



**2007 USA Swimming
Open Water National Championships
&
National Team Trials**

**5K - May 17
10K - May 19
25K - May 21**

Fort Myers, FL

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

USA Swimming 2007 Open Water National Championships Event Information

5K May 17, 2007 11:00 a.m. Fort Myers, FL

10K May 19, 2006 8:00 a.m. Fort Myers, FL

25K May 21, 2006 8:00 a.m. Fort Myers, FL

Sanctioned by USA Swimming through Florida Swimming, Inc.

Important Facts About the Competition



- ◆ Register on-line at www.usaswimming.org/ome from *March 1, 2007 through May 10, 2007*. If not entering on-line, paper entry forms must be received by USA Swimming on or before Friday, May 11, 2007. There will be no race-day registration.
- ◆ All individual participants in the USA Swimming Open Water Championships must be full (year-round) Athlete members of USA Swimming. The Championships shall be open to foreign swimmers under the provisions of 203.9 and 207.10.11.
- ◆ The 2007 USA Swimming Open Water Championships will serve as the U.S. qualifying competition for the 10K at the 2007 Pan American Games and the 2007 Seville World Cup. This competition will also serve as the U.S. qualifying competition for the 2008 25K FINA Open Water World Championships in Seville, Spain. For complete National Team selection procedures, please consult the National Team section of the USA Swimming website.
- ◆ 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 contact Gregg Cross, Meet Director, for more information.
- ◆ Accommodations for persons with disabilities may be arranged with advance notice.

Event Administration



Meet Director

Gregg Cross
21301 S. Tamiami Trail
320-111
Estero FL 33928
239-462-3322
Fax: 239-992-9157
Gregg.cross@usa-openwaterswim.com

USA Swimming Vice-President Program Operations

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USA Swimming National Events Director

Dean Ekeren
1 Olympic Plaza
Colorado Springs, CO 80909
719-866-4578
dekeren@usaswimming.org

Meet Referees

Bob Ward
Jay Thomas



Qualifying Criteria

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

<u>Women</u>	<u>EVENT</u>	<u>Men</u>
19:00.09	5K	18:00.09
17:06.69	10K	16:06.49
19:00.09	25K	18:00.09

Qualifying period is April 1, 2005 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.
- The top 15 placed American athletes from each gender in the 5K, 10K, 25K at the 2006 Open Water National Championships will be automatically accepted into that specific race in the 2007 Open Water National Championships.
- This competition is the qualifying competition for the 10K at the Pan American Games, the 2007 Seville World Cup, and the 25K at the 2008 FINA Open Water World Championships.

Revised October 18, 2006

Entry Process

Swimmers may enter one individual event and two team events (relays) per race distance (i.e. one gender-specific team event, plus one mixed-gender team event). Team events may be entered on-site at the race Technical Meeting.

Entering these Championships on-line can save you time and money. If entering on-line, please do NOT submit a paper entry to USA Swimming. Foreign National Teams cannot enter online, and should complete the enclosed paper entry forms.

On-line entries will be accepted at www.usaswimming.org/ome from Thursday, March 1, 2007 until Thursday, May 10, 2007 at 11:59pm MST. This deadline is one day earlier than the paper entry deadline. For help with online entries, contact Susan Woessner (719 332 0184/719 866 4578) or Larry Herr (719 866 4578). You will be required to pay for the online entries with Visa, Mastercard, American Express, or Discover.

This meet requires proof of time. The qualifying event for all distances is the 1500 LCM Freestyle. We have adapted our existing "On-Line Meet Entry" (OME) system to accommodate open water events – as a result, the online entry system will indicate the specific race under the "Age Group" column on the Individual Events page. Please make sure you are entering the intended event(s). Once you have paid for your entry, you may add additional events, but you may not delete paid-for events. You may also enter and pay for "team" (i.e. "relay") events on-line, and add appropriate names for each team on-site prior to the race. More information about team entries will be distributed at each technical meeting.

Once you complete your on-line 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 on-line. Please have these filled out and bring them with you to the meet.

If not entering on-line, paper entry forms must be received by USA Swimming on or before Friday, May 11, 2007. Please send entries with an overnight service that has tracking capabilities. Additional Entry Forms are available on the website (www.usaswimming.org).

Send all entry forms and fees to:
 USA Swimming
 National Events Department
 1 Olympic Plaza
 Colorado Springs, CO 80909

Please make checks payable to: USA SWIMMING



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.

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

- ◆ 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

2007 USA Swimming Rules and Regulations will govern this event.

Eligibility

The races 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 and 207.10.11. Foreign clubs, but not national teams, may compete for team championships.

Entry Information

Swimmers may enter one individual event and two team events only.

If not entering on-line, entry forms must be received by USA Swimming on or before Friday, May 11, 2007.

Please send entries with an overnight service that has tracking capabilities.

Additional Entry Forms are available on the website (www.usaswimming.org).

Send all entry forms and fees to:
USA Swimming
National Events Department
1 Olympic Plaza
Colorado Springs, CO 80909

Please make checks payable to: USA SWIMMING

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.Cross@usa-openwaterswim.com

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 17, 2007
11:00 a.m.
\$25.00 Individual

10K National Championships
May 19, 2007
8:00 a.m.
\$35.00 Individual

25K National Championships
May 21, 2007
8:00 a.m.
\$80.00 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 a place to be announced.

- ◆ 5K Technical Meeting ,Thursday, May 17th, 8:00 a.m.
- ◆ 10K Technical Meeting, Friday, May 18th, 3:00 p.m.
- ◆ 25K Technical Meeting Sunday, May 20th, 3:00 p.m.

Pre-Race Meetings

In addition to each technical meeting, all swimmers must be present for the Pre-Race Meeting, 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.



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 see the host website at www.minnows.info/07openwater.html.

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

Doping Control



Doping Control

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, USA Swimming Athlete Services Manager at (719) 866-4962.

ATHLETES SHOULD CHECK THE STATUS OF ALL MEDICATIONS (OVER THE COUNTER and PRESCRIPTION) PRIOR TO CONSUMPTION TO ENSURE THAT THEY ARE NOT CONSUMING 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 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 pharmacist 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 he will return your call. You may call the line at any time after hours, and your call will be returned as soon as possible.

Drug Reference Online

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

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

Medications that fall under this category require an Abbreviated Therapeutic Use Exemption (ATUE) form to be on file PRIOR to testing. Examples are Asthma Inhalers (requires a diagnosis of asthma or exercise-induced asthma), and some forms of Glucocorticosteroids. ATUE forms should be submitted to USADA at least **THREE WEEKS BEFORE** the athlete competes and must include the signature of the prescribing physician. The ATUE form can be found on the perforated pages in this book. All forms should be sent a minimum of three weeks before 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 an ATUE form.

Athletes should keep a copy of their forms for their records and take them to drug testing if selected for testing. FORMS GENERALLY EXPIRE ONE YEAR FROM THE DATE THEY ARE SIGNED BY THE PHYSICIAN. (IN SOME CASES THE EXEMPTION IS FOR 2 YEARS). Forms should be re-submitted immediately if there is a change in the medication, the dosage, or the prescribing physician.

2006 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 2006 Guide to Prohibited Substances:

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

As an exception, formoterol, salbutamol (albuterol), levalbuterol, 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, this 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

Doping Control



Substances and Methods Prohibited in Competition:

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

According to the US Anti-Doping Agency 2006 Guide to Prohibited Substances:

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

Administration by inhalation, iontophoresis, or local injection requires an Abbreviated Therapeutic Use Exemption.

Topical preparations when used for dermatological, otic, nasal, buccal cavity and ophthalmic disorders are not prohibited and do not require any form of Therapeutic Use Exemption.

Prohibited Methods include:

1. Enhancement of Oxygen Transfer
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 is susceptible to containing substances that may appear on the Prohibited Substance list(s) of FINA and/or the IOC. 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. Penalties may also apply to any individual assisting a swimmer taking prohibited substances.

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 previously eligible for out of competition (no-advance-notice) drug testing 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. 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@usaswimming.org immediately.

2007 USA Swimming Open Water National Championships
OFFICIAL INDIVIDUAL ENTRY FORM
(please use a separate form for each entry; copy as needed)

Please check the box for the Individual event that you are entering:

5K National Championships
Thursday, May 17, 11:00 a.m.
\$25.00

10K National Championship
Saturday, May 19, 9:00 a.m.
\$35.00

25K National Championship
Monday, May 21, 9:00 a.m.
\$80.00

Name: _____ E-mail: _____

Age: _____ Sex: _____ Shirt Size: _____

Street Address: _____

USA Swimming Registration # (required): _____

Club Name: _____ Club Abbreviation: _____

Club Address: _____

Coach: _____ Phone: _____ e-mail: _____

Qualifying Time _____

Event where Qualifying time was achieved _____

Date of Qualifying Competition _____

If the qualifying time is not listed in the USA Swimming STARS Database, a copy of the official National Times Verification Form must be submitted with this entry form.

Release by participant from liability: *I hereby release USA Swimming, the Local Swimming Committee (LSC) 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 USA Swimming.*

Signature: _____ Date: _____

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

Individual entries may be made on-line at www.usaswimming.org/ome from *March 1, 2007 through May 10, 2007.*

If not entering on-line, *this entry form must be received by USA Swimming on or before Friday, May 11, 2007.*

2007 USA Swimming Open Water National Championships
OFFICIAL TEAM ENTRY FORM
 (please use a separate form for each race distance; copy as needed)

Please check the box for the Team event that you are entering:

5K
 Thursday, May 17, 11:00 a.m.
 \$5.00 per Team Member

10K
 Saturday, May 19, 9:00 a.m.
 \$5.00 per Team Member

25K
 Monday, May 21, 9:00 a.m.
 \$5.00 per Team Member

Team Competition Entry

A team will consist of three (3) or four (4) swimmers from the same USA Swimming registered club. The cumulative finishing times of the three fastest swimmers on each team will be used to determine the winners and the places. Swimmers may enter one individual event and two team events.

Club Name: _____ Club Abbreviation: _____

Club Address: _____

Coach: _____ Phone: _____ e-mail: _____

Team A

Male Female Mixed

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Team C

Male Female Mixed

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Team B

Male Female Mixed

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Team B

Male Female Mixed

- 1 _____
- 2 _____
- 3 _____
- 4 _____

To take part in team competition, swimmers must also be entered in the individual event.

Team Competition Entries _____ @ \$5.00/member = \$ _____

Please bring this completed form to the race Technical Meeting