



**2008 USA Swimming
10K Open Water
World Championship Trials**

**October 20-21, 2007
Miromar Lakes Beach & Golf Club
Miromar, FL**

Event Information

Hosted by: USA Swimming,
Lee County Parks & Recreation, Swim Florida and
Miromar Lakes Beach & Golf Club

Important Facts About the Competition



- ◆ Register on-line at usaswimming.org/ome from September 3, 2007 through 11:59pm Mountain Time on October 15, 2007. The entry fee for this event is \$20.00. Late entries will not be accepted.
- ◆ For help with the on-line entries, contact Larry Herr at USA Swimming (719-866-4578). You will be required to pay for the on-line entries with a Visa, Mastercard, American Express or Discover. Once you complete your on-line entry, you will be sent a confirmation and Drug Waiver Form via e-mail. Please have these filled out and bring them with you to the 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. USA Swimming Rules and Regulations will govern the conduct of this event.
- ◆ Accommodations for persons with disabilities may be arranged with advance notice.

2008 Open Water 10K World Championship Trials Qualifying Procedure This is a pre-Qualifying meet for the 2008 Olympic Games.

To participate in this event, an athlete must:

1. Be a citizen of the United States, hold a current US passport at the start date of the qualifying competition and be eligible to represent the United States in international competition based on FINA and USA Swimming rules.
2. Be a registered member of USA Swimming in good standing.
3. Have either participated and placed in the Top 15 American swimmers in the 10K event at the 2007 Open Water National Championship in Fort Myers, Fla. or participated and place in the Top 15 American swimmers in the 2007 Open Water 10K Grand Prix event in Indianapolis, Ind.
4. In the event of a tie for 15th place between two Americans at the above competitions both swimmers will move on to the World Championship trials pre-Olympic selections meet.

An athlete must participate in the races on Oct. 20-21 as they are a direct qualifying competition for the 2008 World Championships, April 29-May 4, 2008 in Seville, Spain. The 10K races at the 2008 World Championships are subsequently a direct qualifying competition for an athlete to be able to participate in the 2008 Olympic Games.

Qualifying procedures for each of these meets are available at www.usaswimming.org

Last Modified October 17, 2006

Event Administration



Meet Referee

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Selected USA Swimming Open Water Rules

(Please see Part Seven of the 2007 USA Swimming Rules & Regulations for complete list of 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.

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.

2007 USA Swimming Rules and Regulations will govern this event.

Directions to Miromar Lakes from Airport

Exit the airport (on Terminal Access Road). Turn left on to Treeline/Ben Hill Griffin Pkwy. Turn left on to Miromar Lakes Blvd. Pass the rotary and turn left at the lake. The clubhouse is on the right. Total distance is 4.5 miles. (Note - Treeline and Ben Hill Griffin Pkwy are the same road; there's a name change at Alico Road)

Schedule

The Miromar Lakes venue will be available for practice on a reservation basis from 8:00am - 6:00pm, Wednesday through Friday, October 17-19. To reserve practice times or to receive additional information, please contact Gregg Cross at 239-462-3322 or greggcr@leeschools.net. The course will open at 7:00am on race days.

Women's race will begin at 9:00am, October 20
(registration begins at 7:00am)

Men's race will begin at 9:00am, October 21
(registration begins at 7:00am)

Technical Meeting

All swimmers and coaches should arrive in Fort Myers in time for the Technical Meeting. The meeting will be held at the Miromar Lakes Sales Office, on **Friday, October 19th at 5:00pm**. Each participant is responsible for all information distributed at this meeting.

Pre-Race Meetings

In addition to the technical meeting, all swimmers must be present to check-in and receive their race number no later than 45 minutes prior to the scheduled start of the respective race. A pre-race briefing will take place 15 minute prior to the start of the race. At this time, race officials will distribute last minute information on weather and water conditions, emergency procedures, etc.

Race Course and Operations

The race course will consist of four 2.5K loops with large buoys at each turn, and intermediate buoys lining the course. A "feeding" station with volunteers dispensing water and sports drinks will be located near the halfway point of the course. Two stationary pontoon boats will be available for coaches. Boat assignments will be made by draw. The boats will depart the dock for the course 5 minutes before the start of the race and will remain in position until the last swimmer passes on the final lap. The use of feed sticks by coaches will be permitted. No additional coaches' craft will be allowed near the race course. This is a non-escorted swim.

This race will utilize electronic "chip" timing, and swimmers will wear one timing chip on each arm.

Awards

There will be no medals for this competition, however a recognition ceremony to honor the World Championship qualifiers will take place at the race site approximately 15 minutes following the completion of the race.

Hotel Accommodations

For Hotel information and accommodations, please call 1-888-529-6588. Ask for USA Swimming/Miromar Discounted Rates.

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)

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Please complete this form and submit it to USA Swimming Staff at the technical meeting in Fort Myers.

Release by participant from liability: *I hereby release Florida Swimming, USA Swimming, Lee County Parks and Recreation, Miromar Lakes LLC, and any other participating organization from any claims and damages received by me as a result of my participation in the race and furthermore, hold them harmless and indemnified from any damages. In addition, I agree to abide by and be governed by the rules of Florida Swimming and USA Swimming.*

Signature: _____ Date: _____

Parents Signature: _____ Date: _____
(if under 18 years of age)

Important Facts About the Competition



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.

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.

Most medications fall into one of the following categories when it comes to drug testing: Permitted, Requires an Abbreviated Therapeutic Use Exemption, Prohibited, Prohibited In-Competition, or Prohibited—Threshold. Athletes should utilize one of the following resources to determine which category their medication falls under.

Drug Reference Online:

Athletes, parents, coaches and sports medicine professionals may check the status of a medication online at USADA's website: www.usantidoping.org/dro. The website can be used at any time and is a simple way to check the status of most medications. You should print the status of the medication for your records.

Drug Reference Line:

Call the USADA Drug Reference Line at 1-800-233-0393. Hours of operation for the Drug Reference Line are 8:00 a.m.— 4:00 p.m. (Mountain Time), Monday through Friday. If a staff member doesn't answer your call, leave a message with a phone number, the name of the substance(s), and indicate that the athlete is a swimmer and s/he will return your call. You may call the line at anytime after hours, leave a message, and your call will be returned as soon as possible.

Medications Requiring an Abbreviated Therapeutic Use Exemption (ATUE) form:

Inhalers used for treatment of asthma and local injections of Glucocorticosteroids may be allowed if an abbreviated therapeutic use exemption (TUE) notification is filed (see the Prohibited List below). The Abbreviated TUE form is available on the USA Swimming Website and must be filed before either in- or out-of-competition testing for beta-2 agonists (for example, Albuterol) and must be filed before testing at a competition for inhaled or local injections of Glucocorticosteroids. The forms should be submitted 3 weeks prior to the time needed to:

United States Anti-Doping Agency
1330 Quail Lake Loop, Suite 260
Colorado Springs, CO 80906
FAX: 719-785-2029

If a medication is classified as permitted, it is not necessary to submit a TUE form.

Athletes should keep a copy of their forms for their records and take them to drug testing if selected for testing.

Forms should be re-submitted immediately if there is a change in the medication or the route of administration.

NOTE: These forms do expire. Athletes will receive an approval letter that indicates the date of expiration.

2007 World Anti-Doping Agency (WADA) Prohibited Classes and Methods:

Substances and Methods Prohibited at All Times (In and Out of Competition):

1. Anabolic Agents,
 - A. Anabolic Androgenic Steroids
 - B. Other Anabolic Agents
2. Hormones and Related Substances
3. Beta-2 Agonists

According to the US Anti-Doping Agency 2007 Guide to Prohibited Substances:

All beta-2 agonists including their D- and L-isomers are prohibited.

As an exception, formoterol, salbutamol, salmeterol and terbutaline, when administered by inhalation, require an Abbreviated Therapeutic Use Exemption.

Despite the granting of any form of Therapeutic Use Exemption, a concentration of salbutamol (free plus glucuronide) greater than 1,000 ng/mL, will be considered an Adverse Analytical Finding unless the athlete proves that the abnormal result was the consequence of the therapeutic use of inhaled salbutamol.

4. Agents with Anti-Estrogenic Activity
5. Diuretics and other masking agents

Important Facts About the Competition



Substances and Methods Prohibited in Competition:

1. Stimulants
2. Narcotics
3. Cannabinoids
4. Glucocorticosteroids

According to the US Anti-Doping Agency 2007 Guide to Prohibited Substances:

All glucocorticosteroids are prohibited when administered orally, rectally, intravenously or intramuscularly. Their use requires a Therapeutic Use Exemption approval.

Other routes of administration (intraarticular/periarticular/peritendinous/epidural/intradermal injections and inhalation) require an Abbreviated Therapeutic Use Exemption except as noted below.

Topical preparations when used for dermatological (including iontophoresis/phonophoresis), auricular, nasal, ophthalmic, buccal, gingival and perianal disorders are not prohibited and do not require any form of Therapeutic Use Exemption.

Prohibited Methods include:

1. Enhancement of Oxygen Transfer (for example, bottled oxygen or blood doping)
2. Chemical and Physical Manipulation
3. Gene Doping

Supplements:

In an effort to maintain the integrity of our sport and the safety of our athletes, USA Swimming has taken a proactive role in making athletes and coaches more aware of the risks involved in the use of commercially available dietary supplements that have been linked to enhancing performance. Along with the US Anti-Doping Agency (USADA), USA Swimming considers dietary supplements "take at your own risk," placing full responsibility for any effects and repercussions on the athlete.

It is the role of USA Swimming to educate swimmers, coaches and parents on the issues of dietary supplements, including general and specific risks, normal values and toxicity, drug testing and drug interactions, stacking, and conventional dietary alternatives. It is also the role of USA Swimming to validate or repudiate via research review or sanctioned research the answers to the many questions that surround scientific and anecdotal evidence versus actual application. Any recommendations or opinions offered by USA Swimming regarding the use of dietary supplements are based on a yellow-orange-red light continuum Health & Contamination Risk Chart for Dietary Supplements and the most current publicly available scientific and consumer-specific information.

Claims made by the manufacturers/ distributors of dietary supplements regarding the effectiveness of their products are not strictly regulated by the US Food and Drug Administration. Any commercial dietary supplement may contain substances that may appear on the Prohibited Substance list(s) of FINA and/or the WADA. The potential exists for commercial supplements to contain substances that do not appear on the product's list of ingredients (see Dietary Supplement Health and Education Act for more information). Statistics indicate that in some cases, the use of legal dietary supplements has been linked to positive test results for prohibited substances in athletics.

The choice to use a dietary supplement is the sole responsibility of the athlete and one that should not be made in haste. An athlete is advised to weigh the options heavily, consider the consequences, and take responsibility for his/her actions.

Feb/01, rev:Jul/03

Sanctions:

Sanctions for positive tests conform with the FINA rules. All parties should refer to the FINA website (www.fina.org) for specifics relating to sanctions for a positive drug test, or other anti-doping rules violation. Penalties may also apply to any individual assisting a swimmer in doping.

Summary:

The use of drugs to enhance performance is strictly forbidden in aquatic sports. It is the responsibility of the athlete to check the status of any substance he/she plans to consume and ensure that no prohibited substances are consumed.

DOPING CONTROL RULE FOR ATHLETES PREVIOUSLY ELIGIBLE FOR OUT OF COMPETITION DRUG TESTING:

Athletes who were previously eligible for out of competition (no-advance-notice) doping control and officially retired have a 9 month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of-competition testing during this reinstatement period. The athlete is not permitted to compete in ANY USA Swimming sanctioned or FINA sanctioned events. If you have an athlete in this situation, please email smichael-miller@usaswimming.org immediately.

List of Qualifiers



The following list of qualifiers was compiled from the top 15 American swimmers at the 2007 10K Open Water National Championships in Fort Myers, Florida on May 29th, and the top 15 American swimmers at the 2007 Open Water Grand Prix in Indianapolis, Indiana on August 5th.

MEN

| | | |
|----|--------------------|----------------------------------|
| 1 | Crippen, Fran | Mission Viejo Nadadores |
| 2 | Cullom, Deni | Mission Viejo Nadadores |
| 3 | Daup, Michael | Blackline Aquatics |
| 4 | Demarco, Dan | Long Island Aquatic Club |
| 5 | Donnelly, Vincent | Tampa Bay Community Aquatics |
| 6 | Flanagan, John | Kamehameha Swim Club |
| 7 | Gemmell, Andrew | Delaware Swim Team |
| 8 | Kaufman, Scott | Reno Aquatic Club |
| 9 | Kaufmann, Cody | Gator Swim Club |
| 10 | Kenny, John | Germantown Academy |
| 11 | Kinderwater, Josef | WSY Swimming |
| 12 | Koehler, John | Indiana University Club Paradise |
| 13 | LaTourette, Chad | Mission Viejo Nadadores |
| 14 | O'Neill, Tommy | Long Island Aquatic Club |
| 15 | Owen, Phillip | North Carolina Aquatic Club |
| 16 | Pedraza, Joey | Pine Crest School |
| 17 | Peterson, Chip | North Carolina Aquatic Club |
| 18 | Pursley, David | Mission Viejo Nadadores |
| 19 | Rimkus, Charlie | Mission Viejo Nadadores |
| 20 | Roof, Steve | Canton City Schools |
| 21 | Sakamoto, Noa | unattached |
| 22 | Stephenson, Harry | Gulf Coast Swim Team |
| 23 | Warkentin, Mark | Santa Barbara Swim Club |
| 24 | Young, Kyle | Area Tallahassee Aquatic Club |

WOMEN

| | | |
|----|----------------------|------------------------------|
| 1 | Bailey, Lauren | Palo Alto Stanford Aquatics |
| 2 | Baird, Kelly | Winston-Salem YMCA |
| 3 | Ball, Katie | Gator Swim Club |
| 4 | Burden, Micha | Mission Viejo |
| 5 | Fabian, Eva | Greenwood Memorial Swim Club |
| 6 | Franklin, Chelsea | Gulf Coast Swim Team |
| 7 | Gingrich, Leah | WSY Swimming |
| 8 | Groome, Kirsten | First Colony Swim Team |
| 9 | Hazen, Lisa | Unattached |
| 10 | Heckman, Dawn | Swim Pasadena |
| 11 | Jennings, Christine | Minnesota Aquatics |
| 12 | Keller, Kalyn | Club Wolverine |
| 13 | Leddy, Meghan | Eastern Express Swim Team |
| 14 | Martin, Katelyn | Magnus Aquatic Group |
| 15 | Massengale, Brittany | Rice Aquatics |
| 16 | Mathieu, Alicia | SoNoCo Swim Club |
| 17 | Rose, Erica | unattached |
| 18 | Sprague, Whitney | North Carolina Aquatic Club |
| 19 | Stowe, Elizabeth | Unattached |
| 20 | Sutton, Chloe | California Capital Aquatics |
| 21 | Vandenberg, Samantha | Swim Pasadena |
| 22 | Vernon, Nicole | Delaware Swim Team |
| 23 | Warner, Caitlin | Rice Aquatics |
| 24 | Weigand, Courtney | North Coast Aquatics |
| 25 | Witt, Jessica | Nova of Virginia Aquatics |
| 26 | Ziegler, Kate | the Fish |

