



**VIRGINIA GATORS  
OPEN WATER EASTERN CHAMPIONSHIP  
OCTOBER 4, 2020  
APPROVAL NO. VS-21-01A**



<b>COVID-19 INFORMATION</b>	We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting Mariners Landing. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.
<b>SANCTION:</b>	<p>Held under the approval of USA Swimming/Virginia Swimming, Inc., APPROVAL NO: VS-21-01A</p> <ul style="list-style-type: none"> <li>• <b>USA Swimming Inc., Virginia Swimming, Inc., Virginia Gators, ISCA, and Mariners Landing shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</b></li> <li>• An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., Virginia Gators, ISCA, and Mariners Landing cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia Swimming approved events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming approved event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</li> <li>• <b>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION THEREWITH.</b></li> </ul>
<b>LOCATION:</b>	<b>Mariners Landing, 1217 Graves Harbor Trail, Huddleston, VA 24104 (540) 297-4100</b>
<b>FACILITY:</b>	<b>The competition course has been laser shot and measured.</b>
<b>COURSE DESCRIPTION</b>	<p><b>Open water:</b> The race course will consist of approximately a 1 mile loop marked with large orange &amp; green buoys. There will be an in-water start, and a beach finish line. Finish Banner marks finish line. Manual timing will be used and video will be used for back up timing.</p> <ul style="list-style-type: none"> <li>• All swimmers who have not completed the course during the prescribed time limit will be asked to retire.</li> <li>• Details of race course with landmarks will be available at check-in.</li> <li>• Expected water temperature is 77 - 80 degrees. Water depth is from 3 ½ -60 feet.</li> </ul>
<b>MEET DIRECTOR:</b>	<p>Doug Fonder  <b>Email:</b> dougfonder@gmail.com  <b>Phone:</b> 540-397-0505</p>
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Events #1-2 (5K), #3-4 (Half-mile), and #5-6 (1-mile) are open to anyone based on the guidelines required by USA Swimming at the time of the meet.</li> </ul>

	<ul style="list-style-type: none"> <li>• There are <u>NO</u> minimum qualifying times for these events.</li> <li>• Age on October 4, 2020 will determine age for the entire event.</li> </ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>• Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>• All races will be contested on Sunday, Oct. 4</li> <li>• You do not have to be a USA Swimming registered athlete to participate.</li> <li>• Age groups will be as follows (age groups may be combined at the discretion of the Meet Referee): <ul style="list-style-type: none"> <li>○ ½ mile race: 9 &amp; Under athletes only</li> <li>○ 1 mile race: 10-11, 12-13, 14-15, 16-19, 20-29, 20-39, 40-40, 50 &amp; Over</li> <li>○ 5 K: 12 &amp; Under, 13-15, 16-19, 20-29, 30-39, 40-49, 50 &amp; Over</li> </ul> </li> <li>• There will be an athlete course review and rule meeting 30 minutes prior to start of each race.</li> <li>• Competitions: <ul style="list-style-type: none"> <li>○ 5k beginning at 9:30 a.m. Check-in will begin at 8:30 a.m.</li> <li>○ ½ mile race for 9&amp;Unders beginning at 11:45 a.m. Check-in will begin at 10:45 a.m.</li> <li>○ 1 mile race beginning at 1:00 p.m. Check-in will begin at 12 p.m.</li> </ul> </li> </ul>
<b>ABOUT THE COURSE:</b>	<ul style="list-style-type: none"> <li>• Detailed directions with landmarks (including any changes) will be available at check-in. For the 1-mile, and 5k events, there will be an in-water start at the beach.</li> <li>• All 9 &amp; Under swimmers participating in the half mile will taken by boat to the half-way point of the course and will swim their event from boat start to finish line.</li> </ul>
<b>WARM-UPS:</b>	<p>60 Minutes prior to scheduled start of each race.</p> <ul style="list-style-type: none"> <li>• There will be continuous warm up and warm down available.</li> </ul>
<b>ENTRIES:</b>	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, SEPTEMBER 21, 2020</p> <ul style="list-style-type: none"> <li>• Entries must be submitted using Hy-Tek Team Manager and Commlink-2 software, or on a master entry sheet. Teams may submit entries as an e-mail attachment (preferred).</li> <li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>• The Meet Director reserves the right to limit entries and create flights in any events, if necessary, to prevent too lengthy a session.</li> <li>• Email entries to: <a href="mailto:info@swimisca.org">info@swimisca.org</a>  <p style="text-align: center;">Mail entries to: Doug Fonder 2721 Brambleton Ave SW Roanoke, VA 24015</p> </li> </ul>
<b>FEES:</b>	<p>The cost will be as follows:  <b>\$50 for one event</b>  <b>\$70 for two events</b></p> <ul style="list-style-type: none"> <li>• A t-shirt will be included in the price. Please make sure when you register, you include your shirt size.</li> <li>• Checks should be made payable to: ISCA</li> <li>• Checks should be sent to: Doug Fonder 2721 Brambleton Ave SW Roanoke, VA 24015</li> <li>• Payment must be received by September 23, 2020 for entries. Payment must be included with all mailed entries.</li> </ul>

	<ul style="list-style-type: none"> <li>● <b>IMPORTANT:</b> If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries.</li> <li>● Failure to pay entry fees by this deadline could result in swimmers or teams being barred from the event</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>● In all age group events, we will award first thru third for both men and women.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>● <b>SWIMMERS FAILING TO CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>● A fine of up to \$100 per event may be assessed for any athlete who competed in the incorrect age group.</li> <li>● If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.</li> <li>● Any event in which an athlete participated illegally will be rescored and re-awarded.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>● <b>Athletes must arrive in their suits. Locker rooms will not be available.</b></li> <li>● All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening.</li> <li>● Coaches, officials, and spectators must wear masks.</li> <li>● The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this event. Please see Part Seven of the USA Swimming Rules &amp; Regulations for complete list of Open Water Rules.”</li> <li>● Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the start area <b>is not permitted.</b></li> <li>● Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.</li> <li>● All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</li> <li>● Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval</li> <li>● An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</li> </ul>
<b>SWIMWEAR</b>	<ul style="list-style-type: none"> <li>● No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed, endurance, buoyancy.</li> <li>● A maximum of two (2) caps may be used.</li> <li>● FINA rules for swimwear will be used for all events</li> <li>● Wetsuit Events – For open water swimming competitions in water with temperature below 20°C (68°F), men and women may use either swimsuits or wet-suits. When the water temperature is below 18°C (64.4°F), the use of wetsuits is compulsory.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Genny Kimbel</b>  <b>(757) 876-9134</b>  <b><a href="mailto:gennykimbel@gmail.com">gennykimbel@gmail.com</a></b></p> <ul style="list-style-type: none"> <li>● Officials at all positions will be required for this meet.</li> <li>● Officials that are comfortable and want to be out on the water, please state so in your request.</li> <li>● Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to <b>John Stanley</b> (<a href="mailto:jfstanley@cox.net">jfstanley@cox.net</a>) no later than September 15, 2020.</li> <li>● <b>Officials meeting will be at 8:00 AM at the hospitality tent.</b></li> </ul>
<b>SAFETY:</b>	<p><b><u>The meet is an IN-WATER start with swimmers held in a closed area marked by numbers on swim cap, shoulders, back and front of one leg. They will hold a card with the same number</u></b></p>

**and will give this card to the chief sweep judge prior to the start of the race. The number of each swimmer will be recorded and delivered to each stroke and turn judge prior to the start of race. There will be instructions of the course and rules of play to swimmers, then the start. At each turn, there will be an accounting of the swimmers by Stroke and sweep judge (3 on the water and 2 on land). Anyone leaving the course will be accounted for and communicated to the chief sweep judge. When the swimmers finish it will be a beach finish and the swimmers will again be held in the closed starting area until the cards are returned to each swimmer**

**Monitoring Swimmers During Race**

- Safety boats will monitor the entire course.
- Lifeguards will be on location, (Both in the water and on kayaks or paddleboards and on the land with view of entire course.

**Medical Services**

- There will be a First Aid EMT station/ tent available at start/finish area.
- The SML Rescue Squad will be on site with rescue vehicle.
- Hospital Emergency room Centra Bedford Memorial; distance 24.4 mile and 27 minutes away ;
- Dive team on call

**Safety Communications Plan**

- Each official and safety officer will have a radio and air horn, each safety stations will have a whistle, One Radio channel will be devoted to safety. One blast on whistle or one blast on air horn to attract attention then radio explanation of safety need.
- The Safety Officer will be in charge of all safety at the event, overseeing life guards, EMT's and swims safety. The safety officer will be in contact with officials, life guards and EMT's by radio.

**Accounting for swimmers**

- Each swimmer will be given a numbered card with their information that they must have to enter the water.
- There will not be escort boats for swimmers.
- There will be safety stations viewing each swimmer and accounting of each swimmer 5 times each lap as they pass each Stroke and sweep judge on the course.
- Each Stroke official will follow radio protocol and also radio when last swimmer passes their station each lap.

**Technical Meeting**

- The technical meeting will be held at 9:00 AM race day. This technical meeting will be posted and emailed to each team prior to meet day. There will also be a review with each heat prior to start of each race.
- **Safety during pre-race warm-up and post-race warm-down**
  - There will be a separate warm up warm down area and swimmers will not be allowed to warm up or warm down on the course.
  - The warm up area will also have at least one life guard and one marshal. In addition, there will be at least one canoe on the water to prevent any swimmers beyond the buoy markings of the warm up course.
  - Swimmers will be required to give their number card to the marshal prior to entering the warm-up area and pick their card up when leaving the warm-up area.
- Officials will notify swimmers of yellow card and red card infractions on the course. Red card infractions will disqualify the swimmer and they must exit the course.

**TIMERS:**

Timers will be provided by the host team.

<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>● This event will be held rain or shine.</li> <li>● Event may be delayed or cancelled due to lightning. No refunds.</li> <li>● Average water temperature is expected to be in the High 70s.</li> <li>● <b>Meet Event T-shirts</b> will be available for \$20 each. Access to the area will be limited. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the start and finish areas during warmups and competition. Spectators must remain outside the operations.</li> <li>● Team Areas: Tents will be allowed in grass areas surrounding the course. Please stake down tents well. Tents must be spaced 10 feet apart and 10 ft must also be maintained between individuals not in the same family. There will be no grouping of tents together.</li> <li>● The meet results will be posted to the Virginia Gators website after the conclusion of the meet.</li> <li>● Snack Bar: There will be no concessions provided.</li> <li>● First Aid: EMTs will be available for first aid.</li> <li>● Lost and Found: There will be no lost and found.</li> <li>● Hospitality: There will be limited hospitality. Bottled water will be available for coaches, officials, and volunteers.</li> <li>● Spectator Viewing- There will be no spectator seating. All viewing of races will be done away from the course starting and finishing areas. Spectators are asked to watch races from the shore or boats outside/away from the operations/staging areas.</li> <li>● Hospitality tent will be set up by the lake with water coolers available for swimmers.</li> <li>● Food vendors will be on-site for both days.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>● No parking on grass areas.</li> <li>● No alcohol can be consumed by any swimmer, coach, or spectator before or during the competition on race day.</li> <li>● Parents are responsible for any siblings brought to the meet. Please chaperone them closely.</li> <li>● No glass, chewing gum, or open drinks are allowed in the start/finish area. Drinks in closed containers with some type of removable top/lid are acceptable.</li> <li>● Meet participants and spectators should remain in the event area; the pool or grass area surrounding the course.</li> <li>● Shoes/sandals should be worn by swimmers and spectators in all areas prior to swimming.</li> <li>● No shaving anywhere at the venue.</li> <li>● This meet is a smoke-free environment. Smoking, to include e-cigarettes, or using any kind of tobacco products is NOT permitted at this meet</li> <li>● Clean up your area when you leave after each session.</li> </ul>
<b>VOLUNTEERS</b>	<p>Anyone wishing to help with registration check-in, body marking, on the water drink station, event check-in, water safety personnel or first aid station, please contact <b>Doug Fonder</b> at <a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a></p>
<b>DIRECTIONS:</b>	<p>Google Maps: 1217 Graves Harbor Trail, Huddleston, VA 24104.</p>
<b>LODGING:</b>	<p>See Mariners Landing and Smith Mountain Lake Lodging</p>

**Women**

- 1
- 3
- 5

**ORDER OF EVENTS**

- 5k
- Half-mile
- 1-mile

**Men**

- 2
- 4
- 6

**Entry forms must be signed and mailed to:**

Doug Fonder  
2721 Brambleton Ave SW  
Roanoke, VA 24015



Or electronically: [info@swimisca.org](mailto:info@swimisca.org)

**One needed for each swimmer. Do not wait on your coach to mail in your form.**

Name: \_\_\_\_\_  
                    First  Middle  Last

Date of Birth: \_\_\_\_\_ Age as of October 4, 2020 \_\_\_\_\_ Gender: Male \_\_\_ Female \_\_\_

Must be registered with USA Swimming for the USA Swimming 10k and 5k ONLY.

Registration Number (required if USA-S): \_\_\_\_\_

USA Swimming Club: \_\_\_\_\_ LSC: \_\_\_\_\_

Shirt Size YS \_\_\_ YM \_\_\_ YL \_\_\_ AS \_\_\_ AM \_\_\_ AL \_\_\_ AXL \_\_\_ AXXL \_\_\_

Address: \_\_\_\_\_  
City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Make checks payable to: **ISCA**

**Please read and sign the liability release:**

**Liability Release**

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Age Group Swimming (Training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the USA Swimming or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages caused by the negligence, active or passive, of the following: USA Swimming, Virginia Swimming, Inc, ISCA, and Virginia Gators, Inc., Meet Sponsors, Meet Committees, and or any individuals officiating at the meet or supervising such activities. In addition, I agree to abide by and be governed by the rules of USA Swimming. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Swimmer's Signature \_\_\_\_\_

Parent's Signature if under 18: \_\_\_\_\_ Date: \_\_\_\_\_

A reproduced copy of this form is considered acceptable so it can be transmitted electronically.