

Calvin Summer Long Course Invitational & Open Water Festival

Sponsored by: East Grand Rapids Waves
East Grand Rapids, MI
Sunday, July 11, 2010

Sanction: The Open Water competition is sanctioned by Michigan Swimming, Inc. LSC as an Open Water Swim Meet (Sanction MI910058). Michigan Swimming rules, safety, and warm up procedures will govern the meet as fully set forth in these meet rules.

Location: John Collins Park, 600 Lakeside Drive Southeast, East Grand Rapids, MI. The park is located between Roses and the Grand Rapids Yacht Club on Reeds Lake. Parking is available along Lakeside Drive and in the parking deck off of Wealthy Street across from the high school.

Times:

Warm-up	7:00 to 7:50		
Event 1	8:00 to 9:00	1 mile	(15 & Over)
Event 2	8:02 to 9:00	0.5 mile	(15 & Over)
Event 3	8:05 to 9:15	1 mile	(13 to 14)
Event 4	8:40 to 9:15	0.5 mile	(11 to 12)
Event 5	8:42 to 9:15	400 meters	(9 to 10)
Event 6	9:00 to 10:30	2 mile	(15 & Over)
		[Course Closed at 10:30]	
Awards	10:30 to 11:00		

Format: This is an Open Water competition that offers 6 events ranging from 400 meters to 2 miles in length. Swimmers must compete in their own age group and swim the event distance listed for their age group. Events are not gender specific – boys/girls and men/women in the same age group swim at the same time. However, cap color within the same heat will vary by gender. There are no qualifying times. All swimmers are entered without a seedtime. All races will begin and finish on the shore at John Collins Park. Each participant will be allowed to finish her/his distance regardless of time unless a safety issue exists in the judgment of the Meet Referee or Meet Director. The course will be closed at 10:30, and swimmers who have not completed the course will be picked up. Every swimmer must be numbered and wear the cap provided at the race through the entire race.

Note: 19&Over competitors will be permitted to wear wetsuits.

Any 18&Under competitor will also be permitted to wear a wetsuit but will not be eligible for awards.

All competitors must be marked with race number on both shoulders and both hands.

Course: The course is an 800-meter rectangle shape and is clearly marked with large red buoys at each 90-degree turn and has rope and smaller buoys marking each straightaway. Motorized boats with lifeguards will be positioned throughout the course with kayaks between each. There is a mandatory pre-race meeting 15 minutes prior to each event start to review rules, course, and distance for the participants.

Eligibility: All swimmers must be 2010 athlete members of USA Swimming. (3-day, open-water USA Swimming memberships will be available for race-day registrants for \$10).

A swimmer's age on July 8, 2010 will determine his/her eligibility for a particular age group. Athletes who register via paper entry or on race day must present their current 2010 USA Athlete Card at race-day registration and check-in.

12 & Under: Each swimmer age 12 and under must submit a permission form (provided within this packet), signed by his/her coach indicating they are capable of completing the respective distance for their age group. If swimming un-attached, a parent must sign the form.

Entries: There are 3 methods for entry including:

Electronic Entries:

\$ 25.00 per individual event. Entries may be submitted to the entry chairperson through Friday, July 2nd, at 12:00 p.m. (noon). Entries must include correct swimmer name (as registered with USA/MS Swimming), age, and USA number. You can import the order of events and event numbers from the Michigan Swimming website (www.uss-michigan.com). All individual entries should be submitted via electronic mail to the entry chairperson at egraopenwater@egrawaves.com. Any entries submitted will not be processed until such time as the entry chairperson has received a hard copy of: (a) your club's entries (Team Manager Meet Entries Report), (b) a hard copy of your club's signed release/waiver agreement (c) your club's signed certification of entered athletes, and (d) your club's entry fees. The complete EGRA Open Water entry packet with entry forms is available on the Michigan Swimming Website at www.uss-michigan.com. Make checks payable to: **East Grand Rapids Aquatics**.

Paper Entries:

Race Day: \$30 per individual swimmer available on race day. Swimmers who are not current members of USA Swimming may register on race day for a 3-day, open-water USA Swimming membership at a cost of \$10. Race day entries will close 30

minutes prior to each event's start time listed in the meet packet.
Note: Swimmers who are entered in events 1 or 2 will also be permitted to enter event 6 as a bonus event for one entry fee of \$25 (\$30 on race day). Those athletes must have completed the 1-mile or half-mile course in time to make the event 6 briefing at 8:45.

Active.com Entries:

\$25 per individual swimmer plus active.com servicing fee will apply. Swimmers who enter via active.com and who are not athlete members of USA Swimming in good standing are required to purchase a 3-day, open-water USA Swimming membership on race day for \$10 30 minutes before the events begin.

Mailed Entries: \$25 per individual swimmer may also be mailed to:
East Grand Rapids Waves
P.O. Box 6147
Grand Rapids, MI 49516
Make checks payable to: EGRA Waves

Entry Chair: Billi Sue Potter
East Grand Rapids Aquatics
PO Box 6147
Grand Rapids, MI 49516
616-826-2563
egraopenwater@egrawaves.com

Refunds: No refunds once entry has been received by entry chair.
Exception: If the event is cancelled due to hazardous weather conditions by the meet referee, athletes will receive a refund of the entry fee.

Check-In: Check-in will begin at 6:30 am on race day. Swimmers must check in at least 45 minutes prior to scheduled race time or they will be scratched from their event. Each competitor must be present for the pre-race meeting 15 minutes prior to the posted event start time in the marked staging area.

Scoring: No individual or team scoring will be kept.

Meet Programs

Admissions: There will be no meet programs or admissions.

Awards: Medals will be awarded for the top three (3) male and three (3) female finishers within each age group.
Participants in Events 1, 2 and 6 [Masters, 15 & Over] will be awarded to the top three (3) finishers in the following age

categories: 15 to 18, 19 to 29, 30 to 39, 40 to 49, and 50 & Over for both Men and Women.

Safety: All athletes must remain within the marked warm-up and competition areas at all times. Warm-ups will be allowed in a designated area near the shore but to the side of the course. Lifeguards will be present for the participants during the race. First aid stations and floatation devices will be placed with lifeguards throughout the course as well as onshore.

Swimmers with

Disabilities: All swimmers are encouraged to participate. If any of your swimmers have special needs or requests, please indicate them on the entry form and with the Clerk of Course and the Meet Referee during warm-up.

Hotels: Hilton Airport, 4747 28th Street SE, Grand Rapids, MI (616) 957-0100. Springhill Suites, 5250 28th Street Southeast, Grand Rapids, MI (616) 464-1130. Holiday Inn Express, 5401 28th Street SE, Grand Rapids, MI (877) 863-4780.

Meet Director: Steve Potter, cell 616-915-5280, spotter.usaswimming@yahoo.com

Meet Referee: Scott Appleyard

Safety Marshall: Brandon Converse

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ENTRY FORM

Event	Age Group	Check 1
Event 1	Masters, 15 & Over – 1 mile swim	_____
Event 2	Masters, 15 & Over – 0.5 mile swim	_____
Event 3	13 to 14 – 1 mile swim	_____
Event 4	11 to 12 – 0.5 mile swim	_____
Event 5	9 to 10 – 400 meter swim	_____
Event 6*	Masters, 15 & Over – 2 mile swim	_____

* Note: Swimmers entered in events 1 or 2 may also enter event 6 for one \$25 entry fee.

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Gender: () Male () Female

Date of Birth: _____

Age on July 8, 2010: _____

USA Swimming athlete member #: _____

Make check payable to EGRA Waves.

Mail to: East Grand Rapids Waves
 P.O. Box 6147
 Grand Rapids, MI 49516

