



**2008 USA Swimming  
Open Water Championships**

**5K National Championships - May 30  
10K Open - June 1  
25K National Championships - June 3**

**Fort Myers Beach, FL**

Hosted by: USA Swimming, Florida Swimming, Inc., Swim Florida and  
Lee County Parks and Recreation

**Revised  
3/6/08**

# USA Swimming 2008 Open Water Championships Event Information

**5K Nationals - May 30, 2008 1:00 p.m. Fort Myers Beach, FL**

**10K Open - June 1, 2008 8:00 a.m. Fort Myers Beach, FL**

**25K Nationals - June 3, 2008 8:00 a.m. Fort Myers Beach, FL**

*Sanctioned by USA Swimming through Florida Swimming, Inc.*

## Important Facts About the Competition



- ◆ Register on-line at [usaswimming.org/ome](http://usaswimming.org/ome) from *March 1, 2008 through May 16, 2008*. There will be no late race-day registration.
- ◆ All participants in the National Championships must be full (year-round) Athlete members of USA Swimming. The events shall be open to foreign swimmers under the provisions of 203.9.
- ◆ The 5K and 25K events will serve as the USA Swimming National Championships. The 10K USA Swimming National Championship will be held on August 3, 2008 in Minneapolis, MN.
- ◆ 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 these championships.
- ◆ The organizing committee will be conducting additional open water races in conjunction with the Championships. Please refer to the host website for additional information. [openwaterfestival.org](http://openwaterfestival.org)
- ◆ Accommodations for persons with disabilities may be arranged with advance notice.

## Event Administration



### Meet Director

Gregg Cross  
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320-111  
Estero FL 33928  
239-462-3322  
Fax: 239-992-9157  
[Gregg@openwaterfestival.org](mailto:Gregg@openwaterfestival.org)

### USA Swimming Vice-President

**Program Operations**  
Pat Lunsford  
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### USA Swimming

### National Events Director

Dean Ekeren  
1 Olympic Plaza  
Colorado Springs, CO 80909  
719-866-4578  
[dekeren@usaswimming.org](mailto:dekeren@usaswimming.org)

### Meet Referee

Denny Ryther  
[dryther@accd.edu](mailto:dryther@accd.edu)



### Qualifying Criteria

The following time standards are based on the 1500 (Long Course Meters) pool events

	EVENT	
<u>Women</u>		<u>Men</u>
19:00.09	5K	18:00.09
No time Standard	10K	Not time standard
19:00.09	25K	18:00.09

Qualifying period is April 1, 2006 through the entry deadline.

- Athletes who meet these times standards will be permitted to enter the Open Water National Championships.
- Proof of time is required from a USA Swimming sanctioned/approved meet or from a USA Swimming observed performance. Converted short course times will not be allowed.
- The top 15 placed American athletes from each gender in the 5K and 25K at the 2007 Open Water National Championships will be automatically accepted into that specific race in the 2008 Open Water National Championships.

*Revised February 5, 2008*

### Entering On-Line

[usaswimming.org/ome](http://usaswimming.org/ome)

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

Entries will be accepted from March 1, 2008 until May 16, 2008 (at 11:59 p.m.).

For help with the entries, contact Susan Woessner at USA Swimming (719-332-0184).

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

All foreign participants must be members in good standing of their country's FINA affiliated federation. Foreign entries must be proven with meet results. Foreign athletes cannot enter through the on-line system. Foreign federations and clubs must e-mail entries directly to Susan Woessner at USA Swimming ([swoessner@usaswimming.org](mailto:swoessner@usaswimming.org)) no later than May 9, 2008. For questions, contact Susan Woessner at 719-332-0184.

### Qualifying Period

The qualifying period for this event is April 1, 2006 through the entry deadline.



### Selected USA Swimming Open Water Rules

(Please see Part Seven of the 2008 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.

#### 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.
- ◆ The team event shall be contested on a total time basis. Clubs may enter any number of three- or four-swimmer teams. Prior to the start of the competition coaches shall designate the category (men's, women's, mixed) and the team (A, B, C, etc.) in which their swimmers shall compete. 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.

#### 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.

## Competition Information



### Rules

2008 USA Swimming Rules and Regulations will govern this event.

### Eligibility

The National Championships are open to all swimmers currently registered as year-round members with USA Swimming or other FINA Federations, and who meet the specific event qualifying criteria.

The USA Swimming Open Water National Championships shall be open to foreign swimmers under the provisions of 203.9.

### Pre-Registration Packet Pickup

Team and/or individual packets may be picked up at the general meeting for each race. If you wish to have your packet pre-delivered to your accommodations, contact Gregg@openwaterfestival.org

### Location and Travel Information

The event will start and finish at Lynn Hall Park near the Fort Myers Beach Pier. Southwest FL International Airport, in Fort Myers, is the closest location to the event. Miami, Ft. Lauderdale and Tampa are each 2 hrs traveling time. Directions from Southwest Florida International Airport: Take Daniels Parkway West to Summerlin Road. Turn left onto Summerlin Road. Follow to San Carlos Boulevard and head South on San Carlos Boulevard over Sky Bridge. Take a right turn at the foot of the bridge onto Estero Boulevard. The park and Pier will be on the left at 950 Estero Boulevard.

### Schedule and Fees

5K National Championships  
May 30, 2008  
1:00 p.m.  
\$30.00 Individual

10K Open  
June 1, 2008  
8:00 a.m.  
\$40.00 Individual

25K National Championships  
June 3, 2008  
8:00 a.m.  
\$85.00 Individual

### Technical Meetings

All swimmers and coaches should arrive in Fort Myers in time for the technical meeting for their event(s). Each participant is responsible for all information distributed at these meetings.

These meetings will be held at:  
Diamond Head Beach Resort

2000 Estero Blvd, Fort Myers Beach, FL

- ◆ 5K Technical Meeting ,Friday, May 30th, 10:00 a.m.
- ◆ 10K Technical Meeting, Saturday, May 31st, 3:00 p.m.
- ◆ 25K Technical Meeting Monday, June 2nd, 3:00 p.m.

### Pre-Race Meetings

In addition to each technical meeting, all swimmers must be present for the Pre-Race Briefing, at the race site 30 minutes prior to the scheduled start. At this meeting, 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 around a 2.5K course. A "feeding" station will be available once per lap. The use of feed sticks by coaches will be permitted. No additional coaches' craft will be allowed near the race course. The 25K course will consist of a circumnavigation of Estero Island. \*Only the 25K championship is an escorted swim.

### Escort Craft

Escort crafts (kayaks) are not allowed for the 5K and 10K races. An escort craft is required for every swimmer in the 25K race. For more information on escort craft availability, please contact Estero River Outfitters, 239/992-4050.

Power boats are also available for rent at the following companies:

Fishtale Marina - 239/463-3600  
Mid Island Marina - 239/765-4371

### Parking

Parking is available at the Lynn Hall Park. Overflow parking is located within walking distance to the park.

### Hotel Accommodations

For Hotel and other local information, please call:  
1-888-529-6588

### 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)



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](http://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.

**2008 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 2008 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. Hormone Antagonists and Modulators
5. Diuretics and other masking agents

## Doping Control



### Substances and Methods Prohibited in Competition:

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

*According to the US Anti-Doping Agency 2008 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](http://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](mailto:smichael-miller@usaswimming.org) immediately.

