

The excitement is building everyone!! Race Day is almost here!!! Please read below and attached important information and updates as we approach Saturday.

- See below the revised order of events and waves.
- Attached is the Check-In procedure (swimmers must have lanyard from check-in to enter the race and be permitted on the beach)
- Attached is the most current psych sheet. (the event order isn't the same as the wave order, it is setup for scoring purposes)
- Please note there is a Nail Station at Check-In, USA Swimming Officials will be checking finger and toe nails. Swimmers will be asked to clip nails if they can be a danger to others.
- 2.5k swimmers will have a Bullpen by the rock on the beach. Please have them there between 7:00am-7:15am
- 5K swimmers will have a Bullpen by the restroom/lifeguard building on the beach. Please have them there between 8:00am-8:15am
- Mini (1k-750) swimmers will have a Bullpen by the restroom/lifeguard building on the beach. Please have them there between 9:30-9:45am
- Parents and Spectators: Parents and spectators are NOT allowed on the beach/sand areas. They can view by using the concrete areas of the park or the viewing deck at the restaurant. 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 prior to the commencement of any sanctioned swim meet, and must have this card with them to enter restricted areas of the race venue.
- We must clear the park by 10:30am.
- USE this link to located additional information:

<https://www.teamunify.com/team/cthhac/page/ezct-open-water-champ>

## **RACE SCHEDULE *last revised 6/20/22***

### **5K & 2.5k Championship:**

- RACE REQUIRE Check-In between 6:00-7:00a.m. (participation will be revoked without refund if late to registration).
- Pre-Race Briefing Mandatory will be held at 7:15am held at the start of the race course

### **Mini Championship:**

- RACES REQUIRE Check-In between 7:45-8:30am. (participation will be revoked without refund if late to registration).
- Pre-Race Briefing Mandatory will be held at 9:00am held at the start of the race course

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

#### **2.5K EZ Championship and CT Championship**

**Wave 1: 7:30 am – Male Swimmers Ages 13 to 14**

**Wave 2: 7:35am – Female Swimmers Ages 13 to 14**

**Wave 3: 7:40 am – Male & Female Swimmers Ages 15 to 16**

**Wave 4: 7:45 am – Male & Female Swimmers Ages 11 to 12**

**Wave 5: 7:50 am – Female & Male Swimmers Ages 17 & Older**

#### **5K Championship (Eastern Zone Junior National Selection Event)**

**Wave 1: 8:15 am – Male Swimmers**

**Wave 2: 8:20 am- Female Swimmers**

**750 Mini Championship**

**Wave 1: 10:00 am-Female Ages 12 and Under**

**Wave 2: 10:05 am- Male Ages 12 and Under**

**Qualification of the Junior National Open Water Championship**

**2023 USA Swimming Open Water Junior National Championships**

7.5K Qualification

➤ Finished in the top 10 at the 2022 USA Swimming 5K Open Water Zone Championships (Open Division Only).

\*\* 5K Qualification

➤ Finished in the top 10 at the 2022 USA Swimming 5K Open Water Zone Championships (Open Division Only).

\* \* The "Open" Division of the 5K Open Water Zone Championships will be the only event used for the qualification towards USA Swimming's National Level Events. Qualification from age group events will not be allowed.

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**From:** Jen Lyman

**Sent:** Tuesday, June 14, 2022 3:23 PM

**Subject:** Important Information 2022 EZ/CT OW Championship

**2022 Eastern Zone Open Water Championship and**

**Connecticut Swimming Dave Parcels Open Water Festival**

**JUNE 25, 2022**

**Quassy Amusement Park, Lake Quassapaug, Rt. 64**

**[2132 Middlebury Road](#)**

**[Middlebury, CT 06762](#)**

We are looking forward to race day! We have over 70 teams participating, representing 10 LSCs. There are approximately 525 swimmers entered to compete on Saturday, June 25<sup>th</sup>. Registration has CLOSED. Find attached the Psych Sheet. Please let me know by Tuesday, June 21<sup>st</sup>, if there are any issues. The racecourse finish has moved this year and will be closer to where the start of the race is on the beach front. The Lake Pavilion is no longer there to congregate (it is now a waterslide) as we did in past years. We will be using the beach front for the Start of the race, Finish of the race and spectating. Please make sure you are aware of announcements being made and please make sure swimmers get the right of way since they are competing.

USE this link to located additional information:

<https://www.teamunify.com/team/cthhac/page/ezct-open-water-champ>

If payment hasn't already been mailed out, please Mail check to (checks payable to P.A.T):

Jen Lyman  
4B Hamre Lane  
Branford, CT 06405

### **The Minor Athlete Abuse Prevention Policy (MAAPP)**

USA Swimming member clubs and LSCs are required to implement this Minor Athlete Abuse Prevention Policy in full. The Minor Athlete Abuse Prevention Policy must be reviewed and agreed to in writing by all athletes, parents, coaches, and other non-athlete members of member clubs on an annual basis with such written agreement to be retained by the club.

Athlete Protection Training for all Adult (18 years and older) Athletes All athletes 18 years and older must complete Athlete Protection Training (ATP) by June 24, 2022 in order to compete and train with USA Swimming member clubs. This training is completed through USA Swimming LEARN. Please follow these instructions:

<https://www.usaswimming.org/docs/default-source/safe-sportdocuments/maapp/adult-athlete-training-faq.pdf>

### **Highlights from meet announcement:**

- **Any swimmer coming without a coach will be assigned to West Hartford Swim Team (WHAT)**
- **Warm-up** will be available on the portion of the race course closest to the finish area, between 6:00am-7:00am **ONLY**. Warm-up swimmers will be allowed to swim out to the first turn buoy and then turn clockwise. The full course is **NOT** open in warm-up.
- Quassy Amusement Park Discounted Ride Ticket Code is: SWIM2022
- This is an open water freshwater lake swim. The weather and water conditions are unpredictable; please use good judgement if you are uncertain about swimming in open water. The course is set, 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 race with landmarks are attached.
- All swimmers who do not complete the course during the allotted time limit may be asked to retire from the race. Swimmers must finish within approximately 30 mins of the first finisher for the 2.5K and 5K.
- NO ON-SITE OR SAME DAY MEMBERSHIP REGISTRATION WILL BE PERMITTED
- Meet Referee: Mike Huffman, mhuffman99@gmail.com
- Volunteer Open Water Officials are welcome and encouraged to officiate. To sign-up please use the link below:  
[https://fast.ctswim.org/CTNet/CFPaintForm.aspx?f=181&\\_ga=2.185729961.1043220765.1655231213-1340098825.1571191261](https://fast.ctswim.org/CTNet/CFPaintForm.aspx?f=181&_ga=2.185729961.1043220765.1655231213-1340098825.1571191261)
- 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 prior to the commencement of any sanctioned swim meet, and must have this card with them to enter restricted areas of the race venue.