



**2009 OPEN WATER STATE CHAMPIONSHIPS**  
**July 11, 2009**  
**SANCTION NO. VS-09-63**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-09-63
<b>LOCATION:</b>	<ul style="list-style-type: none"><li>Chris Greene Lake, 4500 Chris Greene Lake Rd., Charlottesville, VA 22911.</li><li>MapQuest knows it as "Chris Greene Lake".</li><li>The site is an Albemarle County Park (near the airport) and includes a beach area, indoor restrooms with a changing area, and outdoor showers.</li></ul>
<b>COURSE DESCRIPTION</b>	<ul style="list-style-type: none"><li>The course is cable swim along a ¼ mile straightaway (440 yards). Start and finish are in the water, at a depth of 7 feet.</li><li>Athletes swim down one side of the cable (a yellow rope on the surface), go around a wooden pylon, and swim back the other side. Number of laps is dependent on age.</li><li>Expected water temperature is 81-83 degrees.</li></ul>
<b>MEET DIRECTOR:</b>	Name: Dave Holland Phone: (804) 282-6224 Email: <a href="mailto:HenryDafif@aol.com">HenryDafif@aol.com</a>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all USA Swimming/VSI 7 year-old and older swimmers by the first day of the meet. .</li><li>No registration on race day will be permitted.</li><li>The qualifying period for this meet is January 1, 2008 through July 10, 2009</li><li><b>10 &amp; younger swimmers may participate if they have a "B" time or faster in the 200 yard/meter Freestyle.</b></li><li><b>11 &amp; older swimmers may participate if they have a "B" time or faster in the 400 meter or 500 yard Freestyle.</b></li><li>Age as of July 11, 2009 will determine the swimmer's age for the competition.</li></ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"><li>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</li><li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li></ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"><li>11 &amp; 12-year-old swimmers will swim at 12:30 pm in the first heat (2 laps clockwise or 1-mile).</li><li>10 &amp; younger swimmers will begin at 12:32 pm in the first heat (1 lap clockwise, or ½-mile).</li><li>13 &amp; older swimmers will begin at 1:30 pm in the second heat (4 laps clockwise, or 2 miles)</li><li>All events will be timed finals. No premature finishes or splits will count for records.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>The competition course will be available on Saturday from 11:30 am to 12:15 pm. Afterward, warm-up and warm-down will be available just east of the finish chute.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF EMAIL ENTRIES IS MONDAY, JULY 6, 2009.</b></p> <p><b>PAPER ENTRIES MUST BE POSTMARKED BY WEDNESDAY, JULY 1, 2009.</b></p> <ul style="list-style-type: none"><li>Entries must be submitted in Short Course Yards times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet which is available at the VSI website <a href="http://www.virginiawswimming.org">www.virginiawswimming.org</a>.</li><li>Teams may submit entries as an e-mail attachment (preferred) or on a 3 ½" computer disk.</li><li>A <b>Team Manager</b> printout of entries must be included or the VSI meet summary sheet (available at VSI website, <a href="http://www.virginiawswimming.org">www.virginiawswimming.org</a> ) with the name, email address, and phone number of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li><li><b>"No Time" (NT) entries will not be accepted.</b> If a swimmer does not have a time of record the swimmer must be entered with a Coach's Time (CT).</li><li>CT may not exceed a "B" time. All entry times other than CT, must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li></ul>


	<ul style="list-style-type: none"> <li>Email entries to: Chris L. Stevenson at <a href="mailto:chrisl Stevenson@gmail.com">chrisl Stevenson@gmail.com</a></li> <li>Mail paper entries to: Chris Stevenson 7702 Hampshire Rd. Richmond, VA 23229</li> <li>IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery, as this will delay the receipt of your entries.</li> <li><b>Late entries will NOT be accepted.</b></li> </ul>
<b>FEES:</b>	<p><b>Individual events: \$20.00</b></p> <ul style="list-style-type: none"> <li>Checks should be made payable to: <b>NOVA OF VA AQUATICS.</b></li> <li>Payment must be received by Wednesday, July 1, 2009 for email entries. Payment must be included with all mailed entries.</li> <li>Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<p>Individuals will be awarded custom medals for first through third place, separated by the following age groups:</p> <ul style="list-style-type: none"> <li>10 &amp; younger, male and female, for the 1/2 mile event.</li> <li>11 &amp; 12, male and female, for the 1-mile event.</li> <li>13 &amp; 14, male and female, for the 2-mile event.</li> <li>15 &amp; older, male and female, for the 2-mile event.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>All events will be pre-seeded according to entry time in 200 yard freestyle (10 &amp; younger) or 500 yard freestyle (11 &amp; older)</li> <li>All swimmers should check in <b>BETWEEN 10:30 am and 12:15 pm</b> to receive a race ID number on the arms</li> <li><b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>Heats will be seeded fastest to slowest, in waves of 10 swimmers, departing 30 seconds apart.</li> </ul>
<b>PENALTIES:</b>	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> <li><b>Swimmer shall be disqualified from the event entered illegally and the event shall be re-scored and awarded.</b></li> <li><b>Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results.</b></li> <li><b>Clubs entering swimmers not legally registered with United States Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered.</b></li> <li>If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Open Water Rules and Regulations will apply.</li> <li>In accordance with VSI Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the beach area.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Kathy Nunn</b> Email: <a href="mailto:kgnunn@verizon.net">kgnunn@verizon.net</a> Phone: (804) 364-0656</p> <p><b>Meet Starter: James W. Miller, MD</b> Email: <a href="mailto:JWMSWIMMD@aol.com">JWMSWIMMD@aol.com</a></p> <ul style="list-style-type: none"> <li>Officials will be positioned at each turn, and at the start/finish area.</li> <li>Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Will Bassett at <a href="mailto:William.Bassett@hdrinc.com">William.Bassett@hdrinc.com</a> no later than Monday, July 6, 2009.</li> <li>General meeting for coaches and officials will be held on the beach at 11:30am.</li> </ul>
<b>SAFETY PLAN:</b>	<ol style="list-style-type: none"> <li>Course Diagram: <ul style="list-style-type: none"> <li>The course runs east to west around a "cable" that is a ¼ mile straightaway. The start and finish are in the water in an area that is less than 75 feet from the beach and clearly visible to the spectators and race personnel.</li> <li>A 2 x 3 foot poster of the course diagram will be posted at the lake, and the current water and air temperature will be posted and updated every hour beginning at 8am on a dry erase board. More info can be found at <a href="http://www.cableswim.org">www.cableswim.org</a>.</li> </ul> </li> </ol>

2. Swimmers will depart in waves of 10 people or fewer, 30 seconds apart, to prevent congestion. Faster swimmers will start in front of slower swimmers according to seed time.
  - Four kayaks manned by volunteers will patrol the course at all times and be available to redirect swimmers about course direction and answer questions.
    - One kayaker will patrol the eastern pole, and one the western turning pole to ensure that swimmers do not get off course.
    - These two kayakers also serve as “turning judges” to comply with race integrity.
  - Each turning pole will be marked with an orange buoy that is easily visible to a height of 4 feet above water.
  - The finish line will be offset from the starting end of the cable by approximately 10 meters and clearly marked with two large orange buoys.
  - A volunteer will be in the water in the finish area to corral any wayward swimmers and ensure an orderly, safe procession through the chute.
  - The kayaker stationed at the western pole will be assigned as the “clean-up” kayaker and will remain behind the last swimmer in each heat for the final ¼ mile. Water and food will not be available to swimmers during the race.
3. The Charlottesville-Albemarle Rescue Squad will be present with Advanced Life Support Equipment and a team of 10-15 rescue personnel, divers, and water rescue boats.
  - **They will serve as the primary emergency responder on site.**
  - In addition, they have access to a new Rescue Station with a Medic Ambulance across from the airport (4 minute response time).
4. A minimum of 4 “safety stations” (provided by rescue squad) will be available at all times in the water to ensure a minimum ratio of 1 safety station per 25 swimmers.
5. The race will not begin until all water personnel are in place and at the end of one hour (first heat) / two hours (second heat), the course will be cleared.
  - Any swimmer(s) still on the course at the end of this time limit will be removed by a rescue craft.
  - **The use of personal boat or kayak escorts by swimmers will not be allowed. Parents and coaches will not be allowed to swim with children.**
6. Communication:
  - The Lake has a PA system that is accessible in the guard house for any public announcements to all patrons on site. There will also be a bullhorn on the beach used by the starter and meet director to communicate directly with swimmers.
  - The Safety Coordinator on the beach (Dave Holland) will communicate with the Rescue Squad via a walkie-talkie provided by them.
  - Walkie-talkie communication to the 4 kayaks on the course will also be in place for course direction and athlete safety. All meet workers, volunteers, and rescue personnel will wear nametags
7. If evacuation by rescue squad is necessary, driving time to University of Virginia Hospital is 12 minutes and the driving time to Martha Jefferson Hospital is 15 minutes (access to both is via route 29 south). Copies of printed directions to both hospitals will be on file and available in the case of an emergency.
8. If evacuation by air is deemed necessary, the lake is adjacent to the PEGASUS hangar (4 minutes by rescue squad from lake), and flight time to UVA Hospital is 3 minutes.
9. During the pre-race instructions, the safety and evacuation procedures will be reviewed before the swimmers enter the water by the announcer.
  - Participants who are apprehensive about their own ability to swim the course will be given the opportunity to scratch from the event at this time by reporting directly to the referee or scorer’s table.
  - Swimmers who are in distress during the race will be instructed to wave one hand over the head until rescue personnel arrive.
  - **In the event of emergency evacuation, power boats with props will not approach the swimmers at any time.**
    - **Swimmers who are in distress will be brought to the evacuation boat or shore using propless-powered transportation.**

	<ul style="list-style-type: none"> <li>○ <b>Swimmers can be transferred to a powered boat with a prop, outside the immediate swim area.</b></li> <li>• Swimmers who opt to exit the water prematurely will be instructed to report to the referee or scorer's table before leaving the venue.</li> <li>• Any participant who opts to exit the water prematurely will not be permitted to re-enter as a participant in a later heat.</li> </ul> <p>10. Race Cancellation or Postponement: The Referee shall determine if the start of a race is to be postponed or canceled, or if a race in progress is to be stopped.</p> <p>11. Incomplete Race: If a race is stopped and swimmers are removed from the water for their safety, the Referee shall determine if the race is to be restarted, canceled, or considered official.</p> <ul style="list-style-type: none"> <li>• If the race is deemed official, the order of finish of the swimmers on the course shall be determined by the Referee.</li> <li>• In this case, the decision to give awards to participants based on distance swum will be at the discretion of the Referee.</li> </ul> <p>12. In the event of inclement weather or other unsafe conditions that could arise suddenly while swimmers are competing, the Referee will consult with the Albemarle Rescue Crew Captain to make a decision about evacuating swimmers.</p> <ul style="list-style-type: none"> <li>• If evacuation is deemed necessary and safe, the Rescue Captain will communicate the message to all rescue personnel on the water via walkie-talkie and swimmers will be notified to stop swimming by three sharp blasts from a whistle.</li> <li>• Competitors will be instructed to exit the water by swimming to the closest beach (start/ finish beach area or the water rescue beach area to the northwest)</li> <li>• If inclement weather is a concern, all competitors who exit the water will be instructed to report to the bath house shelter.</li> </ul>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Provided by host team. Manual watches will be used.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Two tents will be available for general use, first-come, first-serve.</li> <li>• No glass containers, smoking or alcohol is permitted in the beach area.</li> <li>• Participants, parents, and spectators should bring their own water.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Parking is available in the lot at the end of Chris Greene Lake Road.</li> </ul>
<b>DIRECTIONS:</b>	<p>MapQuest "Chris Greene Lake"</p> <ul style="list-style-type: none"> <li>• <b>From Washington, D.C. (Distance: 115 miles)</b> Take Rt. 29 South toward Charlottesville, VA. In Earlysville, turn right onto Airport Rd. (Rt. 649). Travel 7/10 mile toward airport. <u>At roundabout, bear right onto 606. Go 1.2 miles and turn left onto Chris Greene Lake Rd. Proceed past guardhouse and follow the road downhill and around the lake to the parking lot at the end of the road.</u></li> <li>• <b>From Richmond, VA: (Distance: 75 miles)</b> Take I-64 West to exit 124, Charlottesville/Shadwell, (U.S. 250 West), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and <u>follow the underlined directions above.</u></li> <li>• <b>From Waynesboro, VA: (Distance: 34 miles)</b> Take I-64 East to exit 118B, Charlottesville/Culpeper, (U.S. 29 North Bypass), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and <u>follow the underlined directions above.</u></li> </ul>

# 2009 Virginia Open Water State Champs ENTRY FORM

PLEASE CIRCLE EVENT AND ENTER TIME BELOW:

Athlete Name: _____	Gender: M / F <small>(circle one)</small>		USA Swimming I.D. #: _____
DOB: _____	Club Team: _____	Coach Name: _____	
Parent Phone (Home): _____	Parent Phone (Cell): _____		
Parent Names: _____			
Parent E-Mail: _____			
<b>PLEASE PRINT CLEARLY</b>			

AGE ON 7/11/09  _____	Please circle event:  <table style="margin: auto;"> <tr> <td style="text-align: center;">1/2</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> </tr> <tr> <td style="text-align: center;">MILE</td> <td style="text-align: center;">MILE</td> <td style="text-align: center;">MILE</td> </tr> <tr> <td style="text-align: center;">Ages</td> <td style="text-align: center;">Ages</td> <td style="text-align: center;">Ages</td> </tr> <tr> <td style="text-align: center;">7-10</td> <td style="text-align: center;">11-12</td> <td style="text-align: center;">13+</td> </tr> </table>	1/2	1	2	MILE	MILE	MILE	Ages	Ages	Ages	7-10	11-12	13+	(10 and unders) 200 yd free time: ____ : ____ . ____  (11 and older) 500 yd time: ____ : ____ . ____
1/2	1	2												
MILE	MILE	MILE												
Ages	Ages	Ages												
7-10	11-12	13+												

		<input checked="" type="checkbox"/>	CHECKLIST
\$ _____	Entry Fee: \$ 20.00	<input type="checkbox"/>	Completed entry form
\$ 0.00	Included with entry: one T-Shirt (circle your size in box below)	<input type="checkbox"/>	USA Swimming ID #
\$ _____	Additional T-Shirt: \$12.00 each	<input type="checkbox"/>	Check or money order payable to NOVA
\$ _____	Official Results to be mailed to address above: \$5.00	<input type="checkbox"/>	Signed Release Below
\$ _____	<b>Total Enclosed (Check or money order payable to NOVA)</b>	<input type="checkbox"/>	T-Shirt Size Below

T-Shirt Size: (please circle)    YS    YM    YL    S    M    L    XL

Additional T-Shirts:    indicate quantity and size: \_\_\_\_\_

**Please doublecheck the checklist above to ensure that your entry is complete!!**  
**Mail this completed form with check or money order payable to NOVA, postmarked by July 1 to:**  
**Chris Stevenson, 7702 Hampshire Rd., Richmond VA 23229**

**Indemnification of Liability**

By signing below, I certify that I am the parent or legal guardian of \_\_\_\_\_ [Child's name] ("Child") and have legal authority to enter into this indemnification agreement. By signing below, I certify that my Child is physically fit and I have not been otherwise informed by a physician or health care practitioner. I acknowledge that I am aware of all the risks inherent in open water swimming (for training and competition), including possible permanent disability or death. As a condition of my Child's participation in the 2009 Virginia Open Water State Championships, or any activities incident thereto, (collectively "Event"), I hereby agree to indemnify and hold harmless the following identified entities and persons (collectively "Entities") from any liability, loss, claim, or cause of action, by reason of any claim asserted against the Entities by the undersigned, guardian, next friend, my Child, or my Child's heirs, executors, administrators or assigns arising out of or relating to the Event.

The following are by definition the above named Entities: United States Swimming, Inc.; Virginia Swimming, Inc.; NOVA of Virginia Aquatics, Inc.; United States Masters Swimming; LMSC of Virginia; Virginia Masters Swim Team; each swim club participating in the Event; Event Meet Sponsors, Event Meet Directors; Albemarle County and its officers, agents, and employees; Charlottesville-Albemarle Rescue, Individual Event Officials; or any other person participating in administrating the Event.

**PARENT or LEGAL GUARDIAN SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_