



**2010 USA Swimming
Open Water Championships
& National Team Trials**

**10K National Championships
& National Team Trials
Friday, June 4**

**5K National Championships
Sunday, June 6**

Long Beach, CA

USA Swimming 2010 Open Water National Championships Event Information

10K National Championships - June 4, 2010 11:00 a.m. Long Beach, CA

5K National Championships - June 6, 2010 11:00 a.m. Long Beach, CA

Important Facts About the Competition



- ◆ The 2010 10K Open Water National Championships will serve as the Trials for the USA Swimming National Open Water Team (2010 Pan Pacific OW Championships and 2010 World OW Championships) and USA Swimming National Youth Team. For complete USA Swimming National Team selection criteria, please refer to the National Team section of the USA Swimming website: usaswimming.org.
- ◆ Register for the Open Water National Championships on-line at usaswimming.org/ome from *March 1, 2010 through May 28, 2010*. There will be no late or race-day registration.
- ◆ All participants in the National Championships must be full (year-round) Athlete members of USA Swimming, or their respective FINA National Federation. The events shall be open to foreign swimmers under the provisions of 203.9 in the 2010 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.
- ◆ Accommodations for persons with disabilities may be arranged with advance notice.

Event Administration



Local Event Organizer

Bob Seagren
CEO, International City Racing
rseagren@runicr.com
562-427-4606, ext. 225

Championship Referee

Steve Munatones
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714-305-7374

USA Swimming Vice President, Program Operations

Pat Lunsford
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513-874-3209

USA Swimming National Events Director

Dean Ekeren
dekeren@usaswimming.org
719-866-4578



Qualifying Criteria

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

- Finished in the top 15 at a 2009-10 FINA World Cup Race, or
- Finished in the top 10 at the 2009 USA Swimming 5K or 10K National Championships, or
- Attended the 2010 Open Water Developmental Camp (by invitation only), or
- Achieved the following pool times standard(s) between April 1, 2008 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

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, 2010 until May 28, 2010 (at 11:59 p.m. Mountain Time).

For help with the entries, contact Susan Woessner at USA Swimming (719-866-4578) or 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 5K and 10K competitions are 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) no later than May 28, 2010. For questions, contact Susan Woessner at 719-866-4578.

Qualifying Period

The qualifying period for this event is April 1, 2008 through the entry deadline.



Selected USA Swimming Open Water Rules

(Please see Part Seven of the 2010 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

2010 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 5K and 10K competitions are 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) no later than May 28, 2010. For questions, contact Susan Woessner at 719-866-4578.

Pre-Registration Packet Pickup

Team and/or individual packets may be picked up at the technical meeting for each race.

Location and Travel Information

The races will be conducted at the Long Beach Marine Stadium. With sandy beaches, rest rooms, picnicking, and ample parking, the stadium was the site for the 1932 Olympic Rowing competition, and the 1968 Olympic Rowing Trials. The marine Stadium was recently designated as an official historic site by the State of California. The easy-to-navigate course will consist of loops of a 2K course, allowing for outstanding spectator viewing.

Directions from Los Angeles Airport (LAX)

Head south on World Way toward West Way (0.7 mi). Take the ramp onto S Sepulveda Blvd (0.7 mi). Turn right onto the I-105 E ramp (354 ft). Keep left at the fork to continue toward I-105 E and merge onto I-105 E (1.3 mi). Take the I-405 N/I-405 S exit toward Long Beach/Santa Monica (0.3 mi). Keep right at the fork to continue toward I-405 S and merge onto I-405 S (17.3 mi). Take the Lakewood Blvd S exit toward Long Beach Airport N (0.3 mi). Keep right at the fork, follow signs for CA-19 S/Lakewood Blvd and merge onto CA-19 S/N Lakewood Blvd (1.2 mi). At the traffic circle, take the 2nd exit onto CA-1 S (1.2 mi). Turn right at Santiago Ave (0.7 mi). Turn right at E Colorado St (0.2 mi). Turn left at E Eliot St (0.3 mi). Turn right at E Marina Dr (226 ft). Continue onto Boathouse Ln (0.5 mi).

Schedule and Fees

10K National Championships
Friday, June 4, 2010
11:00 a.m.
\$40.00 Individual

5K National Championships
Sunday, June 6, 2010
11:00 a.m.
\$30.00 Individual

Technical Meetings

All swimmers and coaches should arrive in Long Beach 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: The Long Beach Airport Marriott, 4700 Airport Plaza Drive, Long Beach, California 90815, Phone: 562-425-5210

- ◆ 10K Technical Meeting, Thursday, June 3, 5:00 p.m.
- ◆ 5K Technical Meeting, Saturday, June 5, 5:00 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.

Practice

The course will be available for practice beginning Wednesday, June 2nd.

Race Course and Operations

The race course will consist of clock-wise loops around a rectangular 2K course with large turn buoys at each end (right-shoulder turns). The in-the-water start and finish will be located approximately in the middle of the course (see attached photo from previous non-championship event). A lead vessel will be provided that will go along the straight-line course from turn buoy to turn buoy. A "feeding" station will be available once per lap. The use of feed sticks by coaches will be permitted. It is the swimmer's responsibility to coordinate with their coach or another individual for feeding purposes. No volunteers will be specifically available for this purpose. No additional coaches' craft will be allowed near the race course. The swimmers must swim within the finish chute and will finish by touching a finish banner over the water's surface. Feed poles are not to exceed 5 meters in length when extended. No objects, rope or wire may hang off of feed poles except banners or flags, but may not exceed the size of 30 cm x 20 cm. Toe nails and finger nails will be checked before the race by the Head Referee. If the nails are too long, they must be cut to a reasonable length at the discretion of the Head Referee. The water temperature may range between 62°F – 68°F, although 64°F - 66°F is most likely. If the water temperature is below 61°F, then the event may be delayed until later in the day.

Parking

Parking is available at the venue.

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)

Long Beach Marine Stadium





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: The 2010 Prohibited List is in effect for this competition and may be found at www.usada.org.

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: globaldro.com

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 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