



Eastern Zone Open Water Championships

June 17-18, 2023

Hosted by: Egg Harbor Township Seahawks

<p>Sanction</p>	<p>Held under sanction of USA Swimming and Middle Atlantic Swimming, Inc. #</p> <p><i>USA Swimming, Eastern Zone Swimming, Middle Atlantic Swimming, Egg Harbor Township Seahawks, Meet Director, Officials, Race organizers, Committee members, Volunteers and Beesley's Point Sea- Doo Inc. be held free and harmless from all liabilities or claims for damages arising because of injuries to anyone during the conduct of this event.</i></p>
<p>Events by Date</p>	<p>Saturday, June 17, 2023, National Qualifying Event</p> <ul style="list-style-type: none"> • Men's Open 5K 4:00 PM Start* • Women's Open 5K 5:30 PM Start* <p>Sunday, June 18, 2023, Events</p> <ul style="list-style-type: none"> • Open 2.5 K (Men's 8 AM start, Women's 8:10 AM start) • 14 and Under 1 Mile (Men's 915 AM start, Women's 925 AM start) • 5K Relay (4 swimmers per team, each member swims 1.25K) Limited to 8 Relay teams per gender, 10:15 AM start
<p>Event Staff</p>	<p>Race Director: Brian Elko, seaclk@hotmail.com (609)457-2196 Meet Director: Alison Richman, judgetskid@gmail.com (609)839-8707 Meet Referee: Chris Neuman, chrisneuman26@msn.com (609)425-3555 Safety Monitor: John Schreiner, spnjhky10@comcast.net (609)226-5379</p>
<p>Image Authorization</p>	<p>All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.</p> <p>PHOTOGRAPHY AND VIDEO RECORDING: Meet Management has the full authority to restrict any and all photography and visual recording at the event by spectators. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc.) is prohibited in any "non-Camera Zones" as designated by Meet Management.</p> <p>Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.</p> <p>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,</p>

	<p>officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA Swimming Vice President of Program Operations.</p>
<p>Safe Sport Information</p>	<p>The Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional, and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.</p> <p>The Minor Athlete Abuse Prevention Policy (“MAAPP”) prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition.</p> <p>Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.</p> <p>All athletes aged 18 and older must complete Athlete Protection Training (“APT”) to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after 30 days prior to the start of the competition, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after 30 days prior to the start of the competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.</p> <p>The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.</p> <p>Each club is responsible for their swimmers’ conduct. Any person who, in the opinion of the Meet Director or Meet Marshall, is harmful to others or to other’s property may be required to leave the competition. If the home club coach is not planning to attend the event, the swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.</p> <p>Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.</p> <p>Deck changes are prohibited.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p>

<p>Transgender Participants</p>	<p>Athletes attending this event must abide by IOC policies that state:</p> <p>Those who transition from male to female are eligible to compete in the female category under the following conditions:</p> <ul style="list-style-type: none"> • The athlete has declared that her gender identity is female. The declaration cannot be changed, for sporting purposes, for a minimum of four years. • The athlete must demonstrate that her total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to her first competition (with the requirement for any longer period to be based on a confidential case-by-case evaluation, considering whether 12 months is a sufficient length of time to minimize any advantage in women's competition). • The athlete's total testosterone level in serum must remain below 10 nmol/L throughout the period of desired eligibility to compete in the female category. • Compliance with these conditions may be monitored by testing. In the event of non-compliance, the athlete's eligibility for female competition will be suspended for 12 months. <p>Any athlete who desires to submit medical records to stay in compliance to the IOC rule shall submit to USA Swimming's National Team Managing Director: 1) a signed declaration that the member's gender identity is female, and (2) an attestation from a medical professional that the member's total testosterone level in serum has been below 10 nmol/L for at least 12 months prior to the member's first competition. USA Swimming will not accept actual test results or other medical records from a member and any such documents received by USA Swimming will be destroyed immediately.</p> <p>As a transitioning athlete, you may need to use a prohibited medication/substance that would require approval. To ensure compliance with these rules please contact the U.S. Anti-Doping Agency (USADA) at 719-785-2000.</p> <p>USA Swimming follows IOC guidelines for transgender participants, and therefore this information is subject to change as policy surrounding transgender elite athletes evolves. Information and selection criteria will be updated when changes are made.</p>
<p>Facility</p>	<p>912 Rte. US 9 North Marmora, NJ 08223</p> <p>Water Quality Information: njbeaches.org</p> <p>Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</p> <p>Meet Management may restrict access to specific competition areas, including the start, competition course, and finish areas. Only athletes, coaches, officials, and official meet staff actively participating in the meet shall be permitted in these areas. All coaches must present a valid USA Swimming coach card to the Meet Director before any sanctioned swim meet begins and have this card to enter restricted areas of the race venue.</p>
<p>Course Description</p>	<p>This is an open water bay swim. <i>The weather and water conditions are unpredictable; please use good judgement if you are uncertain about swimming in open water.</i></p> <p>The course is set to run counterclockwise; however, the race committee reserves the right to change the configuration and/or direction of each event due to race day conditions. The details of the race with landmarks are attached. Any questions about the course will be addressed at the pre-race meeting.</p> <p>The water temperature is expected to be in the range of 70 – 75 the event will be governed by the USA Swimming rulebook, specifically section 7 as it pertains to open water competitions.</p> <p><i>All swimmers who do not complete the course during the allotted time limit will be removed from the racecourse at the referee's discretion. Swimmers must finish within approximately 30 mins. of the first finisher for the 5K and 2.5 K.</i></p>

Eligibility	<p>Open to all FULL USA Swimming member athletes registered before the first day of the event.</p> <ul style="list-style-type: none"> • Must be a registered Full USA Swimming athlete to enter. • Age on June 17, 2023 will determine age for all events. <p>Required entry standards:</p> <ul style="list-style-type: none"> • For 5K event, Minimum of the current USA SWIMMING TIME FOR 13/14 A time (regardless of swimmer age) in 500yd/400M, 1000yd/800M or 1650yd/1500M freestyle event. • For 2.5 K event, Minimum of current USA SWIMMING TIME FOR 13/14 BB time (regardless of swimmer age) in 500yd/400M, 1000yd/800M or 1650yd/1500M freestyle event. • 1 Mile event recommended previous open water race or completed one or more of the following pool events: 500yd/400M, 1000yd/800M or 1650yd/1500M freestyle. • For all relay swimmers: Minimum of the current USA SWIMMING TIME FOR 13/14 A time (regardless of swimmer age) in 500yd/400M, 1000yd/800M or 1650yd/1500M freestyle event. 	
Swimmers with a disability	<p>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or their coach) is also responsible for notifying the Meet Referee of any disability before the competition.</p>	
Format	5K (Open)	<p>The 5K race will be 4 loops of a 1.25 K course. <i>(See 2.5K/5K map below)</i>. Athletes will start at the edge of the water on Beesley’s Point beach. The swim is planned for a clockwise swim on the outside of the turn buoys (buoys to the swimmer’s right). The finish will be a beach finish. Athletes not completing the 5K within 1 hour and 30 minutes may be removed from the course at the discretion of Meet Management.</p>
	2.5K (open)	<p>The 2.5K race will be a 1.25 double loop <i>(see 2.5K/5K map below)</i>. Athletes will start at the edge of the water on Beesley’s Point recreational beach. The swim is planned for a clockwise swim on the outside of the turn buoys (buys to the swimmer’s right). The finish will be a beach finish.</p>
	1 Mile	<p>The 1 mile will be a single loop. Athletes will start at the edge of the water on Beesley’s Point recreational beach. The swim is planned for a clockwise swim on the outside of the turn buoys (buoys to the swimmer’s right). The finish will be a beach finish.</p>
Warm-ups and Cooldown	<p>Warm-ups will be available on the portion of the racecourse closest to the beach area. No Cooldown will be available.</p>	
Team Entries	<p>USA Swimming clubs should enter swimmers as a group using electronic file. (Available on www.Easternzoneswimming.org) File is due no later than 6/1/2023 by 11:59 PM via email to seaelk@hotmail.com.</p> <p>Please check that your team name, address, and contact information are listed correctly in the file.</p>	
Individual Entries	<p>NO ON-SITE OR SAME DAY USA SWIMMING MEMBERSHIP REGISTRATION WILL NOT BE PERMITTED!</p> <p>Individual swimmers can register online through: www.raceforum.com/ez</p>	

Registration Fees	<p>USA Swimming Members: \$60.00 for 5K USA Swimming Members: \$50.00 for 2.5K USA Swimming Members: \$100.00 for 5K and 2.5 K (\$10 discount for those who participate in both events) USA Swimming Members: \$40.00 for 1 Mile USA Swimming Members: \$60.00 per relay (First come first serve for first 8 male and first 8 female teams)</p> <p>No refunds will be given.</p> <p>All payments must be received by 6/1/2023.</p>			
Officials	<p>Certified and Apprentice Open Water Officials are welcome and encouraged to officiate. Contact Chris Neuman at (609)425-3555 or chrisneumsn26@msn.com</p>			
Qualifying Times	<u>Event</u>	<u>500 yd/400 LCM</u>	<u>1000 yd/800 LCM</u>	<u>1650 yd/1500 LCM</u>
	Men's 5K Open	5:17.49/4:46.69	10:58.09/9:56.29	18:19.79/18:58.89
	Men's 2.5 K Open	5:58.99/5:24.09	12:23.89/11:13.99	20:43.19/21:27.39
	Men's 1 Mile	See Eligibility	See Eligibility	See Eligibility
	Men's 5K Relay (Each Swimmer)	5:17.49/4:46.69	10:58.09/9:56.29	18:19.79/18:58.89
	Women's 5K Open	5:34.99/5:01.29	11:31.59/10:20.00	19:12.89/19:48.09
	Women's 2.5 K Open	6:18.69/5:40.59	13:01.79/11:41.99	21:43.19/22:23.09
	Women's 1 Mile	See Eligibility	See Eligibility	See Eligibility
	Women's 5K Relay (Each Swimmer)	5:34.99/5:01.29	11:31.59/10:20.00	19:12.89/19:48.09
Rules	<p>Current USA Swimming Rules and Regulations will govern this event. Please see Part Seven of the USA Swimming Rules & Regulations for the complete list of Open Water Rules.</p> <ul style="list-style-type: none"> Any swimmer not turning properly at the buoys will be asked to return to the buoy to take the turn properly. Failure to do so will result in the swimmer being disqualified. 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. FINA rules for swimwear will be used for all events. 			
Liability	<p>Liability USA Swimming, the LSC, the venue, and the host organization shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in these events. Damage to the venue, when proved, will cause the offending participant, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All participants and guests must adhere to all rules and coaches must supervise their swimmers. Children must be supervised.</p>			
Scoring	<p>The meet will be scored. Awards will be given to Eastern Zone LSC and Eastern Zone participants only.</p> <ol style="list-style-type: none"> Age group (2.5K) and senior (5K) scoring will be combined to determine over-all team championships – men's, women's and combined. Points: 1st Place- 20 Points, 2nd-17, 3rd- 16, 4th-15, 5th-14, 6th-13, 7th-12, 8th-11; 9th-9, 10th-7, 11th-6, 12th-5, 13th-4, 14th-3, 15th-2, and 16th-1. 			

Award Categories	K Top 8 Males, Top 8 Females 2.5 K Top 8 Males, Top 8 Females 1 Mile Top 8 Males, Top 8 Females Relay Top 3 Male Relays, Top 3 Female Relays *Top 3 Males and Top 3 Females combined finishes for both 5K and 2.5K
Junior National Open Water Qualifying information	To Be announced
Safety RACE DAY EMERGENCY Number 609-457-2196	<ul style="list-style-type: none"> • Finger and Toenails must be neatly trimmed and not extend past the finger/toe, to prevent injury to others. Race Officials may require nail trimming to compete. • No shaving is permitted at the competition site. • No glass containers are permitted within the facility. • Swimmers (Under 18) must be under the supervision of a coach. If a swimmer arrives at the event without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups. • Use of audio or visual recording devices, including a cell phone, are not permitted in changing areas, rest rooms or locker rooms. <p>All participants will be recorded by meet management during entry and exit to the course.</p>
Directions	GPS address for Venue: Beesley's Point Sea Do Inc. 912 Rte. US 9 North Marmora, NJ 08223
Parking	There is street parking available. Lot parking will be reserved for event staff.
Lodging suggestions	Sonesta ES Suites Somers Point 900 Somers Point-Mays Landing Road Somers Point, NJ 08244 (609) 927-6400 5.3 miles from venue Economy Motel 21 Macarthur Blvd. Somers Point, NJ 08244 (609) 927-2514 7.3 miles from venue Pier 4 Hotel 6 Broadway Somers Point, NJ 08244 (609) 927-9141 7.1 miles from venue Residence Inn by Marriot 3022 Fire Road Egg Harbor Township, NJ 08234 (609) 813-2344 13 miles from venue Hampton Inn Egg Harbor Township 6708 Tilton Road Egg Harbor Township, NJ 08234 (609) 641-4500 13.4 miles from venue

RACE SCHEDULE

Saturday, June 17, 2023

5K Men's Race: REQUIRED check in between 2:45 – 3:45. MANDATORY pre-race briefing at 3:50. Race starts at 4:00

5K Women's Race: REQUIRED check in by 5:15 PM. MANDATORY pre-race briefing at 5:20. Race starts at 5:30

Sunday, June 18, 2023

2.5K:

- RACE REQUIRED check-In between 6:45 – 7:45 AM.
- MANDATORY pre-Race Briefing will be at 7:50 AM, held at the start of the racecourse

1 MILE:

- RACE REQUIRED check-In between 8:00 – 9:00 AM.
- MANDATORY pre-Race Briefing will be held at 9:10am held at the start of the racecourse

5K RELAY:

- RACE REQUIRED check-In between 9:00 – 10:00 AM
- MANDATORY pre-Race Briefing will be held at 10:05 AM, held at the start of the racecourse

Schedules and wave assignments for all events are subject to change depending on number of entries and local conditions.

COURSE MAP

