

Overview:

The meet will continue to follow our Covid Protocols as closely as possible. **ALL ATTENDING will need to complete the linked online Wellness Check within 24 hours of meet arrival and no later than 7am day of meet.** Temp checks for swimmer and driver will be taken prior to gate entrance. Swimmer competition numbers will also be verified and must be pre-written on both arms and back left shoulder. Swimmers may then proceed to warm up area of lake. Please observe designated parking areas. Post warm up, swimmers will then walk to competition area of the lake **at least 10 minutes** prior to their scheduled race start time. Swimmers will proceed to start dock with feet first entry into water for rope start by event. Post race, swimmers will retrieve masks then proceed outside the competition area and back to their transportation. **Masks will be work at all times by all present and placed in marked zip locked baggies during swims.**

SCHEDULE

Events 1 & 2

17-18 2 mile race

Arrival: 7:45 AM

Warm Up: 8-8:45

Race Start:

9:00 AM boys

9:05 AM girls

Events 3 & 4

15-16 2 mile race

Arrival: 8:45 AM

Warm Up: 9-9:45

Race Start:

10:00 AM boys

10:05 AM girls

Events 5 & 6

13-14 2 mile race

Arrival: 9:45 AM

Warm Up: 10-10:45

Race Start:

11:00 AM boys

11:05 AM girls

Events 7 & 8

11-12 1 mile race

Arrival: 10:45 AM

Warm Up: 11-11:45

Race Start:

12:00 PM boys

12:05 PM girls

Wellness Check Link: <https://forms.gle/i9GUtv9yGZ8fbHH59>

Important Reminders :

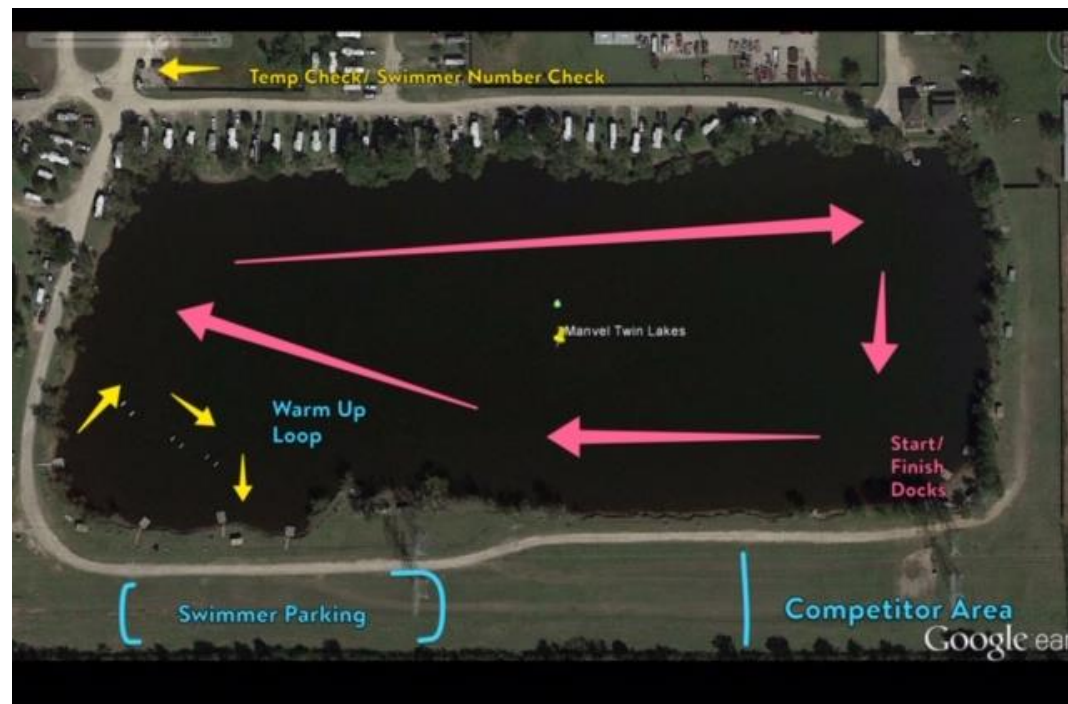
- There is a \$5 cost per vehicle to enter the facility. Please have cash ready.
 - Race numbers should be marked vertically on both arms and back left shoulder in waterproof marker prior to arrival with numbers approx 3 inches tall.
 - Everyone will need to have completed the RICE Wellness Check and have their temps check prior to gaining entrance into the facility. (Allow 15 minutes for this process)
 - Each swimmer is allowed only one parent/guardian on site with them at this meet.
 - All spectators must maintain social distancing and remain only in designated areas.
 - There are NO changing facilities on site. Swimmers should arrive in suits.
 - There are only portable toilets available.
 - Everyone should bring their own water bottles and snacks (no glass containers).
 - Shoes/sandals need to be worn to walk from warm up area to competition area.
 - There is no permanent seating at this venue.
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- *Specific information about the Gulf LSC Open Water Team and qualifier / travel details will be posted in a separate document once approved by the Gulf HOD on 4.21.21.*

SAFETY INFORMATION:

- Everyone will must wear a mask at all times unless swimming in the lake.
- Masks should be able to be worn with a cap and goggles on. Reminder ears are usually tucked in to the cap so a wrap around version should be used or a hair tie can be used on goggles to hold the mask in place. Hand over mask will not be allowed.
- Swimmers should have multiple masks in their swim bags to allow for lost or damages masks.
- Swimmers should have their name marked on their mask and/or have a ziplock bag they can place their mask into when racing/warming up.
- 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 and off of all docks.
- If you are apprehensive about participating in the swim or your ability to complete the distance, please withdraw before entering the water at the start - this is not the time to test your open water swimming skills for the first time.
- If you need assistance during the race, wave one 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 or 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 and there will be lifeguards in both the warm up and competition areas.
- A cut off time of :15 minutes per 1/2 mile will be enforced. Any swimmer still in the water at this time will be brought to shore. Please cooperate for your safety.

Technical Information:

- Swimmers must arrive in the competition area at least 10 minutes prior to their start time. They will stand at marked cones and move from the cones onto the dock. At the last cone, swimmers will place their mask in their bag then step onto the start dock. They will jump in feet first and swim to rope. At start signal swimmers will swim over rope to begin the race.
- Swimmers not in the water at their designated start time will be considered scratched from the meet.
- Swimmers will swim in a clockwise fashion around the race course marked with buoys. Swimmers will pass around the buoys with their RIGHT SHOULDER to the buoy. Race finish is a dock touch.
- The 3200/2 mile is four laps around the course. The 1600/1 mile is two laps around the course.



Thank You

We would like to thank all of our volunteers and visiting teams for another great open water competition opportunity. We hope that this is a stepping stone to continued success in and out of the water for the swimmers!