

Eastern Zone 2011 Open Water Championships

August 14, 2011

Held under the Sanction of USA Swimming
Sanctioned by Middle Atlantic Swimming

Sanction # MA 11110 EZOW

Host: Nittany Lion Aquatic Club

Location: Bald Eagle State Park
149 Main Park Road
Howard, PA 16841

Directions:

Bald Eagle State Park, Centre County, is along PA 150 between Milesburg and Lock Haven. From the I-80 west, take Exit 158 to PA 150 north for about 10 miles. From the I-80 east, take Exit 178 to US 220 north, to PA 150 south for about 13 miles.

Meet Director: Ryan Sprang (856)236-6474
E-mail: rsprang@bigcatswim.com

Meet Referee: Dale Carmody
E-mail: dcAR172387@aol.com

Safety Officer: Scott Etter
E-mail: setter@mkclaw.com

Schedule of Events:

Check in begins: 8:00am

Pre-Race Briefing: 9:00am

10 & under 1K – 9:30am

11-12 & 13-14 2K – 10:15am

15-18 3K – 11:00am

(Men and women in each age group will compete on the same course at the same time.)

If there are a high number of entries in a particular event, the race will be run in heats. If the number of entries for a particular event is so large to cause it to run more than the time allotted above, the meet director will limit the entries for that event.

Weather Conditions: If poor weather conditions force the need for a delay and/or cancellation of the event, a notice will immediately be posted on the Nittany Lion Aquatic Club website at www.bigcatswim.com. Adjusted start times will be posted in the event of a delay. There will be no rain date.

Facilities: The swimmers will compete in the Foster Joseph Sayers Lake at Bald Eagle State Park. A race course will be marked with large buoys between two points on the lake. The start and finish of the race will take place on the beach area. The entire race will be visible for all spectators. There are restrooms.

Parking: More than adequate parking will be available right next to the beach area where the race headquarters will be. There will be signs directing people to the beach area once you turn into the Bald Eagle State Park Entrance.

ELIGIBILITY: All swimmers must be currently registered with USA Swimming and be members of a club located within the Eastern Zone.

COURSE: A diagram and details pertaining to the actual race course will be provided on the NLAC website at www.bicatswim.com and listed under the Eastern Zone Meet tab. Water temperature in August is usually between 76-82 degrees. Water depth ranges from 7-15 feet in the course area. The race will start and finish on the beach.

EVENTS:

10 & under 1 K

11-12 2 K

13-14 2 K

15-18 3 K

RULES and Safety: Both races will follow 2011 USA Swimming Open Water rules and regulations. Volunteers from the Nittany Lion Aquatic Club, Middle Atlantic Swimming and the Howard County Volunteer Fire Department will provide safety for this event under the direction of the Bald Eagle State Park Ranger. Safety officers in conjunction with the race director and the Bald Eagle State Park Ranger, reserve the right to cancel this event in the unfortunate circumstance of unsafe conditions. Volunteer kayakers are welcome to serve as

auxiliary support and must contact the race director for more information and instructions.

PROTESTS: A Meet Jury will adjudicate any protest including issues of conduct which may occur at the meet venue. All protests must be made in writing. The Meet Jury will consist of the Meet Director, Meet Referee, an Athlete Representative, a Coach Representative and a Non-coach Representative

AWARDS: Eastern Zone medals for first through eighth places. *Please Note:* The results of the Open Water Competition will not affect the team score from the Eastern Zones Meet.

Lodging:

It is highly recommended that all swimmers competing in the open water competition who are also competing in the pool portion of the Eastern Zone meet, keep their hotel room in State College on Saturday August 13th. The state park where the open water meet is being hosted is only 25 minutes from State College. Also, there are very few hotel options closer to Bald Eagle State Park.

If you are coming strictly for the open water event, please use the following link for information on hotels in the State College area: <http://www.happyvalley.com/>

For more information on Bald Eagle State Park please use the following link: <http://www.dcnr.state.pa.us/stateparks/parks/baldeagle.aspx>

Entry Fee:

The entry fee for this event will be \$20. Checks for the event should be made payable to Nittany Lion Aquatic Club. Entry fees will be due during check-in the day of the race. No swimmer will be allowed to participate without full payment of the entry fee.

Entry Deadline:

Please fill out and sign registration/waiver and release form and return by Friday August 12th. Forms can also be submitted in person the morning of the event as well.

Mail forms to:

Nittany Lion Aquatic Club
Attn: Open Water
PO Box 10135
State College, PA 16805

Registration Form

Swimmer Name _____ Age _____ Male / Female _____

Address _____

City/State/Zip _____

Phone _____ E-mail _____

USA Swimming MEMBERSHIP # _____

EVENTS:

_____ **10 & Under 1K**

_____ **11-12 & 13-14 2K**

_____ **15-18 3K**

These events are open to eligible swimmers and will be conducted according to current USA swimming rules. Swimmer's age will be age as of Sunday August 14, 2011.

Waiver and Release

In consideration for accepting this entry and granting of the right to participate in this event I/we, the undersigned intending to be legally bound hereby for myself/ourselves, my/our heirs, waive and release for any and all claims, damages, I may have against the Nittany Lion Aquatic Club, Bald Eagle State Park, Middle Atlantic Swimming, USA Swimming and/or any other person whomsoever for any and all claims and damages received by me as a result of my participation. I/we represent and affirm that I/we am/are in proper physical condition to participate in this event as verified by a licensed physician and have sufficiently trained for the completion of this event. The undersigned has read and voluntarily signed this Wavier and Release.

Athlete Signature: _____

Date: _____

Parent Signature (if under 18) _____

Date: _____