



2016 10K National Championships
Friday, April 8
Women's Race 8:00am
Men's Race 10:30am

2016 5K National Championships
Sunday, April 10
Men's Race 8:00am
Women's Race 9:30am

Miromar Lakes Beach & Golf Club
Miromar Lakes, FL



Entry Deadline is Tuesday March 29, 2016

10K Technical Meeting, Thursday, April 7, 6:00 p.m.
5K Technical Meeting, Saturday, April 9, 5:00 p.m.

These meetings will be held at the Hilton Garden Inn Fort Myers Airport/FGCU,
16410 Corporate Commerce Way, Fort Myers, FL 33913.



USA Swimming 2016 Open Water National Championships

Important Facts About the Competition



- ◆ The 2016 10K Open Water National Championships will serve as a selection event for the USA Swimming Open Water National Team, National Junior Team, and FINA Open Water World Junior Championships Team. The 2016 5K Open Water National Championships will serve an additional selection event for the FINA Open Water World Junior Championships Team. For complete selection criteria, please refer to the National Team section of the USA Swimming website; usaswimming.org.
- ◆ A limited number of foreign swimmers will be allowed in this competition. All foreign swimmers must have achieved the qualifying criteria.
- ◆ Register for the Open Water National Championships on-line at usaswimming.org/ome beginning noon Mountain Time on February 16, 2016, through midnight Mountain Time on Tuesday, March 29, 2016. There will be no race-day registration.
- ◆ Swims achieving the qualifying time standards for the first time from Tuesday, March 29, 2016, through Sunday, April 3, 2016, may enter the meet through OME under the title "2016 Open Water Championships: New Qualifying Swims". These entries must be submitted no later than 11:59pm Mountain Time on Sunday, April 3, 2016. Normal entry fees apply.
- ◆ Race Start times are subject to change due to number of entries and local conditions.
- ◆ All U.S. 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. All foreign swimmers must be members in good standing of their respective FINA recognized federation.
- ◆ 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.

Event Administration



Championship Referee

Mark McCaw
mm2886@comcast.net
239-287-2851

Local Meet Directors

Greg Cross
coachgregg55@aol.com
239-462-3322

Event Safety Director

TBD

USA Swimming Vice President, Program Operations

Dan McAllen
d.mcalleniii@sbcglobal.net
214-316-9215

USA Swimming National Events & Marketing Director

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

USA Swimming National Events Coordinator

Annie White
awhite@usaswimming.org
719-238-2398



In order to compete in the USA Swimming 2016 **10K** Open Water Championships, a swimmer must have;

- ◆ Finished in the top 10 at the 2015 10K Open Water Championships in Fort Myers, FL, or;
- ◆ Finished in the top 30 in the 2015 FINA 5K or 10K Open Water World Championships, or;
- ◆ Achieved the following pool time standard(s) between July 1, 2015 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	8:58.09	17:10.09	9:57.59	16:36.19
Men 10K Race Qualifying Times	8:23.59	15:55.49	9:14.19	15:28.09

In order to compete in the USA Swimming 2016 **5K** Open Water Championships, a swimmer must have;

- ◆ Finished in the top 10 at the 2015 USA Swimming 5K or 10K Open Water Championships in Fort Myers, FL , or;
- ◆ Finished in the top 30 in the 2015 FINA 5K or 10K Open Water World Championships, or;
- ◆ Finished first in a USA Swimming Open Water Zone Championship (5K or greater), or;
- ◆ Achieved the following pool time standard(s) between July 1, 2015 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	9:03.49	17:20.49	10:03.59	16:46.19
Men 5K Race Qualifying Times	8:28.69	16:05.29	9:19.89	15:37.59

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

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 beginning noon Mountain Time on February 16, 2016, through midnight Mountain Time on Tuesday, March 29, 2016. There will be no race-day registration.

For help with the entries, contact Jamie Lewis at USA Swimming (719-866-4578) or jlewis@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.



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.

Late Entries

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

- A. Late entries must be submitted through the On-Line Meet Entry system (OME);
- B. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, Sunday, April 3, 2016;
- C. The team or athlete must pay a processing fee of \$150.00 per entry, and entry fees of \$120/10K event, and/or \$90/5K event.

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
\$60.00 Individual

5K National Championships
\$45.00 Individual



Technical Meetings

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. Meetings locations TBD.

- ◆ 10K Technical Meeting, Thursday, April 7, 6:00 p.m.
- ◆ 5K Technical Meeting, Saturday, April 9, 5:00 p.m.

These meetings will be held at the Hilton Garden Inn Fort Myers Airport/FGCU, 16410 Corporate Commerce Way, Fort Myers, FL 33913. Phone: 239-210-7200

Participant check-in and numbering will be offered immediately after each technical meeting.

Pre-Race Briefings

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

Practice Availability

Race Site, Miromar Lakes;

- ◆ Wed, April 6, 9:00a.m. - 12:00p.m.
- ◆ Thurs, April 7, 9:00a.m. - 12:00p.m. (Finish line structure set up)

Pool Practice FGCU Aquatics Facility;

- ◆ Call 239-590-7700 for available pool time, or contact Don Henshaw at 239-560-4820, to train during GCST team training times.

Race Day Schedules

Schedules are subject to change depending on number of entries and local conditions.

Women's 10K Race Day – Friday, April 8

7:00am-7:45am – Women's check-in
 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, April 8

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

Men's 5K Race Day – Sunday, April 10

7:00am-7:45am – check-in
 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, April 10

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

Race Course and Operations

Specific course details will be coming soon.

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.



Parking

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 <http://leecountysportshousing.org/event/791>

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 2016 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 re-

quest 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

Course Layout



1 Lap = 2,000m
Complete Course (5 laps) = 10,040m



Event Safety Information



Safety Information

1. Safety Authority

The safety for this event will be coordinated through the Lee County Parks and Recreation Department (LCPR). LCPR Lifeguards have provided safety services for USA Swimming Open Water events for several years.

The lifeguards are equipped and capable to respond to any aquatic or medical emergencies on the course and if needed will transfer emergency care to the San Carlos Park Fire and Rescue Department who will provide trauma services at the medical tent on the beach. AED's, First Aid kits, and Basic Life Support gear will be available on the beach at the medical tent.

The Safety Director, Safety Officer, Medical staff and safety patrol boats will communicate via the event radio network and VHF radios.

There will be 8 – 10 Kayaks or rescue boards with Lifeguards located throughout the course.

There will be two Personal Watercraft on-course to monitor swimmer's safety and two safety boats idling well inside course with LCPR staff to respond if needed.

There will be course officials located at the turn buoys on anchored boats or on docks.

Race Operations will be manned by:
Race Director
Administrative Referee
Safety Director

The event is held in Lake Como within the jurisdiction of Miron Lakes Lake Use Development and all recreational boat usage is prohibited during the event and will be monitored by the Lee County Sheriff's Dive Rescue unit.

2. Communications Plan

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

Communication across radio networks will be coordinated through Race Operations. Personnel using USA Swimming radios include the Race Director, Race Operations, Race Referees, Safety Director, Feed Station Referee, Administrative Referee, Turn Judges, Medical tent and event announcer.

The safety patrol boats will utilize their own VHF radios, and will be in contact with Sheriff, Fire/ Rescue, Race Operations, Safety Officer and On-Water Lifeguard on PWC.

Communications between lifeguards in kayaks and all parties will be through Whistles and Flags. If Lifeguards need assistance from the Safety boats, they will blow a series of 1 long whistle blasts and wave orange flag

3. Swimmer in Distress

- a. Lifeguard will activate their water rescue protocols.
- b. Any swimmer withdrawing from the race must report to the nearest lifeguard or course official to identify and confirm withdrawal. Course official will radio race-control with the competitor number and direct the swimmer to return to the start area.
- c. A Medical tent will be maintained on the beach in the Start/Finish area manned by a Lifeguard and Fire / Rescue staff.
- d. Swimmers needing emergency medical care on the water will be administered by LCPR staff and then Fire/Rescue staff at the dock.
- e. Swimmers requiring evacuation via ambulance will be transported to Gulf Coast Hospital, approx. 10 miles 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: Lifeguards and Sheriff's Dive Rescue unit 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.
- e. All swimmers are reminded before the race start that they must report to the nearest lifeguard or course official 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 – 3
 - ii. Turn Judge Boats - 2
 - iii. Feed Boats - 3
 - iv. Safety Patrol Boats - 2
 - v. Personal Water Craft - 2
 - vi. Paddle Craft - 8 to 10
- 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. Safety Patrol boats will be on designated VHF radio channel.



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 Safety Officer will signal to Lifeguards for race abandonment. 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.
- c. 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.



Doping Control

The US Anti-Doping Agency (USADA) will be here conducting testing. All athletes competing in the meet may be tested.

Athletes must bring a government issued ID or passport with them to testing. If they do not have one on site, a photo will be taken in doping control.

Athletes will be notified of their selection for doping control immediately after their race.

Athletes are required to report to testing immediately following warm down, awards ceremonies, medical and/or media obligations. Athletes no longer have 60 minutes to report to the testing station.

Athletes who are minors must bring a representative with them to testing. If a coach chooses to act as an athlete representative, he or she must remain in the testing station with the athlete from entry to departure. You cannot go in and out.

Remember: Pseudoephedrine is prohibited in competition. USADA indicates that "all athletes should search the status of their Cough and Cold products by active ingredients. Don't rely on brand name as many things change."

FINA rules consider in-competition testing to begin 12 hours before the competition starts and continue through the end of the entire competition (not after the athlete's last race).

Athletes must check the status of all medications at USADA's website (www.globaldro.com) or via phone at 719-785-2000.

Per established doping control testing protocol, a Witnessing Chaperone must directly observe a minor athlete providing a sample. The witnessing chaperone is always someone of the same gender as the athlete. To protect the rights of a minor athlete, someone must observe the witnessing chaperone observing the athlete as they provide a urine sample. That person cannot see the athlete – they can only see the witnessing chaperone watching the athlete. Per USADA's established protocol the athlete has the right to choose who will be in that role. In the event that a coach acts as an Athlete Representative for an athlete of the opposite gender, they may request that someone on USADA's crew observe the witnessing chaperone observing the athlete. Then the coach can be the athlete representative for the rest of the processing of the paperwork. The protocol from USADA was included in the email sent out from Stacy Michael-Miller at USA Swimming.

Sample Collection Process – Minor Athletes (Under 18) November 2010 (From USADA) Information for NGB Athlete Support Teams on Testing Processes for Minor Athletes

The following information is provided to clarify and be of assistance in managing athlete support related to doping control processes conducted with minor athletes.

When a minor athlete is tested, USADA strongly encourages that he/she has a representative present during the sample collection process. To ensure the validity of the process and the minor athlete's well-being, a third party (in addition to the athlete and the Doping Control Officer) must always be in the toilet area to verify the sample collection. USADA will always have a Chaperone of the same gender, but also suggests that the athlete have his/her own representative present as well.

The minor athlete's representative may participate in this verification process, but only if authorized by the athlete and as instructed by the responsible Doping Control Officer (DCO). USADA will make every effort to accommodate this if the request for a representative is made. The DCO or Chaperone directly observing the provision of the sample will always be of the same gender as the minor athlete.

As always, USADA is available to answer questions or further discuss the details provided above.

Questions? Contact Terese Cabanting, Athlete Services Coordinator, 719-785-2051, tcabanting@usada.org



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