**5K Championships - Saturday, August 10, 2013**

Men’s and Women’s Races 9:00am

**Open Water Clinic - Saturday, August 10, 2013**

In Pool and On Lake 2:00pm

**10K Championships - Sunday, August 11, 2013**

Men’s and Women’s Races 9:00am

**Salt Point at Myers Park, Lansing New York**

With the generous support and assistance of Lansing Parks and Recreation

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**Hosted by:**

**Ithaca Aquatics Club**

**Whitney Point Swim Club**

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**Event Technical and Entry Information**

**Important Facts about the Competition**

* All participants must be current athlete members of USA Swimming or their respective FINA member association.
* Proof of entry time must be submitted at the time of entry and will be verified through the USA Swimming National Times database.
* The entry period for the Cayuga Lake Challenge *is* from *May 15, 2013 through Friday, August 3, 2013*. There will be no late or race-day registration.
* Race start times are subject to change due to number of entries and local conditions.
* 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 18 and older and parents/guardians of swimmers under 18 must sign a USA Swimming Open Water Waiver and Release, and submit it at Registration.
* The Race Safety Plan, Waiver & Release Form, and other important information will be posted at Niagaraswim.org

**Event Administration**

**Meet Director:** [Roy Staley](mailto:RESIACSA@aol.com)

**Championship Referee:** [Maureen Russell](mailto:russellmo1@gmail.com)

**Event Safety Officer:** [Michael Murray](mailto:coachmurray3m@gmail.com)

**Meet Operations:** [Jim Bowen](mailto:%20jlb6@cornell.edu)

**Medical Officer:** Dr. Andrew Getzin, 607-279-2221 [cell]

**On Site Emergency:** Lansing Fire Department and EMS with boat on race course

Scott Purcell, Fire Chief, 607-533-7733, office.

**Competition Entry Information**

**Location**

The 2013 Cayuga Lake Challenge will take place at Salt Point on Cayuga Lake, Myers Park at Lansing, New York.

**Eligibility**

The Cayuga Lake Challenge are open to all currently registered athlete members of USA Swimming or their respective FINA member association.

**Entry Fees**

10K Championships

$50.00 Individual

5K Championships

$40.00 Individual

**Technical Meetings [optional]**

All swimmers and coaches should arrive in time for the technical meeting for their event. Each participant is responsible for all information distributed at these meetings.

* 5K Technical Meeting, Friday, August 9th at 5:00 pm

The meeting will be held at the race tent at Salt Point, Lansing, NY

* 10K Technical Meeting, Saturday, August 10th at 5:00 pm

The meeting will be held at the race tent at Salt Point, Lansing, NY

**Pre-Race Briefing [mandatory]**

All swimmers and coaches must be present for the Pre-Race Briefing at the race tent located at Salt Point no later than 40 minutes prior to the scheduled start of the race. At this meeting, race officials will distribute last minute information on weather and water conditions, emergency procedures, etc.

**Practice Availability**

Open Water training is available at the venue beginning Tuesday, August 6th. Practices during these times are at the swimmer/coaches risk. There will be no lifeguards on duty at this time. Kayaks are available for use at the Myers Park Swimming area. Contact the head guard at the swimming area. On Friday, August 9th, the race course will be supervised, from 3:00pm to 5:00pm.

**Race Day Schedules**

**Men’s and Women’s 5K Race Day – Saturday, August 10th**

7:30am to 8:15am – Registration Check-In at Salt Point Race Tent and warm-up

8:20am – Pre-Race Briefing

8:40am – Inspection and Roll Call

**9:00am – Men’s and Women’s 5K Start\***

12:00pm – Awards

**Men’s and Women’s 10K Race Day – Sunday, August 11th**

7:30am to 8:15am – Registration Check-In at Salt Point Race Tent and warm-up

8:20am – Pre-Race Briefing

8:40am – Inspection and Roll Call

**9:00am – Men’s and Women’s 10K Start\***

12:00pm – Awards

*\*Subject to change depending on number of entries and local conditions.*

**Race Course and Operations**

The race course will consist of two 2.5K loops (5K) or four 2.5K loops (10K) swum counter clockwise, with large buoys at each turn, and intermediate buoys lining the course. All races will have a ‘in-water’ start and a ‘in-water’ finish.

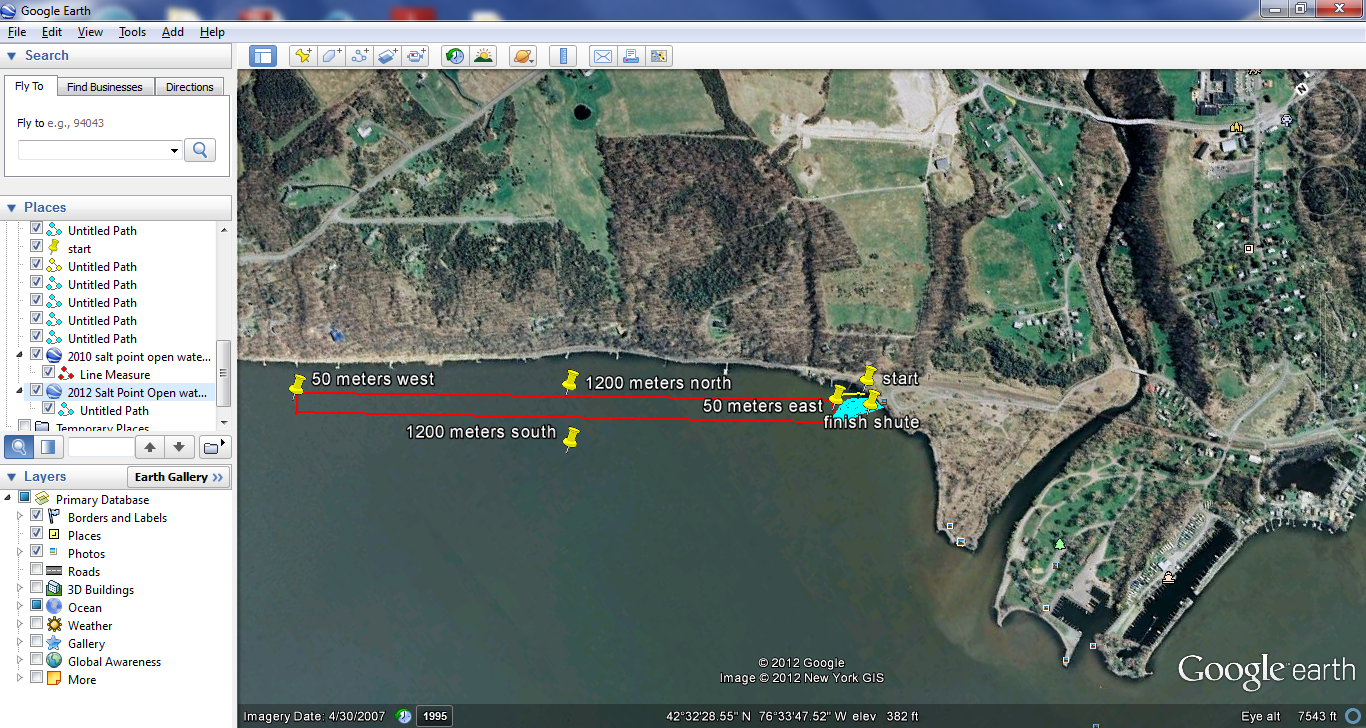
A “feeding” station will be located near the halfway point of the course for only the 10K race. The use of feed sticks by coaches will be permitted. It is the swimmer’s responsibility to coordinate with their coach or another individual for feeding purposes. No volunteers will be specifically available 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.

At least two stationary boats will also be available for coaches. Boat assignments will be made by draw. The boats will depart the dock for the course 5 minutes before the start of the race, and will remain in position until the last swimmer passes on the final lap. No additional coaches’ craft will be allowed near the race course. All races will be non-escorted swims.

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 Head Referee.

***For additional course and safety information, please refer to the Race Safety Plan at Niagaraswim.org.***

**Course Layout**



**Qualifying Criteria and Entry Process**

**Qualifying Criteria**

In order to compete in the Niagara Open Water Championships, a swimmer must have an official time recorded in the USA Swimming National Times database in at least one of the following events.

**800 SCM Freestyle 800 LCM Freestyle 1000 SCY Freestyle**

**1500 SCM Freestyle 1500 LCM Freestyle 1650 SCY Freestyle**

Proof of time for FINA athletes is required to be submitted in hard copy form with entry.

**Computer Entries and Entry Deadline**

Entry registration for the Cayuga Lake Challenge is from May 15, 2013 through Friday, August 2, 2013. There will be no late or race-day entries accepted.

The Niagara LSC has standardized on Hy-Tek’s Team Manager and Meet Manager software. You must submit your electronic entry file via e-mail.

A Hy-Tek ‘Proof of Time’ entry report along with payment, signed Meet Entry Summary/Waiver form and Athlete Waiver and Release forms must be received no later than 6:00 pm on Friday, August 3, 2013. Mail or deliver entries to:

Mr. Jeremy Roberts phone: 607 – 221 – 7396

47 Richards Dr e-mail: [jroberts19@stny.rr.com](mailto:jroberts19@stny.rr.com)

Whitney Point, NY 13862

**Please waive all signature delivery requirements**

Single-Meet Open Water athlete memberships in USA Swimming are available to any athlete who is not a current member of USA Swimming or a FINA member association. Complete the attached form and submit it with payment and all other entry materials.

Once your completed entry has been received and accepted, you will be sent confirmations via e-mail. Please keep all of these and bring them with you to the meet (just in case).

**USA Swimming Open Water Rules**

2013 USA Swimming Rules and Regulations will govern this event. Please see Part Seven of the USA Swimming Rule Book 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 or 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.

**Event Logistics**

**Parking**

Parking will be available on-site at Salt Point

**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)

**Abandonment**

In the event of abandonment, the race shall be re-started from the beginning at the earliest possible time and the full distance completed.

**Open Water Clinic**

* At Salt Point from 4:30 to 5:30pm
* Further details will be provided.

**Hotels**

[Best Western University Inn](http://business.tompkinschamber.org/list/member/best-western-university-inn-ithaca.htm)

East Hill Plaza Ithaca NY 14850

(607) 272-6100

[Clarion University Hotel](http://business.tompkinschamber.org/list/member/clarion-university-hotel-ithaca.htm)

1 Sheraton Dr. Ithaca NY 14850

(607) 257-2000

[Country Inn & Suites](http://business.tompkinschamber.org/list/member/country-inn-suites-ithaca.htm)

Rt 96B Ithaca NY 14850

(607) 256-1100

[Econo Lodge](http://business.tompkinschamber.org/list/member/econo-lodge-ithaca.htm)

2303 N. Triphammer Rd. Ithaca NY 14850

(607) 257-1400

[Hampton Inn-Ithaca](http://business.tompkinschamber.org/list/member/hampton-inn-ithaca-ithaca.htm)

337 Elmira Rd. Ithaca NY 14850

(607) 277-5500

[Hilton Garden Inn](http://business.tompkinschamber.org/list/member/hilton-garden-inn-ithaca.htm)

130 E. Seneca St. Ithaca NY 14850

(607) 277-8900

[Homewood Suites by Hilton](http://business.tompkinschamber.org/list/member/homewood-suites-by-hilton-ithaca.htm)

36 Cinema Dr. Ithaca NY 14850

(607) 266-0000

[Ithaca Courtyard by Marriott](http://business.tompkinschamber.org/list/member/ithaca-courtyard-by-marriott-ithaca.htm)

29 Thornwood Dr. Ithaca NY 14850

(607) 330-1000

[Ithaca Downtown Holiday Inn](http://business.tompkinschamber.org/list/member/ithaca-downtown-holiday-inn-ithaca.htm)

222 S. Cayuga St. Ithaca NY 14850

(607) 272-1000

[La Tourelle Resort & Spa](http://business.tompkinschamber.org/list/member/la-tourelle-resort-spa-ithaca.htm)

1150 Danby Rd. Ithaca NY 14850

(607) 273-2734

[Meadow Court Inn](http://business.tompkinschamber.org/list/member/meadow-court-inn-ithaca.htm)

529 S. Meadow St. Ithaca NY 14850

(607) 273-3885

[Ramada Inn Ithaca and Conference Center](http://business.tompkinschamber.org/list/member/ramada-inn-ithaca-executive-conference-center-ithaca.htm)

2310 N. Triphammer Rd. Ithaca NY 14850

(607) 257-3100

[Rodeway Inn & Suites](http://business.tompkinschamber.org/list/member/rodeway-inn-suites-ithaca.htm)

654 Elmira Rd. Ithaca NY 14850

(607) 272-5252

[Super 8 Motel](http://business.tompkinschamber.org/list/member/super-8-motel-ithaca.htm)

400 S. Meadow St. Ithaca NY 14850

(607) 273-8088

[Taughannock Farms Inn](http://business.tompkinschamber.org/list/member/taughannock-farms-inn-trumansburg.htm)

2030 Gorge Road Trumansburg NY 14886

607-387-7711

[The Statler Hotel at Cornell University](http://business.tompkinschamber.org/list/member/the-statler-hotel-at-cornell-university-ithaca.htm)

130 Statler Dr. Ithaca NY 14853

(607) 257-2500

**Meet Entry Summary**

Club Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Club Code \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coaches Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Person submitting Entry Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total 5K Individual entries \_\_\_\_\_\_\_ X $ 40.00 = $ \_\_\_\_\_\_\_\_\_

Total 10K Individual entries \_\_\_\_\_\_\_ X $ 50.00 = $ \_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_

Total Due $ \_\_\_\_\_\_\_\_\_

Make checks payable to ***Whitney Point Swim Club***

**Team checks only please !!**

Enclosed is payment of the entry fees for all events we have entered. In consideration of the acceptance of this entry, we hereby, for ourselves, our heirs, administrators, and assigns, waive and release any and all claims against Ithaca Aquatics Club, Whitney Point Swim Club, Niagara Swimming, Inc., USA Swimming, and the Town of Lansing for injuries and/or expenses incurred by us at this meet or while on the road to and from the meet. We are bona-fide amateur athletes eligible to participate in all events entered.

Signature of club official, parent or guardian

Date

**Cayuga Lake Challenge Waiver and Release Form**

(Duplicate as needed for each athlete.)

|  |
| --- |
| **EACH COMPETITOR AND HIS/HER PARTENT OR GUARDIAN, IF APPLICABLE, MUST COMPLETE THIS WAIVER AND RELEASE FORM** |

***In signing below, the athlete agrees to abide by the conditions herein.*** I verify the event(s) in which I am entered and that I am a registered amateur athlete according to the USA Swimming Code of Regulations; that in consideration of your accepting this entry, I, intending to be legally bound, do herby for ourselves, our heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims for damages which we or either of us may hereafter have against USA Swimming, Inc., the host team, the Local Swimming Committee (LSC), and/or their respective officers, agents, representatives, successors and/or assigns, for any and all damages which may be sustained or suffered by me in connections with, or entry in and/or arising out of my traveling to, participating in and returning from said event.

**GENERAL ACKNOWLEDGEMENT & ACCEPTANCE**

I hereby acknowledge that all information and signatures on this form are applicable to my participation in these Niagara LSC Swimming Championships and I agree to abide by the regulations specified in this document and in the Rules and Regulations of USA Swimming for the management of conduct to the USA Swimming program.

**OATH OF ELIGIBILITY**

I declare that I am eligible and in good standing with regulations laid down by USA Swimming, the International Federation for Amateur Swimming (FINA), and the International Olympic Committee (IOC). I also declare I am not under suspension or disciplinary action imposed for use of illegal drugs or other athlete regulation infractions. I agree to sign additional documents to this effect when required to do so by USA Swimming or the local organizing committee.

**DOPING**

I understand that it is the policy of USA Swimming to discourage and prevent the use of prohibited doping substances and prohibited doping methods. The FINA Anti-Doping Rules are available on-line or from USA Swimming. I know that I should call the USADA Drug Reference Line (1-800-233-0393) to check the status of all medications and substances I am currently using, and to satisfy any questions or concerns that I may have about medications and prohibited substances and methods. I do not currently engage in, nor do I intend to use any prohibited substances and methods. I acknowledge that the use of prohibited substances or prohibited methods may subject me to disqualification and other sanctions imposed by USA Swimming, USADA, FINA, or IOC.

**DRUG TESTING**

I understand that USADA will conduct drug testing on athletes during and outside of competition. By registering for this competition, I hereby consent to and authorize USADA to test me for prohibited substances and prohibited methods at any time. I further acknowledge and agree that my refusal to participate in a drug test may subject me to disqualification and sanctions, the same as if I had tested positive for a prohibited substance. I hereby authorize USA Swimming to include the results of any drug testing of me in the published statistics for drug testing and to include my name in the list of athletes who have been drug tested, which USA Swimming publishes on their website. In the event I refuse to submit to a drug test or a drug test has a positive result, I recognize that I am subject to the adjudication processes established by the US Anti-Doping Agency (USADA) and FINA, because of my refusal or positive test.

**AUTHORIZATION AND EVENT PROMOTION**

I agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming and give the event organizers the right to use my name, picture, likeness, and biographical information before, during or after the period of my participation in these competitions to promote the competition in which I compete or to promote the success of the team on which I competed. I understand and agree not to use or authorize use of pictures of myself in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. I agree not to use the medals or photos, portraits or films of me with the medals, which I receive form my performance in this competition, for the purpose of trade. Furthermore, it is agreed that I shall return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.

**AUTHORIZATION FOR MEDICAL SERVICES**

I hereby give consent for the meet host to provide me with medical care and treatment and emergency medical services associated with participation in this competition. Additionally, I hereby agree that, in the event I elect to obtain any of these services or treatments from any sources other than the provided or approved by the meet host, I shall accept full and complete responsibility. I further authorize the release of any medical information necessary to process a claim for accident/medical payment insurance for an injury or illness incurred while I am participating at this competition.

**ASSUMPTION OF RISK OF SERIOUS INJURY**

I understand and appreciate that my participation in the sport of swimming carries a risk of serious injury, including permanent paralysis or death. I voluntarily and knowingly recognize, accept, and assume this risk. I certify that, to the best of my knowledge and belief, I am in good health and in proper physical condition for the anticipated conditions of the event, and I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate. I understand and acknowledge the physical and mental rigors associated with open water swimming, and realize that such events are inherently dangerous and represent an extreme test of a person’s physical and mental limits. I understand that participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, illness, permanent disability, paralysis and death. I understand and acknowledge that I may be exposed to extreme conditions and circumstances; hazardous natural or manmade objects; dangers arising from adverse weather conditions, imperfect course conditions, water hazards, inadequate safety measures, situations beyond the immediate control of the event organizers, and other undefined harm or damage which may not be readily foreseeable, and other presently unknown risks and dangers ("Risks"). I understand that these risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the event, or the acts, inaction or negligence of the released parties. I agree to be familiar with and abide by the rules and regulations established for the event. I also accept sole responsibility for my own conduct and actions while participating in the event.

**RELEASE**

The undersigned, parent(s), natural guardian(s), or legal guardian(s) of

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, does thereby represent he/she (they) is (are), in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties herein referred to above, as releases, from all liability, loss, cost, claim, or damage whatsoever may be imposed upon said releasees because of any defect in or lack of such capacity to so act and release said releasees behalf of both of the undersigned.

**MISCELLANEOUS**

The Waiver and Release Form shall be construed in accordance with the subject to the laws of the State of Colorado. If any paragraph, section, sentence, clause, or phrase contained in this Waiver and Release Form becomes or is held by any court of competent jurisdiction to be illegal, null, or void or against public policy, the remaining paragraphs, sections, sentences, clauses, or phrases contained in

this Waiver and Release Form shall not be affected thereby.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant’s Name (Please Print) Participant’s Signature Date

(If Applicant Is under Age of Majority in His/Her Home State, the Parent(s) or Guardian(s) must Execute the following Waiver in Addition to the Above)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Team Name Race Day Phone Number

This is to certify on this date that I, as parent/guardian of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, participating in this competition, give my consent to USA Swimming and its medical representatives to obtain medical care from any licensed physician, hospital, or clinic for the above mentioned athlete for injury that could arise from activities in this competition. I further consent to the random drug testing of the above-mentioned athlete during the competition and for the twelve (12) month period following the competition, to the disclosure of test results, and to the other terms and conditions set forth in the paragraph above entitled DRUG TESTING.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature Relationship

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Name (please print) Date

