10K National Championships
Friday, May 19
Men’s Race 8:00am
Women’s Race 10:30am

5K National Championships
Sunday, May 21
Women’s Race 8:00am
Men’s Race 9:30am

Lower Castaic Lake
Santa Clarita, CA
Hosted by Canyons Aquatic Club

Entry Deadline is Tuesday May 9, 2017

10K Technical Meeting, Thursday, May 18, 6:00 p.m.
5K Technical Meeting, Saturday, May 20, 1:00 p.m.

Technical Meetings will be held at Boating Instruction and Safety Center (BISC) Castaic Lake
Lower Lagoon Parking Lot #1
32132 Castaic Lake Drive
Castaic, CA 91330
The 2017 10k Open Water National Championships will serve as the selection event for the USA Swimming Open Water National Team, National Junior Team, and FINA World Championships Team and the Junior Open Water World Cup Team. The 2017 5k Open Water National Championships will serve as additional selection for the 2017 FINA Open Water World Championships 5k event. For complete selection criteria, please refer to the National Team section of the USA Swimming website: usaswimming.org.

A limited number of foreign swimmers will be allowed in this competition. All foreign swimmers must have achieved the qualifying criteria.

Register for the Open Water National Championships on-line at usaswimming.org/ome beginning noon Mountain Time on Monday March 6, 2017 through midnight Mountain Time on Tuesday, May 9, 2017. There will be no race-day registration.

Swims achieving the qualifying time standards for the first time from Tuesday, May 9, 2017 through Sunday, May 13, 2017 may enter the meet through OME under the title “2017 Open Water Championships: New Qualifying Swims”. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, May 13, 2017. Normal entry fees apply.

Race Start times are subject to change due to number of entries and local conditions.

All U.S. participants in the National Championships must be full (year-round) Athlete members of USA Swimming and eligible to represent the U.S. in international competition. All foreign swimmers must be members in good standing of their respective FINA recognized federation.

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.

All swimmers, or parents of swimmers under 18 must sign a USA Swimming Open Water Waiver and Release , and submit it at Registration.
Qualifying Criteria and Entry Process

In order to compete in the USA Swimming 2017 **10K** Open Water Championships, a swimmer must have;

- Finished in the top 15 at the 2016 10K Open Water Championships in Fort Myers, FL, or;
- Finished in the top 30 in the 2015 FINA 5K or 10K Open Water World Championships, or;
- Finished in the top 20 at the 2016 10K Olympic Games, or:
- Achieved the following pool time standard(s) between July 1, 2016 and the entry deadline.

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In order to compete in the USA Swimming 2017 **5K** Open Water Championships, a swimmer must have;

- Finished in the top 15 at the 2016 USA Swimming 5K or 10K Open Water Championships in Fort Myers, FL, or;
- Finished in the top 30 in the 2015 FINA 5K or 10K Open Water World Championships, or;
- Finished in the top 20 at the 2016 10K Olympic Games, or;
- Finished in the top 3 in a USA Swimming Open Water Zone Championship (5K or greater), in 2016 or 2017 or;
- Finished in the top 5 at the 2016 CSCAA Open Water Nationals, or;
- Achieved the following pool time standard(s) between July 1, 2016 and the entry deadline.

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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.

Enter On-Line at [usaswimming.org/ome](http://usaswimming.org/ome)

Athletes must enter these events through USA Swimming’s On-line Meet Entry System (OME).

Register for the Open Water National Championships on-line at [usaswimming.org/ome](http://usaswimming.org/ome) beginning noon Mountain Time on March 9, 2017 through midnight Mountain Time on Tuesday, May 6, 2017. There will be no race-day registration.

For help with the entries, contact Jaime Lewis at USA Swimming (719-866-4578) or [jlewis@usaswimming.org](mailto:jlewis@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 coach’s 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.
Rules
Current USA Swimming Rules and Regulations will govern this event. Please see Part Seven of the USA Swimming Rules & Regulations for complete list of Open Water Rules.

Selected 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.

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 awards will combine the 10k and 5k races.
- Awards shall be given to the top three teams: 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.

- Team awards will be given out at the end of the end of the Men’s 5k race on Sunday, May 21st.

- Scoring of individual events will be on a sixteen (16) place basis: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

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.

Late Entries
Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:
- A. Late entries must be submitted through the On-Line Meet Entry system (OME);
- B. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, Sunday, May 13th, 2017;
- C. The team or athlete must pay a processing fee of $150.00 per entry, and entry fees of $120/10K event, and/or $90/5K 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.

Entry Fees
10K National Championships $65.00 Individual
5K National Championships $50.00 Individual
USA Swimming Open Water Rules

Technical Meetings
All swimmers and coaches should arrive in time for the technical meeting for their event(s). Each participant is responsible for all information distributed at these meetings. Boating Instruction and Safety Center (BISC) Castaic Lake Lower Lagoon Parking Lot #1 32132 Castaic Lake Drive Castaic, CA 91330

• 10K Technical Meeting, Thursday, May 18, 6:00 p.m.
• 5K Technical Meeting, Saturday, May 20, 1:00 p.m.

Pre-Race Briefings
In addition to each technical meeting, all swimmers must be present for the Pre-Race Briefing at the race start area prior to each race. At this meeting, race officials will distribute last minute information on weather and water conditions, emergency procedures, etc.

Practice Availability
Open water training will be available at the venue on Wednesday May 17th from 5pm-8pm. The local club will be holding a 3K race on the championship course during this time. Participants in the USA Swimming National and Junior National Championships may participate in this 3K race free of charge. The course will be available Thursday May 18th 8:00am-12:00pm, and Friday May 19th beginning at 6:00am. Pool practice will be available at the Castaic Aquatic Complex, located one mile from the race venue.

Men’s 10K Race Day – Friday, May 19
7:00am-7:45am – Men’s check-in
7:45am – Men’s Pre-race Briefing
7:55am – Men’s Inspection and Roll Call
8:00am – Men’s 10K Start

Women’s 10K Race Day – Friday, May 19
9:30am-10:15am – Women’s check-in
10:15am – Women’s Pre-race Briefing
10:25am – Women’s Inspection and Roll Call
10:30am – Women’s 10K Start
12:45pm – Women’s and Men’s Awards

Race Course and Operations
The race course will consist of six 1.66K loops (10K) or three 1.66K loops (5K) with large buoys at each turn, and intermediate buoys lining the course.

A “feeding” station will be located near the halfway point of the 10K course, and will be accessible by land. 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. 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.

Aside from Safety and Officials’ boats, no additional craft will be allowed near the race course. This is a non-escorted swim.

These races will utilize electronic “chip” timing, and swimmers will wear one timing chip on each arm.

The swimmers must swim within the finish chute and will finish by touching a finish banner over the water’s surface.

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 Referee.
Parking
Parking will be available on-site.

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)

Hotels
Hotel Information coming soon.

Phillips 66 Athlete Reimbursement
Reimbursement is for 10K competitors only.

Eligibility Criteria
a. Athletes must be US citizens and eligible to represent the United States in International competition.
b. For the 2017 10K Open Water Nationals, reimbursement is based on results from the current and previous year’s Championships.
c. Local athletes who qualify via the rankings are eligible to receive funding.

Application Process
a. USA Swimming Athlete Services staff will compile a list of all athletes eligible to receive funding and the amount of funding each athlete will receive.
b. Coaches who have athletes on this list will be contacted via email following the competition to clearly designate if the funds should be sent to the Club or to the Athlete. Note: NCAA athletes may not receive funds directly; funds must be sent to the club. USA Swimming Athlete Services staff will notify, via email, all funding recipients to request a current W-9 form, if needed, and verify the appropriate address.
c. The list of recipients/funding will be sent to the Times and Recognition Committee Chair for checks and balances.
d. Reimbursement Structure:
   ٦ Current Year National Team Member $675
   ٦ Top 6 Finishers at 10K OW Nationals $375
e. Checks will be mailed directly to the address provided by the recipient. Coaches and Athletes must take the responsibility to make sure the funds are sent to the appropriate recipient. USA Swimming is not responsible for lost checks or checks mailed to the incorrect address.
f. USA Swimming staff will work for disbursement of funds 2 weeks from the final day of the competition
Course Finish

Finish Structure 6m wide
Start Rope
Finish Chute 25m long

Lower Castaic Lake Course Detail (1650m)
Distances are approx.
10k = 6 laps
5k = 3 laps

PLEASE NOTE:
Final course specifications to be announced at technical meetings.
## Event Safety Information

### Safety Information

1. Safety Authority

   Emergency Services will be provided by the LA County Lifeguards (LACLG). The LACLG are a United States Lifesaving Association (USLA) certified agency, and all staff are trained as Emergency Medical Technicians.

   LACLG will be located throughout the course and beach areas. AED’s, First Aid kits, and Basic Life Support gear will be available on-site. A Los Angeles County Fire Department, with Paramedics is located adjacent to the park. Estimated Paramedic response time is less than five minutes.

   All LACLG Towers, Supervisory vehicles and on-water safety personnel communicate via the City Police/Fire/Rescue radio network.

   There will be one jet ski on-course manned by LACLG Staff and one backup jet ski.

   There will be eight LACLG staff on paddle boards on course.

   There will be four staff LACLG personnel dispatched with the Referee vessels on course.

   Race Operations will be manned by:
   - Race Director
   - Administrative Referee
   - LG Representative – with radio

   The race is held within the Lower Castaic Lake public swimming area, protected by Los Angeles County Lifeguards and within the jurisdiction of the County of Los Angeles.

2. Communications Plan

   Primary - There will be two separate radio networks using two different frequency plans. The radios are not inter-changeable.

   Communication across radio networks will be coordinated through Race Operations. Personnel using USA Swimming VHF radios include the Race Director, Race Operations, Race Referees, Safety Officer, Course Officer, Spare vessels, Feed Station Referee, Administrative Referee, Turn Judges, and event announcers.

   LACLG staff will utilize their own radios, and will be in contact with Police/Fire Rescue, Race Operations, Life Guard Towers, Life Guard Supervisors, and On-Water Life Guard PWC.

   Secondary communications between all parties will be via cellular telephones. The following positions will be issued a phone number listing:
   - Race Director
   - Meet Referee
   - Safety Officer
   - Race Referees
   - Course Officer
   - LACLG Supervisors

3. Swimmer in Distress

   a. LACLG will activate their water rescue protocols.
   b. Any swimmer withdrawing from the race must report to the nearest lifeguard tower for identification. Lifeguard will radio race-control with the competitor number and direct the swimmer to return to the start area.
   c. A First Aid tent will be maintained on the beach in the Start/Finish area manned by the Life Guards.
   d. Swimmers needing emergency medical care will be administered to by LACLG at the finish.
   e. Swimmers requiring evacuation via ambulance will be transported to Henry Mayo Newhall Memorial Hospital, approx. 5 miles from the venue.

4. Missing Swimmer

   a. All swimmers will be issued a “Race Ticket” with their competitor number during the registration process. This “Ticket” will be collected as the swimmers enter the water.
   b. All swimmers will be required to provide a personal cell phone contact and a coach/handler cell phone contact at registration.
   c. All swimmers will be video taped during the final inspection/accounting prior to the start.
   d. If a swimmer is reported missing and last seen in the water: LACLG will activate their under-water search and recovery protocol. Concurrently, meet operations will attempt contact with the coach/handler and swimmer via cell phone. Meet Operations will also review the start list, withdrawal list, site race tickets, and view the pre-race video tape to confirm the swimmer actually started the race. All swimmers are reminded before the race start that they must report to the nearest lifeguard if they withdraw from the race. All swimmers who depart from the water will be identified by their race number.

5. Support Vessels

   a. The following vessels will be used:
      i. Referee Boats – 2
      ii. Turn Judge Boats - 2
      iii. Spare Boats – 2
      iv. LACLG Boats - 2
   b. All vessels Captains will attend a briefing by the Safety Officer.
   c. Spare vessels will remain clear of the vessel exclusion zone unless summoned on to the course by race control.
   d. Once the course has been set, the Course Officer vessel will remain clear of the vessel exclusion zone unless summoned to the course by the Referee or race control.
   e. All official’s boats will be equipped with VHF radios on the race control network.
   f. LACLG craft will be on the L.A County emergency radio network.
6. Parameters for Abandoning the Race

a. Any one of the following individuals are empowered to independently order the race abandoned due to unsafe course or other conditions.
   ♦ Meet Referee
   ♦ Safety Officer
   ♦ USA Swimming Events Director

b. If the race is to be abandoned, Race Control will relay via radio to all vessels to signal abandonment. Simultaneously, the LACLG Supervisor will signal via LACLG radio net to signal abandonment.
   i. The abandonment signals will be:
      ♦ From Officials Boats – 5 short blasts followed by one long blast.
      ♦ From the Lifeguards – 5 short blasts of the whistle followed by one long blast.

ii. Swimmer actions are to:
    ♦ Discontinue swimming
    ♦ Look for directions from the Officials or water safety personnel
    ♦ Once safe on the beach, proceed to the start/fish area and check-in.

7. Contingency Plan

a. Due to venue restrictions, it is unlikely any change to the shape of the course will be possible.

b. If weather conditions require, the directions of swim (CW/CCW) and the location of the start/finish structure may be changed.

c. If the race is abandoned, it will be postponed until later the same day. If the race must be abandoned for the entire day, the race will be held the following day.
Doping Control

The US Anti-Doping Agency (USADA) will be here conducting testing. All athletes competing in the meet may be tested.

Athletes must bring a government issued ID or passport with them to testing. If they do not have one on site, a photo will be taken in doping control.

Athletes will be notified of their selection for doping control immediately after their race.

Athletes are required to report to testing immediately following warm down, awards ceremonies, medical and/or media obligations. Athletes no longer have 60 minutes to report to the testing station.

Athletes who are minors must bring a representative with them to testing. If a coach chooses to act as an athlete representative, he or she must remain in the testing station with the athlete from entry to departure. You cannot go in and out.

**Remember: Pseudoephedrine is prohibited in competition.** USADA indicates that “all athletes should search the status of their Cough and Cold products by active ingredients. Don’t rely on brand name as many things change.”

FINA rules consider in-competition testing to begin 12 hours before the competition starts and continue through the end of the entire competition (not after the athlete’s last race).

**Athletes must check the status of all medications at USADA’s website (www.globaldro.com) or via phone at 719-785-2000.**

Per established doping control testing protocol, a Witnessing Chaperone must directly observe a minor athlete providing a sample. The witnessing chaperone is always someone of the same gender as the athlete. To protect the rights of a minor athlete, someone must observe the witnessing chaperone observing the athlete as they provide a urine sample. That person cannot see the athlete – they can only see the witnessing chaperone watching the athlete. Per USADA’s established protocol the athlete has the right to choose who will be in that role. In the event that a coach acts as an Athlete Representative for an athlete of the opposite gender, they may request that someone on USADA’s crew observe the witnessing chaperone observing the athlete. Then the coach can be the athlete representative for the rest of the processing of the paperwork. The protocol from USADA was included in the email sent out from Stacy Michael-Miller at USA Swimming.

**Sample Collection Process – Minor Athletes (Under 18) November 2010 (From USA) Information for NGB Athlete Support Teams on Testing Processes for Minor Athletes**

The following information is provided to clarify and be of assistance in managing athlete support related to doping control processes conducted with minor athletes.

When a minor athlete is tested, USADA strongly encourages that he/she has a representative present during the sample collection process. To ensure the validity of the process and the minor athlete’s well-being, a third party (in addition to the athlete and the Doping Control Officer) must always be in the toilet area to verify the sample collection. USADA will always have a Chaperone of the same gender, but also suggests that the athlete have his/her own representative present as well.

The minor athlete’s representative may participate in this verification process, but only if authorized by the athlete and as instructed by the responsible Doping Control Officer (DCO). USADA will make every effort to accommodate this if the request for a representative is made. The DCO or Chaperone directly observing the provision of the sample will always be of the same gender as the minor athlete.

As always, USADA is available to answer questions or further discuss the details provided above.