RICE SWIMMING

It is our goal to encourage and nurture a lifelong appreciation for the sport of swimming

GULF Open Water Meet Hosted by RICE Aquatics

All swimmers, coaches and volunteers should be familiar with all guidelines outlined in this document and the meet PDF.

Overview

Event 1: 800 M (1 loops around course). Race starts at 9 am Warm Up: 8:20 am
Event 2: 1 Mile/1600 M (2 loops around course). Race starts at 10 am Warm Up: 9:20 am
Event 3: 2 Mile/3200 M (4 loops around course). Race starts at 11 am Warm Up: 10:20 am

Important Reminders

RACE Numbers

- Race numbers must be marked vertically on both arms and back left shoulder in waterproof marker prior to arrival. Swimmers will be checked prior to entrance of the park for parking for numbers.

PARKING/VENUE

- There is a $5 (Cash Only) entry/parking fee per car as you enter the venue. This is paid at the gate. No dogs are allowed in the park.
- The facility has portable toilets onsite and no separate changing areas. No concessions.
- Parking is near the Warm Up area. Parking at the competition area of the lake is for volunteers/coaches only.

WARM UP

- There is a separate warm up course at the west corner of the lake. Swimmers must have a coach present to warm up in the designated warm up area. Shoes/sandals are suggested to walk from the warm up area to the competition area.
- Parents should set up near the warm up area and walk to the competition area for their swimmers event.

SAFETY/EMERGENCY PROCEDURES

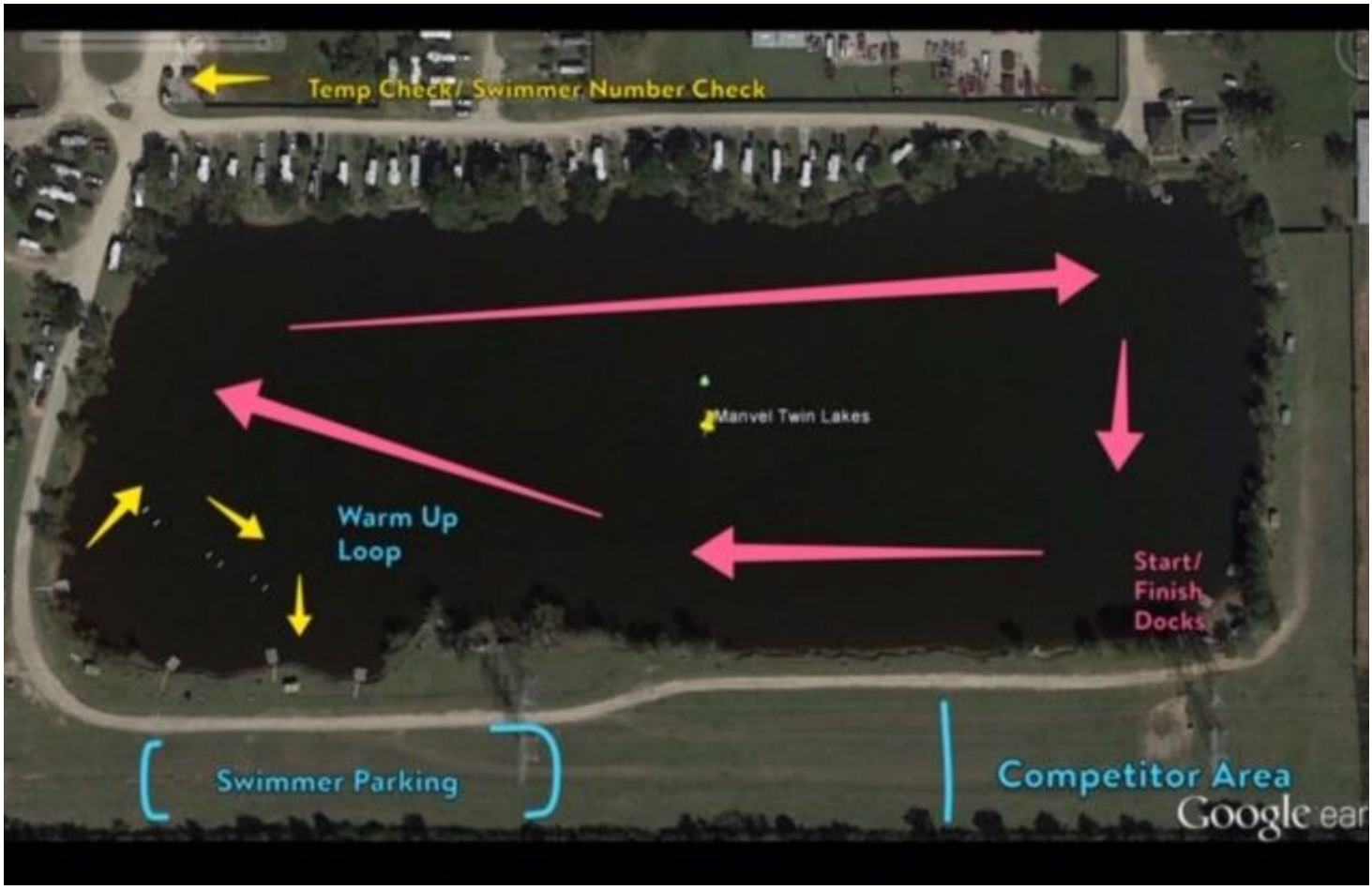
Please go over these with your swimmers before race day. Some of this information will be a part of the pre-race conversation. 1 team rep/coach needs to share their cell phone for contact by meet management for any notifications leading up to/day of the vent. Also teams can follow @RiceOpenWater on Twitter for mass notifications in case of any weather delays.

Pre Race Video Link

- Masks should be worn up until entrance into the lake. Swimmers can have a ziplock bag with name to place their mask in prior to hoping in for their event. Coaches can help organize this for their teams.
- All swimmers will enter the water feet first for warm up and race start. Exit will be climbing onto dock via steps. Use caution when stepping onto the docks.
- If you are apprehensive about participating in the swim or your ability to complete the distance, please withdraw before entering the lake.
- If you need assistance during the race, wave on arm overhead and a kayaker will come to you.
- Touching the kayak/boat before withdrawing from the race will result in disqualification.
- If you drop out before our during the race, proceed to the nearest shore then report immediately to the finish judge in the competition area so your safety can be accounted.
- Emergency staff will be stationed behind the meet management table. Lifeguards will be at both warm up and competition areas.
- A cut off time of 15 minutes per 1/2 mile will be enforced. Swimmers still in the water at this time will be brought to shore.

Technical Information

- Swimmer must arrive to the competition area at least 10 minutes prior to their part time. We will be utilizing a rope start. Swimmers need to have a hand in contact with the rope for the start of the race. There will be a 1 min, 30 second warning and 10 second count down to the start of the race.
- Swimmers no in the water for the start of the race will be DQ'd
- Swimmers will swim in a clockwise fashion around the race course marked with buoys. Swimmers will pass around the buoys with their RICE SHOULDER to the body.
- Lake Diagram on last page.



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