making reservations to secure the rate.

Rooms include:

- ◆ 32" Flat Screen TVs with Cable – HBO, ESPN and CNN.
- ◆ Mini Microwaves and Refrigerators in every room
- ◆ Daily Deluxe Breakfast Buffet with eggs cooked to order
- ◆ Complimentary Hi-Speed Internet throughout the hotel
- ◆ 24-hour state of the art fitness center

**Phillips 66 Athlete Reimbursement**

Reimbursement is for 10K competitors only.

Eligibility Criteria

- a. Athletes must be US citizens and eligible to represent the United States in International competition.
- b. For the 2013 10K 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.

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 via email 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. USA Swimming Athlete Services staff will notify, via email, all funding recipients to request a current w-9 form, if needed, and verify the appropriate address.
- c. The list of recipients/funding will be sent to the Times and Recognition Committee Chair for checks and balances.
- d. Reimbursement Structure:
  - ◆ Current Year National Team Member \$675
  - ◆ Top 6 Finishers at 10K OW Nationals \$375
- e. 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.
- f. USA Swimming staff will work for disbursement of funds 2 weeks from the final day of the competition



**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.
- ◆ 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.
- ◆ Teams will be entered automatically based on club entries.
- ◆ The team event shall be contested on a total time basis. Clubs may place any number of three-swimmer teams. 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.
- ◆ Scoring of individual events will be on a sixteen (16) place basis: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

**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.





**Safety Information**

**1. Safety Authority**

Emergency Services will be provided by the Los Angeles County Lifeguards (LACLG). The LACLG are a United States Lifesaving Association (USLA) certified agency, and all staff are trained as Emergency Medical Technicians.

LACLG will be located throughout the course and beach areas. AED's, First Aid kits, and Basic Life Support gear will be available on-site. A Los Angeles County Fire Department, with Paramedics is located adjacent to the park. Estimated Paramedic response time is less than five minutes.

All LACLG Towers, Supervisory vehicles and on-water safety personnel communicate via the City Police/Fire/Rescue radio network.

There will be two Personal Watercraft on-course manned by LACLG Staff.

There will be two LACLG staff on rescue boards on course.

There will be four staff LACLG personnel dispatched with the Referee vessels on course.

Race Operations will be manned by:  
 Race Director  
 Administrative Referee  
 LG Representative – with radio

The race is held within the Lower Castaic Lake public swimming area, protected by Los Angeles County Lifeguards and within the jurisdiction of the County of Los Angeles.

**2. Communications Plan**

Primary - There will be two separate radio networks using two different frequency plans. The radios are not interchangeable.

Communication across radio networks will be coordinated through Race Operations. Personnel using USA Swimming VHF radios include the Race Director, Race Operations, Race Referees, Safety Officer, Course Officer, Spare vessels, Feed Station Referee, Administrative Referee, Turn Judges, and event announcers.

LACLG staff will utilize their own radios, and will be in contact with Police/Fire Rescue, Race Operations, Life Guard Towers, Life Guard Supervisors, and On-Water Life Guard PWC.

Secondary communications between all parties will be via cellular telephones. The following positions will be issued a phone number listing:  
 Race Director  
 Meet Referee  
 Safety Officer  
 Race Referees  
 Course Officer  
 LACLG Supervisors

**3. Swimmer in Distress**

- a. LACLG will activate their water rescue protocols.
- b. Any swimmer withdrawing from the race must report to the nearest lifeguard tower for identification. Lifeguard will radio race-control with the competitor number and direct the swimmer to return to the start area.
- c. A First Aid tent will be maintained on the beach in the Start/Finish area manned by the Life Guards.
- d. Swimmers needing emergency medical care will be administered to by LACLG at the finish.
- e. Swimmers requiring evacuation via ambulance will be transported to Henry Mayo Newhall Memorial Hospital, approx. 5miles from the venue.

**4. Missing Swimmer**

- a. All swimmers will be issued a "Race Ticket" with their competitor number during the registration process. This "Ticket" will be collected as the swimmers enter the water.
- b. All swimmers will be required to provide a personal cell phone contact and a coach/handler cell phone contact at registration.
- c. All swimmers will be video taped during the final inspection/accounting prior to the start.
- d. If a swimmer is reported missing and last seen in the water: LACLG will activate their under-water search and recovery protocol. Concurrently, meet operations will attempt contact with the coach/handler and swimmer via cell phone. Meet Operations will also review the start list, withdrawal list, site race tickets, and view the pre-race video tape to confirm the swimmer actually started the race. All swimmers are reminded before the race start that they must report to the nearest lifeguard if they withdraw from the race. All swimmers who depart from the water will be identified by their race number.

**5. Support Vessels**

- a. The following vessels will be used:
  - i. Referee Boats – 2
  - ii. Turn Judge Boats - 2
  - iii. Spare Boats – 2
  - iv. LACLG Boats - 2
- b. All vessels Captains will attend a briefing by the Safety Officer.
- c. Spare vessels will remain clear of the vessel exclusion zone unless summoned on to the course by race control.
- d. Once the course has been set, the Course Officer vessel will remain clear of the vessel exclusion zone unless summoned to the course by the Referee or race control.
- e. All official's boats will be equipped with VHF radios on the race control network.
- f. LACLG craft will be on the L.A County emergency radio network.



6. Parameters for Abandoning the Race

- a. Any one of the following individuals are empowered to independently order the race abandoned due to unsafe course or other conditions.
  - ◆ Meet Referee
  - ◆ Safety Officer
  - ◆ USA Swimming Events Director
- b. If the race is to be abandoned, Race Control will relay via radio to all vessels to signal abandonment. Simultaneously, the LACLG Supervisor will signal via LACLG radio net to signal abandonment.
  - i. The abandonment signals will be:
    - ◆ From Officials Boats – 5 short blasts followed by one long blast.
    - ◆ From the Lifeguards – 5 short blasts of the whistle followed by one long blast.
  - ii. Swimmer actions are to:
    - ◆ Discontinue swimming
    - ◆ Look for directions from the Officials or water safety personnel
    - ◆ Once safe on the beach, proceed to the start/fish area and check-in.

7. Contingency Plan

- a. Due to venue restrictions, it is unlikely any change to the shape of the course will be possible.
- b. If weather conditions require, the directions of swim (CW/CCW) and the location of the start/finish structure may be changed.
- c. If the race is abandoned, it will be postponed until later the same day. If the race must be abandoned for the entire day, the race will be held the following day.



### 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 2013 Prohibited List is in effect for this competition and may be found at [usada.org](http://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](http://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.

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, rev: Sep/11*

### 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 events (local competitions all the way up through National competitions including meets with a dual sanction from Masters and USA Swimming) or FINA sanctioned events. If you have an athlete in this situation, please email [smichael@usaswimming.org](mailto: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](http://usaswimming.org)