



# **2009 USA Swimming Open Water Championships**

**5K National Championships  
June 12**

**10K National Championships  
& World Championship Trials  
June 14**

**Fort Myers Beach, FL**

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

# USA Swimming 2009 Open Water National Championships Event Information

**5K National Championships - June 12, 2009 3:00 p.m. Fort Myers Beach, FL**

**10K National Championships - June 14, 2009 8:00 a.m. Fort Myers Beach, FL**

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

## Important Facts About the Competition



- ◆ The 2009 10K Open Water National Championships will serve as the qualifying competition for the 2009 Open Water World Championships to be held in Rome, Italy July 19-25. For complete USA Swimming National Team selection criteria, please refer to the National Team section of the USA Swimming website; [usaswimming.org](http://usaswimming.org).
- ◆ Register for the National Championships on-line at [usaswimming.org/ome](http://usaswimming.org/ome) from *March 1, 2009 through May 29, 2009*. 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 in the 2009 USA Swimming Rulebook.
- ◆ The 5K and 10K events will serve as the USA Swimming Open Water National Championships.
- ◆ 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.
- ◆ 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  
21301 S. Tamiami Trail  
320-111  
Esteros FL 33928  
239-462-3322  
Fax: 239-992-9157  
[Greggcr@leeschools.net](mailto:Greggcr@leeschools.net)

### Meet Referee (5K)

Rick Walker  
127-GLingle Hall - SIU  
Carbondale, IL 62901  
618-924-6988  
[rwalker@siu.edu](mailto:rwalker@siu.edu)

### Meet Referee (10K)

Mark McCaw  
21552 Belhaven Way  
Esteros, FL 33928-3283  
888-300-9001  
[mm2886@comcast.net](mailto:mm2886@comcast.net)

### USA Swimming V.P. Prog Ops

Pat Lunsford  
1 Holyoke Ct.  
Fairfield, OH 45014-5324  
513-874-3209  
[rplwurk@fuse.net](mailto:rplwurk@fuse.net)

### USA Swimming National Events Director

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



**Qualifying Criteria**

In order to compete in the National Championships, a swimmer must have;

- Participated in the 2008 Olympic Games, or
- Participated in the 2008 Grand Prix 10K in Minneapolis, or
- Attended the 2009 Open Water Developmental Camp (by invitation only), or
- Achieved the following times standard(s) between April 1, 2007 and the entry deadline

	<u>1500 LCM</u>	<u>1650 SCY</u>
Women 5K Race Qualifying Times	17:38.7	17:00.1
Men 5K Race Qualifying Times	16:37.6	16:03.5

	<u>1500 LCM</u>	<u>1650 SCY</u>
Women 10K Race Qualifying Times	17:20.5	16:48.5
Men 10K Race Qualifying Times	16:15.5	15:51.5

- 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 times will not be allowed.

**Entering On-Line at [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, 2009 until May 29, 2009 (at 11:59 p.m.).

For help with the entries, contact Susan Woessner at USA Swimming (719-332-0184) or [swoessner@usaswimming.org](mailto:swoessner@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.

**Foreign Entries**

The 10K competition is open to foreign federations only by specific permission from the USA Swimming National Team Head Coach. Other foreign athletes are not allowed in the 10K competition. The 5K competition is open to foreign athletes who meet the qualifying criteria. 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, and must e-mail entries directly to Susan Woessner at USA Swimming ([swoessner@usaswimming.org](mailto:swoessner@usaswimming.org)) no later than May 29, 2009. For questions, contact Susan Woessner at 719-332-0184.

**Qualifying Period**

The qualifying period for this event is April 1, 2007 through the entry deadline.



**Selected USA Swimming Open Water Rules**

(Please see Part Seven of the 2009 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

2009 USA Swimming Rules and Regulations will govern this 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.

The 10K competition is open to foreign federations only by specific permission from the USA Swimming National Team Head Coach. Other foreign athletes are not allowed in the 10K competition. The 5K competition is open to foreign athletes who meet the qualifying criteria. 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, and must e-mail entries directly to Susan Woessner at USA Swimming ([swoessner@usaswimming.org](mailto:swoessner@usaswimming.org)) no later than May 29, 2009. For questions, contact Susan Woessner at 719-332-0184.

### 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 [GreggCR@LeeSchools.Net](mailto:GreggCR@LeeSchools.Net)

### Location and Travel Information

The event will start and finish at Lynn Hall Park near the Fort Myers Beach Pier (950 Estero Blvd., Fort Myers Beach, FL 33931). 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: From Terminal Access Rd Turn Right on Treeline Rd to Daniels Pkwy. Turn Left onto Daniels Pkwy. 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  
June 12, 2009  
3:00 p.m.  
\$30.00 Individual

10K National Championships  
June 14, 2009

8:00 a.m.  
\$40.00 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, June 12, 9:00 a.m.
- ◆ 10K Technical Meeting, Saturday, June 13, 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 two (5K) or four (10K) 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.

### Escort Craft

Escort crafts (kayaks) are not allowed for these Championships.

### 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)



### Testing

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.

### Medications

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. This should be done well in advance of the competition, as certain medications may require reporting in advance.

Check the status of all medications at one of the following locations:

Drug Reference Online: [usantidoping.org/dro](http://usantidoping.org/dro)

Drug Reference Line: 800-233-0393

The athlete is responsible for ensuring that no prohibited substance enters his/her system.

### 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*

### 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@usaswimming.org](mailto:smichael@usaswimming.org) immediately.

### More Information

For information regarding medication status, the reporting of medications and the requirements in place for reporting, please contact the US Anti-Doping Agency (USADA) at 800-233-0393.

For more information about the doping control process please visit the USA Swimming website at [usaswimming.org](http://usaswimming.org)

