

2020 P.O.W.E.R. CHALLENGE

PIRANHAS OPEN WATER EXTREME RACE

222 NORTH POMPANO BEACH BLVD POMPANO BEACH FL 33062

SATURDAY, APRIL 4, 2020

EVENT INFORMATION SHEET

- Sanctioned By:** Held under the Sanction of USA Swimming and Florida Gold Coast Swimming. **Sanction No. FG2W2009509028**
- In granting this Sanction it is understood and agreed that USA Swimming and Pompano Piranhas shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. USA Swimming Article 202.6.6C
- Sponsored By:** Pompano Piranhas, Inc. a 501 C3 non-profit dba Piranhas Swim Team
- Location:** Pompano Beach public beach
- Date & Time:** Saturday, April 4, 2020
- Eligibility:** All swimmers must be registered with USA Swimming, Inc.
- Swimmers that are not USA Swimmers will have to purchase a one-day membership on the day of the event. The cost for a one-day membership is \$15 cash. NTs will be accepted.
- A swimmer's age on the first day of the meet will determine their age for the entire meet. A coach must certify on the release form that the swimmer can complete the race.
- Rules:** This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated.
- Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks or in changing areas, restrooms or locker rooms.
- Suits must meet USA Swimming Rules and Regulations. Deck changes are prohibited.
- Event Director:** Jesse Vassallo (787)315-1529
JVassallo@pompanopiranhas.com
- Head Official:** Sid Cassidy
sid.cassidy@saintandrews.net
- Official:** Joshua Blanco (954) 729-6228
joshuablanco@live.com

Administrative Official Bethsabee Vassallo

Course Officer: Ramon Delleguas

Medical Director: Dr. Bill Korey (954) 593-0247
drdistance@aol.com

Safety Director: Ltd Joe Taylor (954) 663-3890
Jtaylor7676@comcast.net

Course Official: Kathy Batt

First Responders: Pompano Beach Ocean Rescue / Pompano Beach Fire Department

Athlete Body Numbering: Swimmers shall be marked with their race numbers on both upper arms and their upper backs. The swimmers shall be numbered vertically down the arms and horizontally across the upper backs

Timing System: Race Time Inc. using Ankle Strap Chips and mats www.racetime.me

Starter: Rex Harding USA Swimming Official

Starting Method: Air Horn

Officials Communication: Cell Phone

Infractions Notification: Whistles and a small red flag will be used by the officials

Events:

Event 1:	Men	1.5 kilometers (KM)	9:00 am
Event 2:	Women	1.5 KM	9:15 am
Event 3:	Men	0.5 KM	10:00 am
Event 4:	Women	0.5 KM	10:15 am

Start times listed above are tentative. The Event Director, in conjunction with the approval of the Head Referee, may have male and female wave starts, within appropriate interval splits or combined heats, as deemed necessary to ensure safety and fairness for all competitors.

Age Groups Categories:

Race 1: One mile (1.5 KM)	14 & Under, 15-19, 20-29, 30-39, 40-49 50-59, 60-69, 70-79, 80 and Over
Race 2: 0.5 KM	10 & Under, 11-12, 13-14, 15-19, 20-29, 30-39 40-49, 50-59, 60-69, 70-79, 80 and Over

Race Start & Finish: Both the 1.5 KM and 0.5 KM will start from the shore about 5 meters from the shoreline and finish 5 meters from shoreline into an onshore chute finish

Awards: Race 1: One-mile 1.5 KM Trophies Top Over all 3 Male / 3 Female Medals Top 3 Male and Top 3 Female by age group categories set in this document

Race 2: 0.5 KM Trophies Top Over all 3 Male / 3 Female Medals Top 3 Male and Top 3 Female by age group categories set in this document

Time Limits: Swimmers not completing the racecourse within 30 minutes of the first athlete to cross the finish line will be notified that the race is over and that they must leave the water at that time. Results will show their time as Did Not Finish (DNF) and will not be eligible for awards.

Venue: The swimmers will be swimming most of the race about 75 meters to 200 meters from parallel to the Pompano Beach public beach shore.
The Pompano Beach public beach has a guard tower on the beach every 200 mt approximately. The PB Ocean Rescue Lifeguard will be actively guarding the beach from their towers during the race.

Warm Up / Warm Down: An area adjacent to the competition will be available for continuous warm-up and warm-down for competitors under the supervision of a coach.

Swimmers found in the water outside of the designated area and not engaged in competition will be scratched from the meet regardless of whether or not they have completed their events

Race Safety: Eight (8) professional Beach Lifeguards led by the Safety Director will be in the water during the races. Four lifeguards will be on Kayaks in the outer perimeter of the course and 4 lifeguards on Paddleboards in the interior of the course. In addition, a Jet sky and a safety craft will be used to keep traffic away from the course.

Weather Delay Inclement weather (and water quality after any weather event) must be taken into consideration. If inclement weather causes a delay, a notice will be announced and posted on the Pompano Piranhas website www.pompanopiranhas.com along with the adjusted start times for each race.

If there appears there will be no break in the weather, the meet will be canceled entirely. In the event of cancellation due to weather, there will be no refunds.

Sea Conditions The month of April typically offers calm with offshore winds. Depending on strength, may cause a buildup of waves.

If the weather conditions require, the Meet Director, Independent Safety Monitor, or Meet Referee may cancel one or more of the races. Alternatively, they may also postpone the races until weather conditions subside. In the case of a postponement, a notice will be

announced and posted on the Pompano Piranhas website www.pompanopiranhas.com along with the adjusted start times for each race.

Sea Life

Open Water Swims are subject to the presence of sea life. In the area of the P.O.W.E.R. Challenge there may be some sea life. At the time of the year the swim is run, sea nettles are not usually a problem. There may be some on the course, but they are well past their peak population. However, swimmers are encouraged to use Sea Safe Sunscreen, which contains a sea nettle repellent. If any swimmer decides not to swim because of the presence of sea life at the time of the event, there will be no refund of entry fees.

Entries Fees

Event 1-2:	1.5 KM	\$35.00
Event 3-4:	0.5 KM	\$20.00

Entry Limitations

Swimmers may swim a maximum of 2 event for the day. A coach must certify on the release form that the swimmer has the ability to complete the race.

USS Team Entries:

All entries must be received by **Wednesday, April 1, 2020**

PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only)

E-mail to meet@pompanopiranhas.com fax: NO faxed entries. Confirmation for electronic entries will be sent via e-mail. ** Submission of electronic entries signifies that all swimmers are USA Registered. Questions, please contact office at (954) 401-0045

Deck Entries:

The FGC deck entry policy is in effect. Deck entries permitted space only on a first-come-first-serve basis. Deadline for deck entries is 30 min. before start of meet. Policy can be seen at www.fgcswim.org. All deck entered swimmers must present proof of current USA Swimming registration in order to be entered.

Deck entries fee are Double the entry fee payable in cash only.

NON USA Swimmers Entry:

Registration for swimmers that are NOT USA Swimmers registration is available online at www.pompanopiranhas.com and on site race day.

All race participants that are NOT USA Swimmers will have to purchase a one-day membership on for the day of the event. The cost for a one-day membership is \$15 cash.

Event 1-2:	1.5 KM Entry Fee	\$35.00 + \$15.00 = \$50.00
Event 3-4:	0.5 KM Entry Fee	\$20.00 + \$15.00 = \$35.00

Swimmers with Disabilities:

We welcome all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry

file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit us the ability to accommodate all requests.

- Seeding:** Men and women in each age group will compete on the same course at the same time. If there are a high number of entries in a particular event, the race will be run in heats.
- Scratches:** There will be no penalty for scratching pre-seeded events. There will be no refunds for no-shows.
- Scoring:** Scoring will not be kept at this meet.
- Results:** Results will be posted on Pompano Piranhas website within 24 hours of the meet's conclusion. Pompanopiranhas.com
- Coaches:** All coaches on deck must be registered and certified with USA Swimming and will all be required to show proof of certification/registration.
- There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary.
- On Race Day Check In:** All competitors must check-in on the day at the registration booth located at the starting line at 222 North Pompano Beach Blvd. in Pompano Beach FL 33062, just south of the Pompano Beach Pier.
- On race day The Registration Booth will open at 6:30 am and closed at 8:30 am.
- All swimmers must report to the registration booth to check in with a photo ID for a mandatory suit, fingernail, toenail check and to get marked, pick up ankle strap timing chips and bathing cap.
- All Swimmers must supply an Emergency Contact Phone number for the day of the event, complete and signed the race waivers at registration.
- Attendance to the Pre-Race Safety Meeting is required for all swimmers. The meeting will start at 8:30 am at shore on the stage area and it will be run by the officials.
- Pre-Race Safety Meeting:** Attendance to the Pre-Race Safety Meeting is required for all swimmers. The meeting for the 1.5 KM / One Mile swim race will start at 8:30 am at the shore on the stage area. The Safety Meeting for the 0.5 KM swim race will start at 9:30 am at the shore on the stage area.
- 1.5 KM /One Mile:** The 1.5 KM /One Mile Swimming Race will have a beach start 50 meters north of the Pompano Beach Pier about 5 meters to 10 meters from the shoreline depending on tides.

The swimmer will enter the ocean and swim east for 75 meters towards the 4' Blue Triangle Buoy and the first 6' Red Cylinder Buoy #1.

Once passed the 4' Blue Triangle Buoy but before passing the 6' Red Cylinder Buoy #1, swimmer will turn right and head north in a straight line for 300-meters swim.

There at the second 6' Red Cylinder Buoy #2 the swimmers will turn right and head south east for a 400-meters swim towards the third 6' Red Cylinder Buoy #3.

Once Past the third 6' Red Cylinder Buoy #3, swimmers will turn slightly right and head south west for another 400-meter swim towards the fourth 6' Red Cylinder Buoy #4.

At the fourth 6' Red Cylinder Buoy #4 the swimmer will turn right for a 300-meter swim north toward the fifth 6' Red Cylinder Buoy #5 and the 4' Yellow Triangle Buoy.

Once the swimmer have passed in between the 4' Yellow Triangle Buoy and the final 6' Red Cylinder Buoy #5 swimmers will turn left and head west for the last 75 meters swim toward the finish line on marked by an onshore chute about 5 meters to 10 meters from the shoreline depending on tides.

0.5 KM:

The 0.5 KM Swimming Race will have a beach start 50 meters north of the Pompano Beach Pier about 5 meters to 10 meters from the shoreline depending on tides.

The swimmer will enter the water and swim east in a straight line for 200 meters to a designated 6' Yellow Cylinder Buoy #1 marked buoy.

There swimmers will turn slightly south and swim 25 meters to the 6' Red Cylinder Buoy where they will turn slightly turn right swim another 25 meters towards the next 6' Yellow Cylinder Buoy #2.

Once past the 6' Yellow Cylinder Buoys #2 swimmers will turn right and head west and swim in a straight line to the finish line marked by an onshore chute about 5 meters to 10 meters from the shoreline depending on tides.

Temperature:

The expected Water Temp: 78 to 82 degrees Fahrenheit.

Signals on the course:

The Referee boat shall fly a blue flag to signal that they are on station. The Referee boat will also carry their own set of flags for officiating the race – a yellow flag for warnings, and a red flag for disqualifications. Each kayak shall carry a “needs assistance” orange flag on board so they can hold it up to signal that they need assistance from the Search & Rescue safety boat.

Emergency Services:

The local Pompano Beach Fire Department Station is across the street and are awarded of the event. The ambulance and paramedics will be at the site as long as their staff is not called to an actual emergency. While the event ambulance is on site, they will render any necessary first aid, resuscitation, or other emergency care. In the event of an emergency, the safety coordinator will still need to call 911 to report the incident and let them know the paramedics are responding. Transportation to a medical facility, if necessary, can be arranged by the paramedics

Water Quality:

We will use the Bureau of Environmental Health Water Program AskEH@flhealth.gov information to determine if the quality of the water meet the standards.

Race Day Timeline:

5:30 am	Start Set Up
6:30 am	Open Registration
7:30 am	Officials Meeting
8:00 am	Coaches Meeting
8:30 am	Close Registration
8:30 am	1.5 KM /“One-Mile” Pre-Race Safety Meeting
8:50 am	Welcome Speeches and National Anthem
9:00 am	One-Mile Race Starts
9:30 am	.5 KM/500 mt Participants Pre-Race Safety Meeting
10:00 am	.5KM/500 mt Race Starts
10:30 am	Awards Ceremony
11:00 am	Take Down

Accounting for Swimmers:

Swimmers will be assigned numbers and “race tickets” when registering. The numbers will be marked on their shoulders and arms. Prior to each start, the number of swimmers starting will be counted and their “race tickets” collected. As swimmers enter the start area, their chip will be read electronically.

If the numbers of swimmers’ chips is different from registration, a roll call will be made to determine the missing swimmer or the swimmer who did not hand in their “race ticket.”

Once the swimmers start, they will be counted around each mark. The mark boats will also attempt to check off the number of the swimmer as they round the mark. Each mark boat will radio into the meet director or meet referee when all swimmers have rounded their mark. If any swimmers are picked up during the swim, their number will be called into land and the other mark boats.

The swimmers' numbers will be recorded at the finish as the swimmers come out of the water and each swimmer will be video recorded as they cross the finish line. The total number of swimmers will also be counted at the finish.

In addition, the races will be electronically timed. All racers will be given a timing chip, which will be programmed for their name, race number, and race. The company running the races will also record the finishers as they complete the race, so there will be a visual record of swimmers coming out of the water.

**Parameters for
Abandoning Race:**

The following individuals are empowered to independently order the race to be abandoned due to unsafe course or other conditions. Meet Referee, Independent Safety Monitor, PB Ocean Rescue Team Leader or the Meet Director –

If the race is to be abandoned, Race Control will relay via radio to all vessels to signal abandonment. Simultaneously, the Search & Rescue will signal abandonment.

The abandonment signals will be: 5 short blasts of the whistle followed by one long blast.

Swimmer actions are to: Discontinue swimming. Look for directions from the Officials or water safety personnel. Once safe on the beach, proceed to the start/finish area and check-in

Admission:

No entrance charge

Hospitality:

Complimentary Hospitality will be available to competitors, officials, and Volunteers only.

Parking:

Parking is available on-site for reasonable fee.