



**EASTERN ZONES OPEN WATER SWIM
MEET
August 12, 2012
SANCTION NO. VS-12-85**



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-12-85 USA Swimming, Inc., Eastern Zone Swimming, Inc., Virginia Swimming, Inc., and Lake Anna Christopher Run Campground shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
LOCATION:	Lake Anna, Group Camping area, Christopher Run Campground, 7149 Zachary Taylor Hwy, Mineral, VA 23117, Phone: (540) 894-4744
COURSE DESCRIPTION	<ul style="list-style-type: none"> Open water: The race course will consist of a 500M loop marked with large orange and green buoys. There will be a beach start at the start/finish line. Finish Banner marks finish line. Manual watches will be used for timing system. All swimmers who have not completed the course during the prescribed time limit may be asked to retire. Details of race course with landmarks will be available at check-in. Expected water temperature is Low 80's degrees
MEET DIRECTOR:	Leonard Philippart Email: leo106@cox.net Phone: (540) 841-9902
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming registered athletes age 18 and younger registered prior to the first day of the meet in one of the Eastern Zones LSC's. Must be registered USA swimmer to enter. No at location registration will be permitted. Age on August 12, 2012 will determine age for the entire meet. Race day entries will be accepted with prior USA Swimming registration.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
FORMAT:	<ul style="list-style-type: none"> Morning session will be for 15-18 3K and 10 & under 500M events. Afternoon session will be 13 -14 2K events and 11-12 1K events.
WARM-UPS:	<ul style="list-style-type: none"> Morning session: Warm-ups at 7:30 AM, competition starts at 9:00 AM. Afternoon session: Warm-ups not earlier than 10:30 AM, competition starts at no earlier than 12:00 PM.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, AUGUST 3, 2012</p> <ul style="list-style-type: none"> Entries must be submitted in LCM times using Hi-Tech Team Manager and Commlink-2 software, or on a VSI master entry sheet. Teams may submit entries via e-mail. A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. 12 and under events (500M and 1K): Minimum of BB time standard in the 500yd freestyle or the 400M freestyle. 13 and 14 (2K event) and 15-18 (3K event): Minimum of an A time standard in the 1000yd, 1650yd, 800M, or 1500M freestyle. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition. Swimmers may enter a maximum of 1 <i>individual event</i>.

	<ul style="list-style-type: none"> • Entries will be processed in the order received. This meet will be limited to a total of 400 swimmers. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. • Email entries to: jrsimons@comcast.net • Deck entries will be accepted in the order received for swimmers to the extent that they can be processed prior to check-in.
FEES:	<p>Swimmer Surcharge: \$25 (entered in any capacity in the meet includes cap and t-shirt)</p> <ul style="list-style-type: none"> • All entries received after August 3, 2012 may require a \$5 late fee per swimmer. • Those entering after August 3, 2012, may not receive a T-shirt. THERE WILL BE NO REDUCTION IN FEE • Checks should be made payable to: VSI • Send payment to: Jessica Simons 109 Reynard Drive Charlottesville, VA 22901 • Payment must be received by August 11, 2012 for all entries. Failure to pay entry fees by this deadline could result in teams/swimmers being barred from the meet. • IMPORTANT: If payment is via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries.
AWARDS:	<ul style="list-style-type: none"> • Eastern Zones medals for first through eighth place by event/gender. • Please note: The results from the open water competition will not affect the team score from the Eastern Zones Meet held in Richmond, VA on August 8-11, 2012. • Individual events will be scored first to eighth place with the following points: 9-7-6-5-4-3-2-1.
SEEDING:	<ul style="list-style-type: none"> • All like-distances will be seeded as a single event, without regard to a swimmer's gender. Places, awards, and published results will be separate for each event by gender. • Each swimmer must check-in to receive their COMPETITOR NUMBER. Checks in times are listed on the Description of Events and Schedule page (page #5). • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet
OFFICIALS:	<p>Meet Referee: Kurt Thiel Email: swimthiel@erols.com Phone: (703) 685-7752 (home) Phone: (703) 501-4905 (cell)</p> <ul style="list-style-type: none"> • Officials that are comfortable and want to be out on the water, please state so in your request. • Please contact Stephanie Suhling smsuhling@gmail.com to sign up to officiate no later than August 8, 2012. • Officials meeting will be at 7:30AM at the hospitality tent. • Uniform: white shirt, navy blue bottoms. Optional swimsuits underneath.
SAFETY:	<ul style="list-style-type: none"> • The meet is a beach start with swimmers held in a closed area marked by numbers on swim cap, shoulders, back and front of one leg. <ul style="list-style-type: none"> ○ They will hold a card with the same number and will give this card to the chief sweep judge prior to the start of the race ○ The number of each swimmer will be recorded and delivered to each stroke and turn judge prior to the start of race. ○ There will be instructions of the course and rules of play to swimmers, then the start. At each turn, there will be an accounting of the swimmers by Turn judges (3 on the water and one on land). ○ Any one leaving the course will be accounted for by safety personnel and their competitor number will be radioed to the administrative referee. When the swimmer

finishes, it will be a beach finish and the swimmers will again be held in the closed starting area until the competitor number cards are returned to the swimmer.

- **Monitoring Swimmers During Race**
 - Safety boats will monitor the entire course, (2 power boats, one at each end or out of bounds of course, with min. 4 safety canoes and 1 safety jet skis)
 - There will not be escort craft for swimmers
 - Swimmers will be counted 4 times each lap as they pass each buoy on course.
 - 4 Lifeguards will be on location, (1 in the water on Jet Skis and 3 on the land with view of entire course.
 - There will be one rescue/evacuation Jet Boat and one rescue/evacuation Jet Ski and Life Guard.
 - The County Sheriff Department will be on site with Jet Ski or Boat and a Patrol on land.
- **Medical Services**
 - There will be a First Aid station/ tent available at start/finish beach.
 - The Mineral Rescue Squad will be on site with one ALS team and one BLS team. Located at the Start/Finish beach. Back up rescue squad will be Louisa County Fire Rescue 6 miles away.
 - UVA Pegasus on call and rescue landing site is 2 miles from event on corner of Route 522/Rt 208 response 5 minutes. Back up VA Hwy Patrol Chopper from Fredericksburg response time 5 minutes.
 - Hospital Emergency room Culpeper 20 minutes and 2 in Charlottesville 30 minutes.
 - Dive team on call from Goochland, VA
- **Safety Communications Plan**
 - Each official, safety craft and safety officer will have a radio and whistle/air horn. One Radio channel will be devoted to safety. One blast on whistle or one blast on air horn to attract attention then radio explanation of safety need.
 - The Safety Officer will be in charge of all safety at the event, overseeing life guards, EMT's and swim safety. The safety officer will be in contact with officials, life guards and EMT's by radio.
 - The safety officer will also have a Golf Cart and driver to be able to move through out the event quickly and where needed.
- **Feeding Stations**
 - The course is 500M and feeding stations are not required; however, all safety watercraft will have first aid and water.
- **Accounting for swimmers**
 - Refer to monitoring swimmers
 - This is the most important duty of the safety team.
 - Each Turn official will whistle if there is a possible DQ in their jurisdiction and follow with radio protocol in addition to radioing to admin when last swimmer passes their station each lap.
- **Technical Meeting:** The technical Meeting will be held at 7:00AM day of race. This technical Meeting will be posted and emailed to each LSC prior to meet day. This will also be reviewed with each heat prior to start of each race.
- Safety during pre-race warm-up and post-race warm-down
 - There will be a separate warm up warm down area and swimmers will not be allowed to warm up or warm down on the course.
 - The warm up area will also have at least one life guard and one marshal in addition we will have at least one canoe/kayak/paddle board on the water to prevent any swimmers beyond buoy markings of warm up course.
 - We will also require the swimmer to give their number card to marshal prior to entering warm-up area and pick up the card when leaving the warm-up area.

TIMERS:

Timers and scribes are needed for each race. Please contact meet director leo106@cox.net to volunteer.

GENERAL:	<ul style="list-style-type: none"> • This event is on the public side of Lake Anna and will be held rain or shine. • Event may be delayed or cancelled due to lightning. No refunds. • Average water temperature is expected to be in the low 80s • Extra T-shirts for coaches and spectators may be ordered on your registration form for \$10 each. • Hospitality tent will be set up by the lake with water coolers available for swimmers and food for officials and volunteers. • No dogs allowed in group camping area past the parking cones during competition. • Outdoor event: bring pop up tents/ beach umbrellas for shade; wear sunscreen; bring chairs. • Concessions available and provided by Mineral Volunteer Jr. Firefighters.
FACILITY RULES:	<ul style="list-style-type: none"> • There is a \$10 parking fee per car for non-camping participants and coaches collected by the campground at the gate day of the event. We highly recommend you carpool or sign up to camp. • Facility Rules: http://www.christopherruncampground.com/rules.html • No alcohol can be consumed by any swimmers, coach or spectator before or during the competition on race day.
VOLUNTEERS	<p>Anyone wishing to help with registration check-in, body marking, event check-in, water safety personnel or first aid station, please contact Leonard Philippart at Email: leo106@cox.net</p>
DIRECTIONS:	<p>www.christopherruncampground.com</p>
LODGING:	<ul style="list-style-type: none"> • CAMPING: Group site is already reserved for our event. • Group Area has on site tent camping available. Please contact the campground directly to sign up for camping. <ul style="list-style-type: none"> ○ Bathhouse is within walking distance. Portable toilets are close to pavilion. Camping is only available until we run out of sites on a first reserve basis. • Christopher Run Campground has spaces for RV's, several cabins, rental RV's and lodges for rent. Please see their website to book directly from them. www.christopherruncampground.com. • Private Residences for rent: www.vrbo.com. www.vacationrentals.com, • Lake Anna State Park also has cabins and campsites www.lakeannaonline.com/statepark.html • Ramada Inn South, 5324 Jefferson Davis Hwy, Fredericksburg, VA 22408, (540) 898-1102 • Lake Anna Lodge (at the lake), 5152 Rt. 208, Spotsylvania, VA, 22553 (540) 895-5844 • High Point Marina and Lighthouse, 4634 Courthouse Rd, Spotsylvania, VA(540-895-5249)

DESCRIPTION OF EVENTS AND SCHEDULE

3 K: Check-in: Begins at 7:00AM; Pre-race Meeting: 8:30AM; Event starts: 9:00 AM.
The race will consist of 6 times around a 500m loop marked with large orange buoys(left) and large green (right) buoys. The race will end 90 minutes after the start; all swimmers who have not completed the course may be asked to retire.

1/2 K: Check-in: 7:00 AM; Pre-race meeting: 10:00AM; Event start: No earlier than 10:30AM
The race will consist of a 500m swim. The course will be a 500M marked with large orange buoys. The race will end 15 minutes after the start; all swimmers who have not completed the course may be asked to retire.

Lunch break

2K: Check-in: 10:30AM; Pre-race Meeting: 10:45 AM; Event starts: No earlier than 12:00 noon.
The race will consist of 4 times around a 500m loop marked with large orange buoys (left) and large green (right) buoys.. The race will end 60 minutes after the start or 30 minutes after the first finisher for each gender completes the event whichever is earlier. . All swimmers who have not completed the course will be asked to Retire.

1K: Check-in: 10:30 AM; Pre-race Meeting: 12:15 Noon; Event start: No earlier than 1:00PM
The race will consist of 2 times around a 500m loop marked with large orange buoys. The race will End 30 minutes after the start. All swimmers who have not completed the course will be asked to retire.

Race #	Events	Age	Gender	Distance
1	Combined 1/2	15-18	Mixed Men/Women	3K
2	Combined 3/4	10 and under	Mixed Boys/Girls	500M
3	Combined 5/6	13-14	Mixed Men/Women	2K
4	Combined 7/8	11-12	Mixed Boys/Girls	1K

Registration forms must be signed and sent to:

Jessica Simons
109 Reynard Drive
Charlottesville, VA 22901
e-mail: jrjasons@comcast.net

One needed for each swimmer. Do not wait on your coach to mail in your form.

Name: _____
 Age as of August 12, 2012: _____ Gender: Male Female
 USA-S Registration Number : _____
 USA Swimming Club: _____ LSC: _____
 Street Address: _____
 City: _____
 State: _____ Zip: _____
 E-mail: _____ Phone: _____

Make checks payable to: **VSI**

T-Shirt Size (**Adult sizes**): S M L XL 2XL (**Youth**): 10-12 14-16

If no t-shirt size is clearly marked, competitor will receive an Adult L.

Item	# entered	Event(s) #	Cost	Total for line
Swimmer surcharge include T-shirt	1		\$25	\$25
Extra T-shirt		Size:	\$10 each	
Camping		Group area		Pay CR
Request Electricity and Water		An additional fee	\$33	Pay CR
Request Electricity only		An additional fee	\$32	Pay CR
Parking fee if not camping			\$10 a car	Pay CR
Late Fee if received after Aug. 3, 2012			\$5	
Total enclosed:				

Please read and sign the liability release:

Liability Release

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Age Group Swimming (Training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the USA Swimming or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages caused by the negligence, active or passive, of the following: USA Swimming, Virginia Swimming, Inc, Eastern Zones, HOKI AQUATICS Swim Team, Virginia Game, Wildlife and Fisheries, Dominion Power, Christopher Run Campground, United States Coast Guard, Chesapeake Paddlers, Piracy of the James River, Meet Sponsors, Meet Committees, and or any individuals officiating at the meet or supervising such activities. In addition, I agree to abide by and be governed by the rules of USA Swimming. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Swimmer's Signature _____
 Parent's Signature if under 18: _____ Date: _____

