

Revised
5/13/17



10K National Championships

Friday, May 19

Men's Race 11:00am

Women's Race 1:30pm

5K National Championships

Sunday, May 21

Women's Race 8:00am

Men's Race 9:30am

Lower Castaic Lake

Santa Clarita, CA

Hosted by Canyons Aquatic Club

Entry Deadline is Tuesday May 9, 2017

10K Technical Meeting, Thursday, May 18, 6:00 p.m.

5K Technical Meeting, Friday, May 19, 4:00 p.m.

**Technical Meetings will be held at Boating Instruction and Safety Center (BISC) Castaic Lake
Lower Lagoon Parking Lot #1
32132 Castaic Lake Drive
Castaic, CA 91330**



USA Swimming

2017 Open Water National Championships

Important Facts About the Competition



- ◆ The 2017 10k Open Water National Championships will serve as the selection event for the USA Swimming Open Water National Team, National Junior Team, and FINA World Championships Team and the Junior Open Water World Cup Team. The 2017 5k Open Water National Championships will serve as additional selection for the 2017 FINA Open Water World Championships 5k event. 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 Monday March 6, 2017 through midnight Mountain Time on Tuesday, May 9, 2017. There will be no race-day registration.
- ◆ Swims achieving the qualifying time standards for the first time from Tuesday, May 9, 2017 through Sunday, May 14, 2017 may enter the meet through OME under the title "2017 Open Water Championships: New Qualifying Swims". These entries must be submitted no later than 11:59pm Mountain Time on Sunday, May 14, 2017. 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.

Event Administration



Championship Referee

Pam Wilson
atm4three@gmail.com
239-281-1254

Local Meet Directors

Jeremy Anderson
jeremyjanderson@me.com
805-207-1111

Ron Mita
ronmita@gmail.com
661-305-0202

Event Safety Director

Dion Hatch- LA County Lifeguard
Tracy Hild- LA County Lifeguard

USA Swimming Vice President, Program Operations

Dan McAllen
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214-316-9215

USA Swimming National Events Manager

Annie White
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719-238-2398



In order to compete in the USA Swimming 2017 **10K** Open Water Championships, a swimmer must have;

- ◆ Finished in the top 15 at the 2016 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 in the top 20 at the 2016 10K Olympic Games, or;
- ◆ Achieved the following pool time standard(s) between July 1, 2016 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 | 9:00.29 | 17:14.29 | 9:58.79 | 16:35.89 |
| Men 10K Race Qualifying Times | 8:20.09 | 15:59.09 | 9:12.09 | 15:24.69 |

In order to compete in the USA Swimming 2017 **5K** Open Water Championships, a swimmer must have;

- ◆ Finished in the top 15 at the 2016 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 in the top 20 at the 2016 10K Olympic Games, or;
- ◆ Finished in the top 3 in a USA Swimming Open Water Zone Championship (5K or greater), in 2016 or 2017 or;
- ◆ Finished in the top 5 at the 2016 CSCAA Open Water Nationals, or;
- ◆ Achieved the following pool time standard(s) between July 1, 2016 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 March 9, 2017 through midnight Mountain Time on Tuesday, May 6, 2017. There will be no race-day registration.

For help with the entries, contact Jaime 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.

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 awards will combine the 10k and 5k races.
- ◆ Awards shall be given to the top three teams: 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 awards will be given out at the end of the end of the Men's 5k race on Sunday, May 21st.
- ◆ 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, May 14th, 2017;
- 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
\$65.00 Individual

5K National Championships
\$50.00 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. Boating Instruction and Safety Center (BISC) Castaic Lake Lower Lagoon Parking Lot #1 32132 Castaic Lake Drive Castaic, CA 91330

- ◆ 10K Technical Meeting, Thursday, May 18, 6:00 p.m.
- ◆ 5K Technical Meeting, Friday, May 19, 4:00 p.m.

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

Open water training will be available at the venue on Wednesday May 17th 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 and Junior National Championships may participate in this 3K race free of charge. The course will be available Thursday May 18th 8:00am-12:00pm, and Friday May 19th beginning at 6:00am. Pool practice will be available at the Castaic Aquatic Complex, located one mile from the race venue.

Monday May 15th-Saturday May 20th: 8am-10am, 4pm-6pm

Race Day Schedules

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

Men's 10K Race Day – Friday, May 19

10:00am-10:45am – Men's check-in
10:45am – Men's Pre-race Briefing
10:55am – Men's Inspection and Roll Call
11:00am – Men's 10K Start

Women's 10K Race Day – Friday, May 19

12:30pm-1:15pm – Women's check-in
1:15pm – Women's Pre-race Briefing
1:25pm – Women's Inspection and Roll Call
1:30pm – Women's 10K Start
3:45pm – Women's and Men's Awards

Women's 5K Race Day – Sunday, May 21

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 5K Start

Men's 5K Race Day – Sunday, May 21

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

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.



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

Hotel Information coming soon.

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 2017 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.

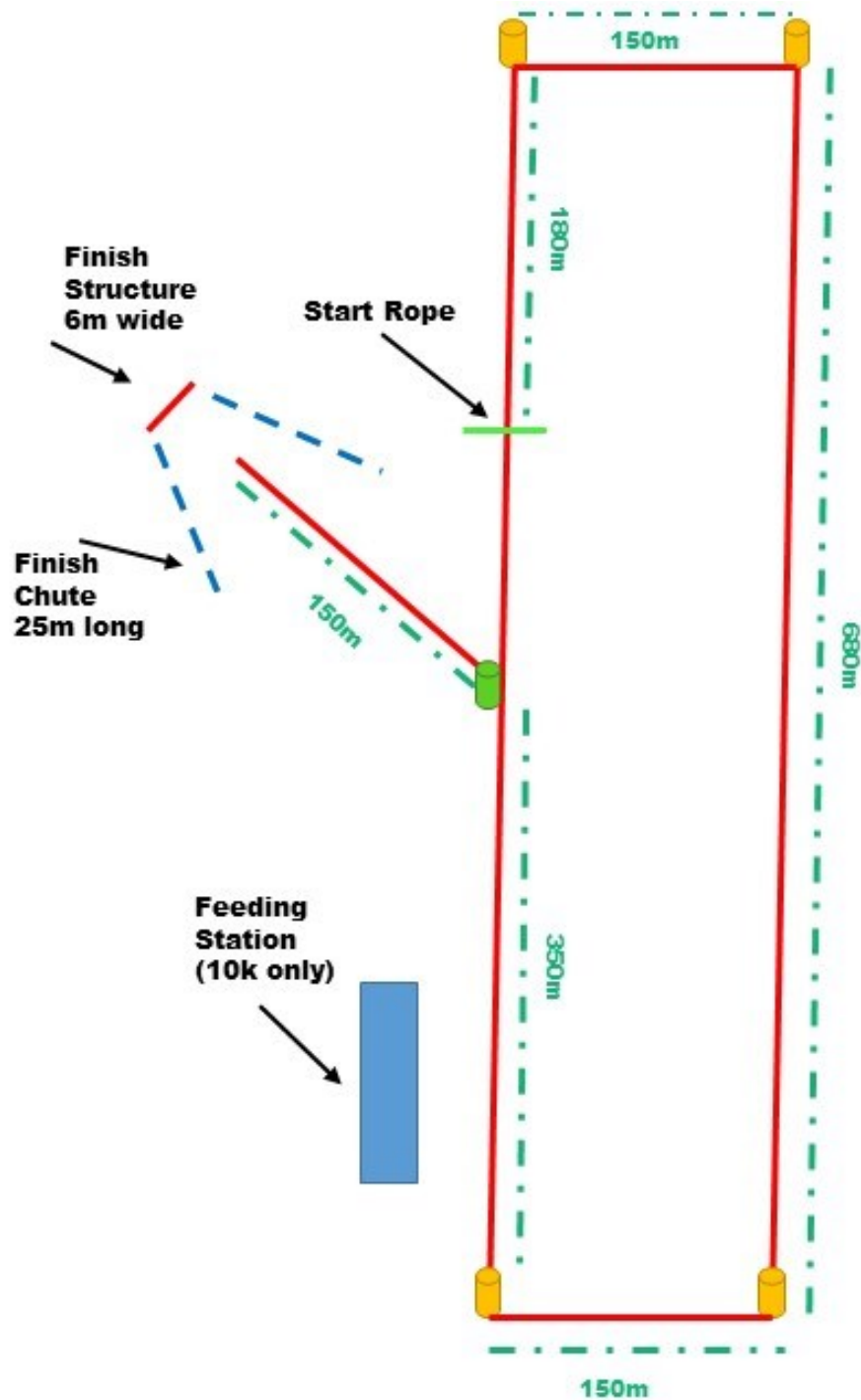
Note: NCAA athletes may not receive funds directly; funds must be sent to the club. USA Swimming Athlete Services staff will notify, via email, all funding recipients to request a current w-9 form, if needed, and verify the appropriate address.

- 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

Course Layout



Course Finish



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

**PLEASE NOTE:
Final course
specifications to be
announced at
technical meetings.**



Safety Information

1. Safety Authority

Emergency Services will be provided by the LA 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 one jet ski on-course manned by LACLG Staff and one backup jet ski.

There will be eight LACLG staff on paddle 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.



The 2017 Open Water Nationals are subject to Doping Control.

All athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA), WADA, and/or 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. **Athletes should visit <http://www.usada.org/athletes/antidoping101/> for important information that all athletes, coaches, and their parents must be aware of.** Key details from that document are listed below. Athletes should check their medications prior to use and note that **some medications may require approval that will take at least 21 days.**

What substances are banned?

Per USADA: "As a signatory to the World Anti-Doping Code, USADA tests for substances and methods found on the World Anti-Doping Agency Prohibited List. It's important that athletes are aware of the substances and methods on the Prohibited List, as an athlete is responsible for any prohibited substance found in their body, regardless of intent. It's also important to understand that certain substances are prohibited at all times, while others are prohibited only during competition. In some cases, a substance is only prohibited in a certain sport. Use the resources on this tab in conjunction with the next step about medication and the resources available pertaining to medication to determine whether or not a substance is prohibited." Read the Athlete Guide to the WADA Prohibited List.

What about medication?

Per USADA: "Athletes need to be aware of the prohibited status of any medication they are taking, whether it be an over-the-counter or prescription medication. The easiest way to understand your medication is to use USADA's Global DRO service, where generic and name brand products, or specific medications, can be searched. Results will yield information including the in- and out-of-competition status, any threshold information, as well as sport specific information for those substances prohibited only in certain sports. Athletes or their support team can also speak to an expert by phone during business hours [8am – 5pm Mountain Time Monday-Friday] by calling Athlete Express at 719.785.2000.

The USADA wallet card also provides information on the most commonly ingested medications.

If and when a medication is prohibited, athletes may choose to stop taking or replace the medication with a non-prohibited substance or explore the Therapeutic Use Exemption process. Your health is your first priority. Any decision to stop or start a medication should be made in consultation with your medical provider.

It's important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons, USADA is unable to provide guidance on specific dietary supplement products. For more information visit USADA's Supplement 411 resource."

Therapeutic Use Exemptions?

Per USADA: "In some situations, an athlete may have an illness or condition that requires the use of medication listed on the World Anti-Doping Agency's Prohibited List. A Therapeutic Use Exemption or TUE provides permission for an athlete to have a prohibited substance in their body at the time of a drug test. The process for obtaining a TUE is thorough and balances the need to allow athletes access to critical medication while upholding clean athletes' rights to compete on a clean and level playing field. In some cases, the TUE requirements are different for national-level athletes vs. non-national level athletes. Athletes interested in obtaining a TUE should visit the Therapeutic Use Exemption page, where they can determine if they need a therapeutic use exemption, begin the application process, and find answers to the most frequently asked TUE questions."

NCAA:

Approval to use a medication in NCAA Competitions is different than approval to use a medication in USA Swimming meets, and the status of medications may differ between NCAA and the WADA Prohibited List. Athletes should check with USADA immediately to confirm the status of all medications and ensure any necessary documentation is on file with USADA.

Understand the Sample Collection Process:

Per USADA: "Athletes selected for testing are subject to both blood and urine testing. The processes are designed to be both effective in preserving the integrity of the sample, yet safe and comfortable for the athlete. Understanding the processes as well as an athlete's rights and responsibilities can help to make them less intimidating. There are additional considerations for minor athletes and disabled athletes. Learn more about the sample collection processes."

NOTE: Minor athlete should always have a representative with them in doping control.

Per established doping control testing protocol a Witnessing Chaperone must directly observe an 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.

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 6 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 rein-statement 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), FINA sanctioned events or events sanctioned by other organizations that are signatories of the WADA code. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.