



Central Zone Open Water Championship
Sanction# **WI2024-541OW**
Pleasant Prairie RecPlex / Lake Andrea Beach
Pleasant Prairie, Wisconsin 53158
Hosted by: Wisconsin Swimming, Inc.
Friday, June 14th, 2024

- SANCTION:** Sanctioned by Wisconsin Swimming, on behalf of USA Swimming.
Open Water Events: Sanction Number: **WI2024-541OW**
- RULES:** Current USA Swimming rules will govern the Meet. Please see Part Seven of the USA Swimming Rules and Regulations for a complete list of Open Water Rules.
- All Events are unescorted swims. The only water vessels allowed on the course are Race Official Boats, Course Boats and Safety Vessels.
- Open Water – Group start in water by age group. The swim will be unescorted.
- For the 5k race, use of wetsuits shall follow World Aquatics rules ([Competition-Regulations-version-1st-January-2024-.pdf \(fina.org\)](#)), where wetsuits are compulsory for water temperatures below 18C (64.4F). Wetsuits shall follow World Aquatics rules for [Approved Swimwear \(worldaquatics.com\)](#), where wetsuits (for both men and women) shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles. In water temperatures above 18C, athletes are encouraged to wear Open Water swimsuits. Open water swimsuits (men and women) shall not cover the neck, nor extend past the shoulder, nor extend below the ankle.
- For all other races, if water temperatures are below 18C (64.4F), participants may use either swimsuits or wetsuits.
- PARTICIPATING LSC'S:** Closed to competitors outside the following USA Swimming LSC: Arkansas, Illinois, Indiana, Iowa, Lake Erie, Michigan, Midwestern, Minnesota, Missouri Valley, North Dakota, Ohio, Oklahoma, Ozark, South Dakota, and Wisconsin.
- SPONSORED BY:** USA Swimming, USA Swimming Central Zone Committee, and Wisconsin Swimming.
- HOSTED BY:** Wisconsin Swimming LSC
- MEET DIRECTOR:** Mike Mellock – mikemellock@gmail.com – 414-687-5456
- MEET REFEREE:** Mike Repko - mike.repko@dipturus.com - 817-739-8675
- ADMIN REFEREE:** Andrea Kelley – bandkell@aol.com - 319-929-3985
- INDEPENDENT SAFETY OFFICER:** George Geanon – gdgeanon@gmail.com - 414-588-4334
- ENTRY CHAIR:** Brian Temke – temke@yahoo.com - 414-688-3475
- ADMINISTRATIVE OFFICIAL:** Sarah Olson – olsonswimming@gmail.com - 608-445-2259



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OFFICIALS: We welcome all certified Open Water Officials to work in this Championship, as it provides an excellent opportunity to achieve sessions as an Open Water official. Officials desiring an Open Water apprentice session are encouraged to apply and contact the Meet Referee.

OFFICIALS CLINIC: Two part clinic - May 14 and May 16 via Zoom. No fee. Links sent to individuals that have signed up when closer to the clinic date. Clinicians TBD. For LSCs with Open Water certifications, this clinic will satisfy clinic requirements.

OFFICIALS APPLICATION: An online application for officiating, and/or attending the training clinic, can be found on the Meet Landing Page:
<https://www.teamunify.com/team/czwilsc/page/events/lsc-hosted-open-water>

OFFICIALS BRIEFING: Friday, June 14th, 2024 6:00 am Central Standard Time in the Wruck Beach Pavilion.

OFFICIALS UNIFORM: White polo shirt and navy shorts or slacks. Navy swim trunks may be worn as well. Footwear appropriate for water submersion is recommended. Headgear and sun protection is encouraged.

MEET SITE: Pleasant Prairie RecPlex Lake Andrea
9900 Terwall Terrace
Pleasant Prairie, WI 53158
262-947-0437
Lake Andrea is adjacent to the RecPlex Aqua Arena.

OPEN WATER COURSE: The open water event will be swum in Lake Andrea with all swims beginning and ending in the beach area. In-water start, in-water finish using finish/slap board.

- The lake course is pictured on the final page of this meet announcement.
- There is a large spectator area along the beach with ample parking nearby.
- Swimmers will have access to the adjacent Pavilion area and concession area.
- Spectators will be allowed in designated beach areas. Please be courteous.
- Portable Toilets and Washing Stations will be stationed onsite outside of the beach fence on the day of the competition for spectators and officials.
- The following distances will be swum by age group:
 - 10 & Under: 1.25K 11-12: 2.5K
 - 13-14: 2.5K Open: 5K

TIMING SYSTEM: NK Stopwatches with Hy- Tek interface will be used.

OPEN WATER EVENT SCHEDULE: Wednesday, June 12 - All times Central Time
All coaches and LSC representatives are required to attend a technical meeting. Time and link will be sent to coaches after entries are received.

Thursday, June 13th - All times Central Time
REGISTRATION-PACKET PICK UP & SWIMMER CLINIC:
3:30PM Central Zone Open Water Clinic
All participants submitted by LSC’s will be charged for clinic registration and are encouraged to attend the clinic.
All swimmers must report to the registration area before they swim to receive a clinic ticket.
The cost for the clinic will be \$15.00 per athlete included in entry fees.



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Est: 5:00-6:30PM (after clinic concludes) – athlete registration, nail check, body marking available. It is recommended for athletes to check-in at the clinic on Thursday.

Friday, June 14th - All times Central Time

Open Water Schedule for 5K & 13-14 2.5K Competitors

6:00 – 7:00 AM: Officials Meeting
7:00 – 7:15 AM: Mandatory Coaches Meeting
6:45 AM: Registration & Check-In For 5K & 3K (if not done night before)
7:30 – 8:00 AM: Course Open for Warm-Up
8:00 – 8:15 AM: Participant Pre-Race Meeting - **MANDATORY**
8:30 AM: First wave of 5K Begins
10:15 AM – Estimated Start for 2.5K FOR 13-14 Competitors.

Open Water Schedule for Swimmers Ages, 11-12, 10&Under

9:00 AM: Registration & Check-In for 1.25K & 2.5K (if not done evening prior)
9:45 – 10:15 AM: Warm-Up in roped-in swim area
10:30– 10:45 AM: Participant Pre-Race Meeting - **MANDATORY**
11:00 AM: approximate first wave start times for 11-12 2.5K
11:45 AM: approximate first wave of 10&Un 1.25K Begins

**SAFETY/WARM-UP
PROCEDURES:**

- A. Athletes are encouraged to wear their LSC zone team cap during the race.
- B. The course will be patrolled by Pleasant Prairie Lifeguards and volunteers trained in water safety. The Pleasant Prairie Fire Department may provide Water Rescue Support and/or a certified EMT on site. This will be communicated later in the pre-race safety briefing.
- C. Please reference the Supplemental Safety Plan for details on safety for the clinic, warm-ups, and race day.
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LSC REPRESENTATIVE: Each LSC must have a representative to act as a liaison between the LSC, Meet Director, and Independent Safety Officer. That person must be identified to the meet host at Registration / Check-in, in order to receive credentials. Please email the Meet Director Mike Mellock – mikemellock@gmail.com by Saturday, June 8th, 2024 who this contact will be during the competition.

ATHLETE ATTITUDE: CODE OF CONDUCT: All athletes are required to follow the USA Swimming code of conduct. The code of conduct will be enforced.

ELIGIBILITY:

- A. Membership: All athletes must be regular (not seasonal) USA Swimming members with the LSC they represent.
- B. Swimmer's Age: Age as of June 14, 2024, shall determine the swimmer's age for the Central Zone Open Water Championships.
- C. Qualifying Time/Eligibility: All athletes, including disability athletes, meeting National A qualification times are welcome. Coaches and / or athletes need to contact the Meet Referee for any accommodations by submitting the following form prior to the start of the race to the meet referee: <https://form.jotform.com/232996249622063>. The following National A times shall be used to determine eligibility:
Open 5K: Minimum 15-16 "A" Time in 400/500, 800/1000 or 1500/1650 Freestyle
13-14 2.5K: Minimum 13-14 "A" Time in 400/500, 800/1000 or 1500/1650 Freestyle
11-12 2.5K: Minimum 11-12 "A" Time in 200, 400/500, 800/1000, or 1500/1650 Freestyle
10&Under 1.25K: Minimum 10&Under "A" Time in 200 or 400/500 Freestyle

ENTRY PROCEDURES:

- A. **The LSC must submit its Open Water entries as one team, using the LSC as the club designation. All individual entries shall be consolidated and submitted as one entry. Separate entries from individuals or clubs will not be accepted. LSC entry chair shall verify times before submitting entries to the host.**
- B. Each LSC must identify, on the official entry form, the name of the LSC and the name, address and telephone number, and email of the person in charge of entries for that LSC.
- C. Each swimmer entry must include first and last name, age as of June 14, 2024 and complete USA Swimming registration number.

ENTRY RESPONSIBILITY:

- A. The coach, swimmer, or swimmer representative who enters any Central Zone Championship Meet attests that all times and ages (as of June 14, 2024) on the entry are true and correctly achieved qualifying times for each event entered and that all entered swimmers are eligible under current rules. He/she assumes all responsibility for false or incorrect times or times which are unacceptable under USA Swimming or Central Zone rules and shall be assessed a \$100 penalty payable to the Central Zone for each false or incorrect entry unless absolved of the fine by the elected officers of the Central Zone, their designee or a Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the Central Zone or USA Swimming.
- B. Appeal of fines or penalties imposed is to be made to the elected officers of the Central Zone, their designee, and/or a Board of Review.



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ENTRY FEES: \$45.00 (\$25.00 per open water event, \$1.00 per swimmer Central Zone Surcharge, \$4.00 per swimming WI Swimming Splash Fee and \$15 Clinic Fee)
Make check payable to: *Wisconsin Swimming, Inc.*

ENTRY CHAIRPERSON: Email entries to: Brian Temke – temke@yahoo.com

ENTRY DEADLINES:

A. Open Water entries must be submitted to the host entry chairperson electronically by 12:00pm Central Standard Time on Monday, June 10, 2024. The electronic hard copy of the open water entries must accompany the team entry file. It is the responsibility of each LSC to verify entry times, receipt and readability of any entries, and submission of entry. Entry chair must verify by email or follow-up phone call to the host entry chair.

B. Each LSC shall receive a team entry report including an exception report of the LSC team entries via e-mail by 6pm Monday, June 10, 2024. Any corrections to the original entries should be formatted in a new entry file and sent to the entry chair via email by 12pm on Tuesday, June 11th, 2024. Justification of the exception report should be included in a word document or PDF file. No new swimmers may be added to LSC entries after the Tuesday, June 11th, 2024 12pm deadline. Any corrections or updates after 12pm on Wednesday, June 12th, 2024 shall go to the eligibility jury.

C. All entry reports and start lists will be posted to the meet landing page.
There will be NO on-site entries at this meet.

SEEDING/CONDUCT: All swimmers must report to the registration area before they swim to receive a race ticket, body marking, cap, and wave number.

- Please make sure that fingernails and toenails are trimmed and all jewelry (including piercings) and watches are removed prior to registration. Swimmers must be nail-checked before body marking.
- There will be no penalty for scratching; entry fees will not be refunded.
- Athletes must notify the Clerk of Course if they decide to scratch from their event after completing registration.
- No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed. Swimmers will start in the water, and finish in water (hand touching finish board).
- Each age group (and possibly gender) will start separately.
- Each swimmer is encouraged to wear their LSC swim cap.
- All athletes are required to present their race ticket before being allowed entry to their event.
- All athletes are required to collect their race ticket upon exiting the water.

SAFE SPORT INFORMATION: The USA Swimming Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy



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in full during this meet.

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 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after May 15th, 2024 which is 30 days prior to the last date of the actual competition, who has not completed Athlete Protection Training 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 18 on or after June 14, 2024, 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.

Each club is responsible for the conduct of its swimmers. 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. No swimmer will be allowed access to the designated event start/finish/rest area without a coach member present. If the home club coach is not planning to attend the event, the swimmer must designate a supervising coach. Arriving with the 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 a supervision form before a credential can be issued. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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

All U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.



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- TIME LIMITS:** All swimmers must finish within 30 minutes of the first swimmer in their heat in order to place or score points.
- ABANDONMENT:** Where emergency conditions require a race to be halted before it is completed, the race shall be restarted at the earliest possible time and the full distance completed. A Meet Committee will be convened if needed.
- SCORING:** Open Water events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
- AWARDS:** Individual Open Water events: 1-8 place: medals with neck ribbons;
9-16 place: ribbons
- ADMISSION/PARKING:** There are no fees for admission or parking
- EVENT LANDING PAGE:** Event Landing Page:
<https://www.teamunify.com/team/czwilsc/page/events/lsc-hosted-open-water>
- REFRESHMENT:** Refreshments may be available through RecPlex Beach concessions.
- WARM-UP:** Warm-up and warm-down area will be in a designated beach area adjacent to the open water course. This area will be lifeguard supervised on both Thursday and Friday during the event.
- SPECTATORS:** Picnic tables will be available in the viewing area. Spectators are welcome to bring their own lawn chairs and blankets. There is no setup on the beach, only in grass areas outside the fence.
Spectators will not be allowed inside the pavilion during the competition. This area is designated to competitors ONLY. Portable toilets and wash stations will be made available for spectators.
Spectators will be allowed in designated beach areas. Please be courteous.
Spectators are required to follow the USA Swimming Parent Code of Conduct while attending the event.
- DECK / BEACH CHANGE POLICY:** No deck / beach changing is allowed.
- PLEASANT PRAIRIE HOTEL & THINGS TO DO INFORMATION:** Pleasant Prairie Convention & Visitors Bureau:
<https://www.visitpleasantprairie.com/sports/competitive-swim/>
- ZONE APPAREL:** Zone apparel will be available for purchase on site from Bella's Custom Design.



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Course Map:

Course Map – Central Zone Open Water 2024



THE EVENT WAIVER MUST BE COMPLETED AT THIS LINK: [2024 Waiver](#)