



SWIMMING



Middle Atlantic Open Water 5K

Hosted by EHT SEAHAWKS

SANCTION	
START/address	Beesley's Point Sea Doo Beach 912 Rte US 9 N Marmora, NJ 08223
MEET DIRECTOR	ALISON RICCIOTTI (609) 839-8707
Course Description	This is an open water bay swim. The weather and water conditions are unpredictable; please use good judgement if you are uncertain about swimming in open water. The 5K should NOT be an athlete's first open water experience. 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. Any questions about the course will be addressed at the pre-race meeting.
DATE	Sunday June 12th
TIMING	Split Second Racing www.splitsecondracing.net
WARM-UPS & WARMDOWNS	Warm up: Available adjacent to the start provided they do not interfere with the race set up.
REGISTER HERE	https://www.raceforum.com/maswim
REGISTRATION FEES	USA Swimming Members: 5K race - \$40 2.5K race - \$30 Non-USA Swimming Members: 5K race - \$55 2.5K race \$45

	<p>(All non USA swimming members will have to fill out a USA Swimming Open Water Single day registration.</p> <p><u>Day of Registration:</u> Same prices and will still be done through split second timing</p> <p>ALL SWIMMERS MUST CHECK IN ON DAY OF RACE No refunds will be given.</p>
OFFICIALS	<p><u>Officials Contact:</u> Chris Neuman @ chrisneuman26@msn.com</p> <p>Volunteer Open Water Officials are welcome and encouraged to officiate.</p>
RULES	<p>Current USA Swimming rules will govern all competition. Any swimmer not turning properly at the buoys will be asked to return to the buoy to take the turn properly. Failure to do so will result in the swimmer being disqualified.</p>
Eligibility	<p>Open to all FULL USA Swimming member athletes registered prior to first day of the meet.</p> <ul style="list-style-type: none"> • Must be a registered Full USA Swimming athlete to enter. • Age on will determine age for the meet. <p>Recommended entry standards:</p> <ul style="list-style-type: none"> • For 12 and under events, Minimum of BB time standard in the 500yd freestyle or the 400M freestyle or successfully completed a minimum of a 500M open water swim in a bay, river, lake or at a beach. • For 13 - 14 and 15-18 events: Minimum of an A time standard in the 1000yd, 1650yd, 800M, or 1500M freestyle or successfully completed a minimum of a 1K open water in a bay, river, lake or at a beach. • For Senior/Open Event: Minimum of a AA time standard in the 1000yd, 1650yd, 800M, or 1500M freestyle for 15-18 Age Group or

	<p>successfully completed a minimum of a 1K open water in a bay, river, lake or at a beach.</p> <ul style="list-style-type: none"> • Athletes not completing the 5K within 1 hour and 30 minutes may be removed from the course at the discretion of Meet Management
DISABILITY SWIMMERS	<p>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</p> <p>The athlete (or the athlete’s coach) is also responsible for notifying the Meet Referee of any disability prior to the competition.</p>
RESULTS/AWARDS	<p>Awards will be presents to the top 8 Female and male finishers in the 5K and the 2.5K</p>
<p>SAFETY</p> <p>Day of Race Contact (EMERGENCY ONLY) (609)226-5379</p>	<p>OPERATIONAL RISK DIRECTOR: John Schreiner</p> <p>The Meet Referee, Operational Risk Director, and Independent Safety Monitor, in conjunction with the Meet Director, reserve the right to cancel this event if conditions are unsafe. Middle Atlantic Swimming Officials, Atlantic City EMS, and Atlantic City Beach Patrol (ACBP) will provide safety for this event.</p> <p>All participants must attend the mandatory pre-race meetings at the below mentioned time.</p> <p>For safety reasons finger/toe nails must be clipped and no jewelry is allowed with the exception of post earrings. Post earrings will be permitted if they are completely under the athlete’s cap; no hoop earrings will be permitted.</p> <p>Each athlete will be given a card with their “athlete number” on it. This card is used during the marking process, as well as given to event staff upon the athlete entering the water. This allows the event staff to know which athletes entered the water. Athletes will be within 100 meters of safety personnel while in the water. The final number of</p>

	<p>athletes that enter the water will be radioed to the Independent Safety Monitor, Meet Director, Meet Referee, Operational Risk/Safety Director, and all event staff. Course marking officials will radio in to all when the last athlete has past them on the course. If any athletes are picked up during the swim their number will be called in to the finish area and support boats. As the athletes finish their event their number will be recorded and they will be photographed/videoed crossing the finish line. The total numbers of athletes will be tallied at the finish line and radioed to all parties. A list of athletes by number will be provided to the Command Center, Emergency Crafts/Boats, and Officials.</p>
<p>PHOTOGRAPHY/VIDEO/DRONES</p>	<p>PHOTOGRAPHY AND VIDEO RECORDING: Meet Management has the full authority to restrict any and all photography and visual recording at the event by spectators. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is prohibited in any “Non-Camera Zones” as designated by Meet Management. Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.</p> <p>DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (ocean, pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA Swimming Vice President of Program Operations.</p>
<p>Covid-19</p>	<p>An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior</p>

	<p>citizens and individuals with underlying medical conditions are especially vulnerable.</p> <p>USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p> <p>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</p>
<p>MEET HOST’S ASSUMPTIONS OF RISK DISCLAIMER</p>	<p>We have taken enhanced health and safety measures. You must follow all posted instructions while visiting the race venue. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease</p>

	Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting the race venue, you voluntarily assume all risks related to exposure to COVID-19. Please do not visit the race venue if you are sick, recovering from illness or have been exposed to illness.
ATHLETE PROTECTION (MAAPP)	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Protection Policy (“MAAPP”), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition.
VOLUNTEERS	Open Water Officials with certification card are welcomed and encouraged to assist (See OFFICIALS)
DIRECTIONS	
PARKING	ON STREET PARKING IS AVAILABLE

RACE MAP



RACE SCHEDULE

7:15 AM 5K participants race briefing

7:30 AM Men's 5K start

7:40 AM Women's 5K start

9:15 AM 2.5K participants briefing

9:30 2.5K race start