



**Saturday Sept. 28**

**1.25K Race (9-14)**

Boy's Race Time – ~9:00 am

Girl's Race Time – ~9:05 am

**5K Race (Open)**

Men's Race Time – ~10:00am

Women's Race Time - ~10:05am

**2.5K Race (11-16) Boy's**

Race Time – ~12:00 pm Girl's

Race Time – ~12:05 pm

\*RACE START TIMES ARE SUBJECT TO CHANGE. FINAL TIMES WILL BE ANNOUNCED PRIOR TO THE MEET\*

**Silver Strand - Coronado, CA | Hosted by CSTE**

# 2024 Western Zone Open Water Championships

Sanctioned by: San Diego Imperial & USA Swimming  
Hosted by: CSTE  
Sanction Number: SI-24-30

Date of Meet: Saturday, September 28, 2024  
Entry deadline: Monday, September 23, 2024

**VENUE:** SILVER STRAND TRAINING COMPLEX (NORTH), Coronado CA - 1350 Leyte Rd, Coronado, CA 92118 United States

Apple Maps Pin: Click [HERE](#)

Google Maps Pin: Click [HERE](#)

**WARM-UP:** Designated areas at the race location will be available for warm up prior to races.

**MEET REFEREE:** The meet referee shall be in charge of the meet. Any questions regarding the execution of the meet should: be directed to Meet Referee - Bill Eisenhamer: [beisenhamer@gmail.com](mailto:beisenhamer@gmail.com)

**MEET Director:** Peter McVey [peter@swimcste.com](mailto:peter@swimcste.com): please direct all event related questions to the meet director.

**RULES:** Current USA Swimming rules, including the *Minor Athlete Abuse Prevention Policy (MAAPP)*, will govern this meet. All coaches on deck must complete the CDC or NFHS Concussion course. Current San DiegoSwimming Meet procedures will be enforced and take precedence over any errors or missions on this entry form . Please see Part Seven of the USA Swimming Rules & Regulations for a complete list of Open Water Rules. Swimmers must swim in their actual Age Group as determined by their age on **December 31, 2024**.

**DISABILITY SWIMMERS:** Please contact the Meet Referee regarding any special needs. The swimmer/coach shall provide any assistance(s) and/or equipment required.

**RECORDING DEVICES & MEDIA NOTICE:** The use of audio-visual recording devices, including cell phones are not permitted in locker rooms, areas or restrooms. Recording devices are not permitted behind the starting blocks during the sequence throughout the meet. This meet may be covered by the media, including photographs, video, webcasting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

**DRONES:** Operation of a drone or any flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectator areas, open ceiling locker rooms, lake, race course, and other race related features) any time athletes, coaches, officials and/or spectators are present.

**ELIGIBILITY:** The Western Zone Open Water Championships are open to all participating athletes and clubs from LSCs designated in the Western Zone. Athletes must be currently registered as year-round members with USA Swimming, and meet the specific event qualifying criteria. All athletes 18 years or older must complete ATHLETE PROTECTION TRAINING (within 30 days of turning 18).

All swimmers, coaches, and officials participating in this competition must be currently (2024 or 2025) registered with USA Swimming. All Coaches are required to complete the USADA Coaching Advantage, and all officials and coaches are to have completed Concussion Protocol Training. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

All swimmers must be registered with USA Swimming by the entry deadline.

**SWIMWEAR:** No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed, endurance, or buoyancy. A maximum of two (2) caps may be used. Swimwear must conform to USA Swimming Rule 701.5. Only swimsuits complying with FINA Open Water swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

**AWARDS:** 1<sup>st</sup> – 8<sup>th</sup> place finishers, male and female, will be awarded medals for each event. Final results will be posted on the course and uploaded to the CSTE's special events page: REPLACE

# 2024 Western Zone Open Water Championships

**ENTRY PROCEDURE:** Race entry file will be available for download from CSTE's Open Water Page [HERE](#) (File available Monday July8, 2024) or visit our website at [www.swimcste.com](http://www.swimcste.com). **Entries will be due no later than Monday, September 23, 2024. Email entry files to Melissa Eisenhamer ([mel@swimcste.com](mailto:mel@swimcste.com)).**

## **ENTRY FEES:**

5K Race: \$60  
2.5K Race: \$40  
1.25K Race: \$25

There is a \$25 per athlete surcharge.

**All athletes will receive:** Souvenir Cap. Apparel will be available for purchase on-site.

**Payments-** Once your entry file is received Melissa Eisenhamer (team admin) will be sending you a digital Invoice via quickbooks. Teams have two payment options:

- 1) Credit Card
- 2) ACH

Transactions have processing fees - ACH is significantly cheaper (\$15 max fee), please indicate in which form of payment you prefer so we can send the the appropriate invoice type.

All invoices **MUST** be paid No Later Than (NLT) **September 23 by 5PM PST** or entries will be removed from the event. No checks will be accepted day-of.

**TECHNICAL MEETINGS:** All swimmers and coaches must attend the technical meeting on race day (for athletes this brief will be conducted ~15 prior to the start of the race) -Coaches meeting will be held on site at 0830. Each coach and swimmer are responsible for all information distributed at their respective meetings. Technical meeting(s) will be conducted virtually, via Zoom. Meeting information will be published the week of the meet (anticipated to be held at 7:00 PM PST, Friday September 27, 2024)

**PRE-RACE BRIEFINGS:** In addition to the technical meeting, all swimmers must be present for the Pre-Race Briefing at the race start area prior to each race. At this meeting, race officials will distribute last minute information on weather and water conditions, emergency procedures, etc. Briefings will be held 15 minutes prior to the scheduled race start. **Positive check-in is required - once checked into the staging / briefing area athletes will not be permitted to leave to ensure final head count prior to entering the water.**

**WEATHER CONTINGENCY:** The safety of swimmers is our primary concern. Therefore, this event may be delayed or canceled due to poor conditions. The Independent Safety Monitor and the Meet Director will make this decision. The following rescheduling priorities will be used:

- Priority 1 – Later during the race day
- Priority 2 – USA Swimming Sanctioned events (Western Zones Championship) re-attempt Sunday September 29, 2024.

**RACE DAY SCHEDULES:** **RACE START TIMES ARE SUBJECT TO CHANGE.** Race check-in times, briefings, start times and exact schedule of events will be determined after the entry deadline.

## **Race day check-in:**

Boy's / Girl's 1.25K races: **Opens -7:30 am / Closes 8:40 am.**

# 2024 Western Zone Open Water Championships

Check-in for later races will close ~30 minutes prior to the scheduled start of the race. Athletes are encouraged to arrive 1 hour before their approximate race start time.

**MANDATORY Pre-Race Briefing:** Briefings will take place in designated meeting area 15 minutes prior to race start (men's & women's race meetings will be done together if possible)

**PARKING INFO:** Directions and signage to the race site will be posted in the park and surrounding public parking areas. Parking will be available along residential streets and at Coronado Strand Elementary School. Please allow 15 minutes for parking and walking to the venue. There is no charge to park.

**HOTEL INFO: ALL PARTICIPANTS ARE STRONGLY ENCOURAGED TO STAY AT THE DESIGNATED HOTEL BLOCKS.** List of Supporting Hotels available on CSTE event website: [HERE](#)

## QUALIFYING STANDARDS & AGE DIVISIONS:

The Coronado Strand Classic (Western Zone Championships) will have the following age groups for each race:

- 5K Races: Open age of athlete is determined as of December 31, 2024
- 2.5K Races: 11-16 as of December 31, 2024
- 1.25K Races: 9-14 as of December 31, 2024

## PLEASE SEE BACK PAGE FOR THE SPECIFIC QUALIFYING TIMES

**COURSE INFO:** The planned course map is provided. It is subject to change. There will not be feed stations for these races. An in water "rope start" will be used to begin the races. Athletes will swim the lap section of the course clockwise (if applicable) and keep designated turn buoys on their right per the course map.

Athletes will finish the race in the water by touching a finishing pad. Finishes will be judged by race officials. Video replay at the finish will be available. Electronic chip timing will be available.

Anticipated conditions:

- Water temperature will range between 68-74°F
- Air temperature will range between 70-82°F
- Current: Mild
- Marine life: Fish

Athletes are limited to finishing their race within 30 minutes of the first finisher.

**JR. NATIONAL QUALIFYING CRITERIA:** The 2024 WZ OW Championship will serve as a qualifying event for the *2025 USA Swimming Open Water Junior National Championships*.

**7.5K Qualification:** Top 10 age eligible athletes from the 2024 USA Swimming 5k Open Water Zone Championship. The athlete is considered an age eligible athlete for qualification if they are 16 or 17 as of 12/31/2024.

**5K Qualification:** Top 10 age eligible athletes from the 2024 USA Swimming 5k Open Water Zone Championship. The athlete is considered an age eligible athlete for qualification if they are 15 and under as of 12/31/2024.

## RACE SAFETY AND EMERGENCY INFORMATION

**Independent Safety Monitor:** Captain Sean Carey - Coronado Fire Dept Lifeguard Division([scarey@coronado.ca.us](mailto:scarey@coronado.ca.us)).

## Supervision

# 2024 Western Zone Open Water Championships

Races will be supervised by Coronado Fire Dept lifeguards, provided by City of Coronado. Motorized rescue safety crafts will be on the course during races as response units. In addition to the rescue craft, lifeguards on non-motorized craft will be following the swimmers through the course, officials in small boats and event staff will be monitoring the course as safety observers ~ every 200 meters. There will be one ground mobility transport unit and 2-stationary land based observation teams (Ocean Rescue Division) also providing oversight of the course and swimmers.

## **Accounting for Swimmers**

Competitors will be pre-assigned race numbers. All swimmers will be checked in and marked at race time. Number of swimmers in a race will be announced to all officials and safety personnel prior to the start of the race.

## **Communication**

Meet officials will have direct radio communication with each other and the Safety Monitor, who will be located on shore. If the lifeguards on the course do not have radio communication, non-verbal communication will be used to indicate a swimmer in distress or an emergency. The non-verbal communication will be lifting and waving the kayak paddle in the air while issuing a series of short whistle blasts.

## **Evacuation**

In the case of an emergency, athletes will exit the course by swimming west/southwest to shore. An emergency will be indicated by the lifeguards issuing 3-long whistle blasts, after exiting the water a head count will be conducted and total head count will be passed to Meet Director and EMS personnel. If an athlete is unable to evacuate on their own, kayakers will secure the athlete until a motorized watercraft can assist the athlete to shore. The start/finish area will be the primary evacuation / muster point.

## **EMTs & Hospital**

Beach lifeguard services will be on-site and will be responsible for calling additional EMS/ Paramedic personnel if required, Coronado Fire and US Navy Federal Fire are both briefed on the EAP and transport plan for the event and are on-standby to support. Person/s will be transported to:

### **Coronado Sharp Hospital (Non Life Threatening)**

250 Prospect Pl, Coronado, CA 92118  
(619) 522-3600

### **UCSD Medical Center -Hillcrest (Life/Limb/Eyesight)**

200 W Arbor Dr, San Diego, CA 92103  
(619) 543-6222

## **Medical Equipment**

AEDs and first aid are available near the start/finish area. Lifeguards will have basic first aid on hand.

## **Thermal Safety**

Tents for shade will be setup in the athlete hospitality areas. Bottles of water post-race will be provided, but athletes are strongly encouraged to bring their own hydration.

**The event will be in compliance with USA Swimming Rules. See Section 7 of the USA Swimming Rulebook for more information or topics not addressed in this meet form.**

# 2024 Western Zone Open Water Championships

Qualification Times:

Western Zone Open Water Qualifying Standards							
		1.25K		2.5K		5K OPEN	
		Girls	Boys	Girls	Boys	Women	Men
9-10	200 LCM	3:45.79	3:33.49	--	--	--	--
	200 SCY	3:18.99	3:06.69	--	--	--	--
11-12	200 LCM	3:02.29	2:57.49	2:54.29	2:44.09	--	--
	200 SCY	2:40.39	2:34.59	2:32.09	2:22.99	--	--
	400 LCM	6:23.89	6:15.49	6:06.79	5:49.09	--	--
	500 SCY	7:08.79	6:57.29	6:47.79	6:26.59	--	--
	800 LCM	--	--	12:35.99	12:05.89	12:35.99	12:05.89
	1000 SCY	--	--	14:01.99	13:21.19	14:01.99	13:21.19
	1500 LCM	--	--	24:06.39	23:06.49	24:06.39	23:06.49
	1650 SCY	--	--	23:23.49	22:18.89	23:23.49	22:18.89
13-14	200 LCM	3:02.29	2:57.49	2:23.19	2:14.79	2:23.19	2:14.79
	200 SCY	2:40.39	2:34.59	2:04.99	1:57.49	2:04.99	1:57.49
	400 LCM	6:23.89	6:15.49	6:06.79	5:49.09	5:07.29	4:46.09
	500 SCY	7:08.79	6:57.29	6:47.79	6:26.59	5:43.39	5:17.69
	800 LCM	--	--	12:35.99	12:05.89	10:35.39	10:00.09
	1000 SCY	--	--	14:01.99	13:21.19	11:50.79	11:02.59
	1500 LCM	--	--	24:06.39	23:06.49	20:20.49	18:59.09
	1650 SCY	--	--	23:23.49	22:18.89	19:47.29	18:30.39
Open	200 LCM	--	--	2:23.19	2:14.79	2:23.19	2:14.79
	200 SCY	--	--	2:04.99	1:57.49	2:04.99	1:57.49
	400 LCM	--	--	6:06.79	5:49.09	5:07.29	4:46.09
	500 SCY	--	--	6:47.79	6:26.59	5:43.39	5:17.69
	800 LCM	--	--	12:35.99	12:05.89	10:35.39	10:00.09
	1000 SCY	--	--	14:01.99	13:21.19	11:50.79	11:02.59
	1500 LCM	--	--	24:06.39	23:06.49	20:20.49	18:59.09
	1650 SCY	--	--	23:23.49	22:18.89	19:47.29	18:30.39

## Course #1 - Silver Strand (Primary)

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Perimeter ⓘ

1,250 m -

Area

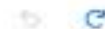
442,096 ft<sup>2</sup> -





## Course #2 - Glorietta Bay (Backup)

Glorietta Bay



Perimeter ?

1,250 m



Area

165,026 ft<sup>2</sup>



Finish

Start

25m

600m

USS 1500 Memorial