



Southern California Swimming Open Water Junior Olympics

SANCTIONED BY: USA SWIMMING AND SOUTHERN CALIFORNIA SWIMMING - SANCTION #S17-178

LOCATION: Castaic Lake, CA – 32132 Castaic Lake Drive, Castaic, CA 91384 - Interstate 5 North to the Parker Road Exit. Turn right on Parker Road. Pass through Stop signs on Castaic Road and Lake Hughes Road. Turn right onto Castaic Lake Drive. Turn Right into the attended gate. Turn left after paying to park. Turn right into the first parking lot.

RULES: The current USA Swimming and USMS open water rules will govern the Meet as outlined in Part Seven of the USA Swimming Rules and Regulations Handbook. *USA Swimming Rules 202.3.2 - At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.*

ELIGIBILITY: All swimmers must be registered with USA Swimming for 2017 or foreign equivalents. You must submit a copy of your 2017 USA Swimming card or foreign equivalent at check-in.

SCHEDULE: Monday, June 19, 2017

Check-In Begins – 7:00 AM

Pre-Race Briefing/Safety Meeting – 10 minutes prior to the start of each race.

Competition starts: 8:30 AM

Schedule of Events		
Time	Event	Location
7:00	Race Registration	Registration Tent
8:30	13-18 - 3K Swim	South Beach
10:00	11-12 - 2K Swim	South Beach
11:00	7-10 – 1K Swim	South Beach
11:30	Western Zone Open 5K	South Beach

Qualifying Times			
	200m/200y	400/500	
7-10 Boys	3:34.79/3:09.09	7:29.49/8:22.79	
7-10 Girls	3:48.49/3:20.19	7:37.29/8:30.49	
	400/500	800/1000	1500/1650
11-12 Boys	6:15.49/7:02.99	13:16.49/14:33.89	25:24.09/24.43.79
11-12 Girls	6:23.89/7:09.29	13:27.89/14:48.09	25:45.79/25:01.49
13-18 Boys	5:53.19/6:29.49	12:14.29/13:25.19	23:14.99/22:28.29
13-18 Girls	6:07.39/6:51.79	12:35.99/14:08.89	24:06.39/23:34.19
You may also enter with a Junior Olympic qualifying time in any event. Must meet Western Zone standards for the 5K.			

COURSE: The race will take place on a rectangular looping 1K course. We reserve the right to revise this course description based on changing water conditions.

START TIMES: Start times are as listed above, but may be adjusted based on the number of entrants. Pre-registered athletes will be informed of any changes via email. Events will be swum in order. Events may be started prior to the completion of the previous event(s) at the discretion of the Referee. Details of the competition schedule will be discussed during the pre-race briefing.

CHECK-IN: Swimmers must report to the check-in table appropriate for their age and gender for check-in packet, numbering and chips. Chips must be worn.

ELIGIBILITY: All Swimmers must be 2076 USA Swimming registered to be accepted into this meet. **USA Swimming registration cards must be presented at check-in.** Age as of June 19, 2017 shall determine the swimmer's age for the race. Registered athletes from outside LSCs may enter.

SAFETY PROCEDURES: There will be a mandatory Pre-Race Briefing held 10 minutes before competition begins to discuss the course, rules and safety procedures. The Referee **will** remove any swimmer from competition who does not attend the pre-race briefing or is found to be inattentive during the briefing. Course will be patrolled by qualified safety personnel. For safety reasons, participants should be adequately trained for open water competition. Los Angeles County Lifeguards reserve the right to remove any swimmer from the course. Previous open water experience is recommended. Safety watercrafts and lifeguards on paddleboards will monitor the entire course. Swimmers must wear body-marked race numbers on arms for identification. The safety of swimmers is our primary

concern. Therefore, this event may be delayed or canceled due to poor conditions. The Event Director and Los Angeles County Lifeguards will make this decision.

ATHLETE ATTITUDE: Athlete conduct will be governed by Part Seven of the USA Swimming Rules and Regulations Handbook. Intentional obstruction, interference or intentional contact with another swimmer may be deemed "Unsporting Impedance" and lead to disqualification. Swimmers shall maintain clearance from other swimmers except at the start, turn, and the finish or where the course or race conditions dictate otherwise. *Parents and swimmers should be advised that if there are a significant number of entrants, open water swimming may be expected to involve inadvertent contact with other swimmers. It is important that swimmers keep a cool head while in the water.*

SWIMWEAR: No fins, buoys, or other devices will be allowed. Wetsuits are not permitted. Only USA Swimming approved swimwear is allowed (see <http://www.usaswimming.org/Rainbow/Documents/00b913aa-b3d1-4345-a201-6071745f46dd/2014%20Rule%20Book.pdf>).

DECK CHANGES: Deck Changes are prohibited.

MEET REFEREE: Paul Szuszkiewicz – 951-741-1738 pszs@hotmail.com

MEET DIRECTOR: Chris Collins - 661-433-3834 - ctcollins@sbcglobal.net

ENTRY CHAIR: Jeremy Anderson - 805-207-1111 - jay@canyons.org

INDEPENDENT SAFETY MONITOR: Dion Hatch – 661-257-4050 – dhatch@parks.lacounty.gov

The Independent Safety Monitor has the final authority on whether the events will be held.

ENTRY FEES/PROCEDURES & DEADLINE: Online entry ONLY @ https://enduranceui.active.com/new/events/45396051/select-race?_p=0629561656365738 Entries and Fees of \$35.00 must be received on or before June 18th, 2017. Race day entries will be accepted at an increased fee of \$50.00 with proof of USA Swimming membership. Entry fee includes t-shirt for those who register prior to June 9.

START/FINISH TIMING SYSTEM: An in water start will be used unless conditions warrant a land start. There will be an "in-water" finish. A chip timing system will be used. Chips must be worn on the wrist.

TIME LIMITS: Swimmers not completing the race course within 30 minutes of the first athlete to cross the 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.

AWARDS: Medals will be awarded for the overall top 8 swimmers in each age group 7-10, 11-12, 13-14, 15-18.

GENERAL ADMISSION: There is no admission fee for this event. **Parking** is 11.00.

MEET WARM-UP PROCEDURES: An area adjacent to the competition course will be available for warm-up and warm-down at designated times. 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.

WATER TEMPERATURE: Between 72 and 78 degrees

RECORDING DEVICES: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

DRONES: 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.

FINAL RESULTS: Final results will be posted on line at j-chipusa.com

MORE INFORMATION: www.H2OpenPlus.com

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

ONLINE ENTRY @

https://enduranceui.active.com/new/events/45396051/select-race?_p=0629561656365738

is REQUIRED

Pre-Meet (\$35) Entry Deadline is June 18, 2017

Day of Event Entry is \$50

1000 Meter Loop

