

**2021 Eastern Zone Open Water Championship and
Connecticut Swimming Dave Parcels Open Water Festival
JUNE 26, 2021
Quassy Amusement Park, Lake Quassapaug, Rt. 64
2132 Middlebury Road
Middlebury, CT 06762**

Looking forward to race day! We have over 50 teams participating, representing 10 LSCs. There are approximately 350 swimmers entered to compete on Saturday, June 26th. Please see below for some highlights from the Meet announcement. Also, please find attached the Psych Sheet. Please let me know by Tuesday, June 22th, if there are any issues. Registration has CLOSED. If payment hasn't already been mailed out please bring it to race day and hand it into one of the registration tables. Light concessions will be available for purchase on race day. Please follow the attached CHECK-IN procedure for race day. Use this link to located additional information: <https://www.teamunify.com/TabGeneric.jsp?tabid=214692&team=ctsac>

Please remind parents, spectator's and supporters all are required to sign the wavier along with athletes please submit these at the check-in table. **Mask are required to be worn at all times,** Meet Management may restrict access to specific competition areas; including the start, competition course, and finish areas. Only athletes, coaches, officials, and official meet staff actively participating in the Meet shall be permitted in these areas. All coaches must present a valid USA Swimming Coach Card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them to enter restricted areas of the race venue. EZ-Up Tents and chairs are allowed in grass areas by the pavilion.

The Minor Athlete Abuse Prevention Policy (MAAPP)

USA Swimming member clubs and LSCs are required to implement this Minor Athlete Abuse Prevention Policy in full. The Minor Athlete Abuse Prevention Policy must be reviewed and agreed to in writing by all athletes, parents, coaches, and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club.

Athlete Protection Training for all Adult (18 years and older) Athletes All athletes 18 years and older must complete Athlete Protection Training (ATP) by June 23, 2019 in order to compete and train with USA Swimming member clubs. This training is completed through USA Swimming LEARN. Please follow these instructions:

<https://www.usaswimming.org/docs/default-source/safe-sportdocuments/maapp/adult-athlete-training-faq.pdf>

Highlights from meet announcement:

- **Any swimmer coming without a coach will be assigned to the Hall of Fame Open Water Swimmer, and Coach, Marcy MacDonald. Please look for the LEHY banner on the picnic tables in the pavilion to find her.**
- **Please use the attached CHECK-IN Procedure**
- **Warm-up** will be available on the portion of the race course closest to the finish area, between 6:00am-7:20am **ONLY**. Warm-up swimmers will be allowed to swim out to the first turn buoy and then turn clockwise. The full course is **NOT** open in warm-up.
- Quassy Amusement Park Discounted Ride Ticket Code is: SWIM2021
- This is an open water freshwater lake swim. The weather and water conditions are unpredictable; please use good judgement if you are uncertain about swimming in open water. The course is set, however, the race committee reserves the right to change the configuration and/or direction of each event due to race day conditions. The details of race with landmarks are attached.
- All swimmers who do not complete the course during the allotted time limit may be asked to retire from the race. Swimmers must finish within approximately 30 mins of the first finisher for the 2.5K and 5K.
- NO ON-SITE OR SAME DAY MEMBERSHIP REGISTRATION WILL BE PERMITTED
- Meet Referee: Mike Huffman, mhuffman99@gmail.com
- Volunteer Open Water Officials are welcome and encouraged to officiate. To sign-up please use the link below:
<https://fast.ctswim.org/CTNet/CFPaintForm.aspx?f=181>

RACE SCHEDULE

DO NOT CHECK IN EARLIER THAN YOUR EVENT REQUIRES. Due to Covid-19 we need to space out check-ins.

5K Championship (Junior National Selection course)

- RACE REQUIRE Check-In between 6:00-7:00a.m. (participation will be revoked without refund if late to registration).
- Pre-Race Briefing Mandatory will be held at 7:15am held at the start of the race course

Mini Championship

- RACES REQUIRE Check-In between 7:45-8:30am. (participation will be revoked without refund if late to registration).
- Pre-Race Briefing Mandatory will be held at 9:00am held at the start of the race course

2.5k Championship

- RACES REQUIRE Check-In between 8:30-9:15am. (participation will be revoked without refund if late to registration).
- Pre-Race Briefing Mandatory will be held at 9:45am held at the start of the race course

Schedules and wave assignments are subject to change depending on number of entries and local conditions.

5K Championship (Eastern Zone Junior National Selection Course)

Wave 1: 7:30 am – Male Swimmers Ages

Wave 2: 7:35 am – Female Swimmers Ages

750 Mini Championship

Wave 1: 9:15 am-Female Ages 12 and Under

Wave 2: 9:30 am- Male Ages 12 and Under

2.5K EZ Championship and CT Championship

Wave 1: 10:00 am – Male Swimmers Ages 15 to 29

Wave 2: 10:10am – Female Swimmers Ages 15 to 29

Wave 3: 10:20 am – Female Swimmers Ages 11 to 14

Wave 4: 10:30 am – Male Swimmers Ages 11 to 14

Wave 5: 10:40 am – Female & Male Swimmers Ages 30

Qualification of National Level Events

2022 USA Swimming Open Water Junior National Championships

7.5K Qualification

- Top 6 age eligible athletes from the 2021 USA Swimming

5k Open Water Zone Championship (Open Division Only). * 5K Qualification

- Top 6 age eligible athletes from the 2021 USA Swimming 5k Open Water Zone Championship (Open Division Only).

* * The “Open” Division of the 5K Open Water Zone Championships will be the only event used for the qualification towards USA Swimming’s National Level Events. Qualification from age group events will not be allowed.