Central Zone Open Water Championship
Sanction# PENDING
Pleasant Prairie RecPlex / Lake Andrea Beach
Pleasant Prairie, Wisconsin 53158
Friday, June 15th, 2018

SANCTION: Sanctioned by Wisconsin Swimming, on behalf of USA Swimming.
Open Water Events: Sanction Number: TBA SANCTION #

RULES: Current USA Swimming rules will govern the Meet. Please see Part Seven of the USA Swimming Rules and Regulations for a complete list of Open Water Rules.
Open Water – Group start in water by age group. The swim will be unescorted.

PARTICIPATING LSC'S: Arkansas, Illinois, Indiana, Iowa, Lake Erie, Michigan, Midwestern, Minnesota, Missouri Valley, North Dakota, Ohio, Oklahoma, Ozark, South Dakota and Wisconsin.

SPONSORED BY: USA Swimming, USA Swimming Central Zone Committee, Travel Wisconsin, Kenosha Area Convention and Visitors Bureau and the Village of Pleasant Prairie.

HOSTED BY: Wisconsin LSC and Pleasant Prairie Patriots (PX3).

MEET DIRECTOR: Kevin Milak
9900 Terwall Terrace
Pleasant Prairie, Wisconsin 53158
kmilak@plprairiewi.com (832)233-0234

MEET REFEREE: Ann Widdowson, widsona@gmail.com; (224)633-6363
ADMIN REFEREE: Tom Lombardo, tlombardojr@hotmail.com

INDEPENDENT SAFETY OFFICER: George Geanon; gdgeanon@gmail.com

OFFICIALS: We welcome all certified Officials to work this Championship, as it provides an excellent opportunity to achieve sessions as an Open Water Judge (OJ), Open Water Referee (OR) for recertification, or sessions for apprentices.

OFFICIALS CLINIC: Thursday, June 14, concurrent with the swimmer/coaches open water clinic.

OFFICIALS APPLICATION: An online application for officiating, and/or attending the training clinic, can be found on the Central Zone website.

OFFICIALS BRIEFING: Friday, June 15 6:00am Central Standard Time in the Beach Pavilion.

OFFICIALS UNIFORM: White polo shirt and navy shorts or slacks. Navy swim trunks may be worn as well. Footwear appropriate for water submersion is recommended.

MEET SITE: Pleasant Prairie RecPlex
9900 Terwall Terrace
Pleasant Prairie, WI 53158
262-947-0437
Lake is adjacent to the RecPlex Aqua Arena.

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OPEN WATER COURSE: The open water event will be swum in Lake Andrea with all swims beginning and ending in the beach area. In-water start, in-water finish using finish/slap board.

- The lake course is pictured on page 6 of the meet information.
- There is a large spectator area along the beach with ample parking nearby.
- Swimmers and spectators will have access to the adjacent Pavilion and concession area.
- The following distances will be swum by age group:

10 & Under: 1K	11-12: 2K
13-14: 3K	Open: 5K

TIMING SYSTEM: Seiko & NK Stoptwatch timing system will be used (stopwatches with attached printers), hy-tek interface.

OPEN WATER EVENT SCHEDULE:

Thursday, June 14th Central Standard Time -
3:30PM Central Zone Open Water Clinic, register at www.patriot-swimming.com
est: 6:00PM (after clinic concludes) – athlete registration, nail check, body marking available. It is recommended for athletes to check-in at the clinic on Thursday.

Friday, June 15th Central Standard Time
Open Water Schedule for 5K & 3K Competitors:
6:00 – 7:00 AM: Officials Meeting
7:00 – 7:15 AM: Mandatory Coaches Meeting
6:45 AM: Registration & Check-In For 5K & 3K (if not done night before)
7:30 – 8:00 AM: Course Open for Warm-Up
8:00 – 8:15 AM: Participant Clinic/Pre-Race Meeting - MANDATORY
8:30 AM: First wave of 5K Begins
10:15 AM – Estimated Start for 3K

Open Water Schedule for Swimmers Ages, 11-12, 10&Un
9:00 AM: Registration & Check-In for 1K & 2K (if not done evening prior)
9:45 – 10:15 AM: Warm-Up in roped-in swim area
10:30– 10:45 AM: Participant Clinic/Pre-Race Meeting - MANDATORY
11:00 AM: approximate first wave start times for 11-12 2K
11:45 AM: approximate first wave of 10&Un 1K Begins

SAFETY/WARM-UP PROCEDURES: A. Swimmers should wear their LSC zone team cap during the race.
B. The course will be patrolled by Pleasant Prairie FD Water Rescue and Pleasant Prairie Lifeguards, Pleasant Prairie EMTs will be on the beach.

LSC REPRESENTATIVE: Each LSC must have a representative to act as a liaison between the LSC and the Meet Director. That person will be identified to the Meet Director at Registration / Check-in.

ATHLETE ATTITUDE: CODE OF CONDUCT and MEDICAL If the LSC does not have its own form, these may be duplicated and signed by each athlete and his/her parent(s). Each LSC's representative must have these documents available to the host at all times. The Code of Conduct will be enforced.

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ELIGIBILITY:

A. Membership: All athletes must be regular (not seasonal) USA Swimming members with the LSC they represent.

B. Swimmer's Age: Age of swimmer on day of competition shall be the age for competition.

C. Qualifying Time/Eligibility: Qualification times shall be the National A time in the following:

Open 5K: Minimum 15-16 "A" Time in 400/500, 800/1000 or 1500/1650 Freestyle
13-14 3K: Minimum 13-14 "A" Time in 400/500, 800/1000 or 1500/1650 Freestyle
11-12 2K: Minimum 11-12 "A" Time in 200, 400/500, 800/1000, or 1500/1650 Freestyle
10&Under 1K: Minimum 10&Under "A" Time in 200 or 400/500 Freestyle

ENTRY PROCEDURES:

A. **The LSC must submit its Open Water entries as one team, using the LSC as the club designation. All individual entries shall be consolidated and submitted as one entry. Separate entries from individuals or clubs will not be accepted. LSC entry chair shall verify times before submitting entries to host.**

B. Each LSC must identify, on the official entry form, the name of the LSC and the name, address and telephone number, and email of the person in charge of entries for that LSC.

C. Each swimmer entry must include first and last name, age as of June 15, 2018 and complete USA Swimming registration number.

ENTRY RESPONSIBILITY:

A. The coach, swimmer, or swimmer representative who enters any Central Zone Championship Meet thereby attests that all times on the entry are true and correct achieved qualifying times for each event entered and that all entered swimmers are eligible under current rules. He/she assumes all responsibility for false or incorrect times or times which are unacceptable under USA Swimming or Central Zone rules and shall be assessed a $100 penalty payable to the Central Zone for each false or incorrect entry unless absolved of the fine by the elected officers of the Central Zone, their designee or a Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the Central Zone or USA Swimming.

B. Appeal of fines or penalties imposed is to be made to the elected officers of the Central Zone, their designee, and/or a Board of Review.

ENTRY FEES:

$25.00 per open water event $1.00 per swimmer Central zone Surcharge ($26 total)
Make check payable to: Pleasant Prairie RecPlex

ENTRY CHAIRMAN:

Send entries to: Kevin Milak
Email: kmilak@plprairiewi.com
office: (262)947-3630
Regular Mail: 9900 Terwall Terrace, Pleasant Prairie, WI 53158

ENTRY DEADLINES:

A. Open Water entries must be submitted to the host entry chairperson electronically by Monday @ **Noon, June 11th, 2018**. The hard copy (electronic) of the open water entries must accompany the team entry file. It is the responsibility of each LSC to verify entry times, receipt and readability of any entries, and submission of entry. Entry chair must verify by email or follow-up phone call to the host entry chair.

B. Each LSC shall receive a team entry report including an exception report of the LSC team entries via e-mail by 6 p.m. Monday, June 11, 2018. Any corrections to the original entries should be formatted in a new entry file and sent to the entry

chair via email by **Noon on Tuesday, June 12th[t], 2018**. Justification of the exception report should be included in a word document or PDF file. **No new swimmers may be added to LSC entries after the Tuesday, June 12th, 2018 Noon deadline**. Any corrections or updates after Noon on Wednesday shall go to the eligibility jury.

C. All entry reports and start lists will be posted to the meet host website.

D. **There will be NO on-site entries at this meet**.

SEEDING/CONDUCT: All swimmers must report to the registration area before they swim to ID Card, body marking, cap, and wave number.

- **Please make sure that fingernails and toenails are trimmed and all jewelry and watches are removed prior to registration. Swimmers must be nail-checked before body marking.**
- There will be no penalty for scratching, entry fees will not be refunded.
- Athletes must notify the Clerk of Course if they decide to scratch from their event after completing registration.
- No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed.
- Swimmers will start in the water, and finish in water (hand touching finish board)
- Each age group (and possibly gender) will start separately.
- Each Swimmer should be wearing a team (LSC) cap.

TIME LIMITS: All swimmers must finish within 30 minutes of the first swimmer in their heat in order to place or score points.

ABANDONMENT: Where emergency conditions require a race to be halted before it is completed, the race shall be restarted at the earliest possible time and the full distance completed. A Meet Committee will be convened if needed.

SCORING: Open Water events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

AWARDS: Individual Open Water events: 1-8 place: medals with neck ribbons;
9-16 place: ribbons

ADMISSION/PARKING: There are no fees for Admission or Parking

MEET PROGRAM/ FINAL RESULTS: Psych sheets and final results will be posted at the venue and online.

REFRESHMENTS: Refreshments will be available through RecPlex Beach concessions.

WARM-UP: Warm-up and warm down area will be in designated beach area adjacent to the open water course. This area will be lifeguard supervised.

SPECTATORS: Picnic tables will be available in viewing area. Spectators are welcome to bring their own lawn chairs and blankets. There is no setup on the beach, only in grass areas outside the fence.

DECK CHANGE POLICY: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not allowed..

HOTEL INFORMATION Information will be provided to all teams and also on the Kenosha Area CVB website www.KenoshaCVB.com or you can contact Brigit Correa or Sam Sullivan at 800-654-

7309 ext. 14.

ZONE APPAREL: Zone apparel will be available for purchase on site from Bella's Custom Design.

OPEN WATER EVENT SCHEDULE

June 15th, 2018

Session #1 (session 1 will be swum to completion before the start of session 2)
6:45am Registration, Wave 1 begins at 8:30am

Event#	Age & Distance	Event#
OW 1	Open 5K	OW 2
OW 3	13-14 3K	OW 4

Session #2
8:00am Registration, Wave 1 begins at 10:45am

OW 5	11-12 2K	OW 6
OW 7	10&Under 1K	OW 8

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Course Map –Zone Open Water