

2009 Western Zone 1K & 3K Open Water Race August 9, 2009 - Waimea Bay - Oahu, HI

Hosts North Shore Triathlon, USA Swimming, Hawaiian Swimming, and Honolulu City & County Parks and Recreation

Sanction Held under sanction of USA Swimming through Hawaiian Swimming.
Hawaiian Swimming Sanction No.: **HI20090809-OWSZO**

Date Sunday August 9, 2009

Times	<u>3K Race</u>	<u>1K Race</u>
	Check In: 6:15AM to 7:00 AM	Check In: 6:15AM to 8:30 AM
	Pre-Race Meeting: 7:00 AM	Pre-Race Meeting: 9:00 AM
	Race Start: 7:30 AM	Race Start: 9:30 AM

Award presentations: approximately 30 minutes after the completion of the 1K race.

Referee Marcelle Arakaki
marcelle@hawaii.com
(808) 382-4343

Directors Chirs Moore / Chris Gardner
eroom@hawaii.rr.com / cgardner@aqualung.com
(808) 372-8885

Location Waimea Bay, North Shore, Oahu, Hawaii

Directions <http://www.hawaiiswim.com/howtogether.html>

Course 1K and 3K - see race application for map of course:
<http://www.hawaiiswim.com/WZC09.PDF>

Format Water start and beach finish. Timing will be performed using timing chips on ankle bracelets. Staggered heat starts will be used with the Senior division starting first, followed by the Age Group division, followed by the Open division in approximately 5-minute intervals.

Assigned race number will be applied to both arms and the athlete's back. Athletes are requested avoid applying lotion to these areas until after the numbers are applied.

Changes to the start, finish, staggered heats, and/or course may be made on race day if determined necessary for safety purposes or other reasons by the referee, safety personnel, and race directors.

Rules Current USA Swimming rules will govern the races.

- Refer to Part Seven of the 2009 USA Swimming Rules & Regulations for complete list of Open Water Rules.
- 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.

Divisions

Senior Division: Limited to 2009 Western Zone Senior Championship entrants.

Age Group Division: Limited to 2009 Western Zone Age Group Championship entrants.

Open Division: Limited to athletes NOT entered in either the 2009 Western Zone Age Group or the 2009 Western Zone Senior Championship Meets. Single-day USA-S registered athletes are permitted, see instructions below.

Age Groups and Awards

Senior Division:

1K Race – 15 & Over

Medals 1st through 8th place finishers

3K Race – 15 & Over

Medals 1st through 8th place finishers

Age Group Division:

1K Race – 10 & Under, 11-12, 13-14, 15-16, 17-18

Medals 1st through 8th place finishers

3K Race - 11-12, 13-14, 15-16, 17-18

Medals 1st through 8th place finishers

Open Division:

1K Race – 10 & Under, 11-12, 13-14, 15-19, 20-24, 25-29, etc.

Medals 1st through 3rd place finishers

3K Race - 11-12, 13-14, 15-19, 20-24, 25-29, etc.

Medals 1st through 3rd place finishers

Eligibility

Eligibility and registration requirements differ per division:

- Eligibility for the Senior Division is limited to athletes who are entered in the 2009 Western Zone Senior Championship Meet. All USA-S athletes must be registered for 2009. The Senior Championship Division is open to foreign swimmers by specific permission from Hawaiian Swimming under the provisions of 203.9 in the 2009 USA Swimming Rulebook.
- Eligibility for the Age Group Division is limited to athletes who are entered in the 2009 Western Zone Age Group Championship Meet. All athletes must be USA-S registered for 2009.
- Eligibility for the Open Division is limited to athletes who are not entered in either the 2009 Western Zone Age Group or the 2009 Western Zone Senior Championship Meets. All athletes in the Open Division must be USA-S registered for 2009 and provide proof of such registration OR be registered as a Single-Meet Open Water race athlete for an additional fee of \$15.

All foreign participants must be members in good standing of their country's FINA affiliated federation and must send all required documents from FINA allowing participation in a USA Swimming/Hawaiian Swimming sanctioned event postmarked by July 25, 2009 and to be received no later than August 1, 2009.

Foreign Athletes only - Mail Registration Information to:

Ms. Gwenn Tomiyoshi
Hawaiian Swimming Registrar
171-G Ainaola Drive
Hilo, HI 96720

Email: jackel@hawaiiantel.net

Entries

Entry fees for the 1K or 3K race is \$35, or \$50 for both races, if postmarked by August 1st, 2009. Entry fees include t-shirt, refreshments, and awards. No refunds will be made.

Current USA Swimming athletes entered in the Open Division must provide proof of 2009 registration. Non-USA Swimming athletes entered in the Open Division must also include the Single-Meet Open Water Registration form with the \$15 application fee. No refunds will be made.

Race day entry fees for the 1K or 3K race is \$45, or \$60 for both races. T-shirt availability is not guaranteed for race day entrants. No refunds will be made.

Race application and single-day registration form may be found at:
<http://www.hawaiiswim.com/WZC.html>

Mail Application and/or USA Swimming Registration to:

Western Zone Open Water Race
Attn: Linda Moran
94-463 Alapine Street
Waipahu, HI 96797-4515

DO NOT mail in applications AFTER the mail-in deadline. Bring late applications, registration forms, and fees to the race check-in table.

Foreign athletes please refer to special registration instructions in the Eligibility section of this document.

Pre-Race Meeting

ALL swimmers MUST be present for a pre-race meeting at the race site 30 minutes prior to the scheduled start. Race officials will distribute information on weather and water conditions, emergency procedures, race course specifics, technical rules, etc. Each participant is responsible for all information distributed at these meetings. Any entrants not present during meeting will not be allowed to compete.

Equipment

Hand paddles, fins, snorkels, or flotation devices ARE NOT permitted. Caps (maximum of 2), goggles, and non-flotation suits ARE permitted.

Safety

SWIM CAPS ARE MANDATORY. Competitors without caps will be disqualified. No personal escorts. Lifeguards will patrol the course during the races.

Escort Craft

No personal, coach, or team escort boards or crafts are allowed.

Cut-off Times Cut-off times of 40 minutes for the 1K race and 1 hour and 40 minutes for the 3K will be enforced by the race referee and/or safety personnel. Competitors who do not finish the course within the time limit shall be removed from the water except that the Referee may allow a competitor outside the time limit to complete the course but not participate in any points or prizes awarded.

Results Results will be posted at the race site and online at:
<http://www.hawaiiswim.com/WZC.html>
<http://www.hawaiianswimming.org>

Refreshments Refreshments will be provided for officials and volunteers during the event and available to swimmers after completion of the race.

T-shirts T-shirts are included with the entry fee for entries postmarked by the mail-in deadline. T-shirts are not guaranteed for late or race-day entries. Indicate T-shirt size on race application.

Additional Race Information Additional race information may be found at:
<http://www.hawaiiswim.com/WZC.html>