

**TRI VALLEY MASTERS
USMS OPEN WATER MEET**

2024 Del Valle Open Water Festival @ Shadow Cliffs, June 8-9, 2024

Enter Online: <https://www.teamunify.com/team/dvowf/page/home>



SANCTION: Held under USMS Sanction No. 384-W002.

In granting this sanction it is understood and agreed that USMS shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that USMS and Tri Valley Masters shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

NOTICE: By entering this meet, the athlete consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results. Official results will be posted on the Internet at <https://www.teamunify.com/team/dvowf/page/home>

USE OF AUDIO AND VISUAL: Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the facility by the Meet Referee or his/her designee.

MEET PERSONNEL:

Meet Referee: Bill McCracken, mccracmiler@pacbell.net, (925) 216-7918

Independent Safety Officer: Kyle Maxwell

Meet Directors: Bill McCracken, mccracmiler@pacbell.net, (925) 216-7918

LOCATION: Shadow Cliffs Lake, Pleasanton, California

DIRECTIONS: The Shadow Cliffs Regional Recreation Area, Pleasanton, CA., is located at 2500 Stanley Boulevard in Pleasanton, CA. From I-580 in Pleasanton: take the Santa Rita Road/Tassajara Road Exit and turn south, towards Pleasanton. Continue southward on Santa Rita Road to the intersection of Santa Rita Road and Valley Avenue. Turn Left onto Valley Avenue. At the intersection of Valley Avenue and Stanley Boulevard, turn left onto Stanley Boulevard. Proceed on Stanley Boulevard to the first stop light; the park entrance is on the right. <https://www.ebparks.org/parks/shadow-cliffs#reach>

COURSE/FEEDING: This is an open water freshwater lake swim. The course maps are shown at the end of this document. The 10k will be 4 loops of a 2.5k course. The 5k race will be two loops of a 2.5k course. The course consists of 6 turn buoys and several guide buoys. The 2.5k race will be 6 turns. The 1.5k race will be 4 turns. For all races, the start will be an in-water start, and the finish will be on shore.

Warm Up/ Warm Down: A separate designated roped in swim area for warm-up will be available throughout the meet. Swimming outside of this area for warm up or warm-down will result in disqualification.

CONDITIONS: The expected water temperature: 70-73 degrees. Each course is patrolled by safety craft. Participants should be adequately trained for open water swims of this length. Previous experience in similar water conditions is highly recommended.

ABANDONMENT: If local condition/safety concerns lead to an abandonment during the race, athletes are required to follow the lifeguard instructions and other meet supporting personnel. In such a case, the event shall be considered complete. The final placings of all athletes shall be determined by the Meet Referee. Situations not covered shall be determined by the Meet Committee.

TIME: The Shadow Cliffs Regional Recreation Area opens at 6:00 A.M. each day. Check-in opens begins at 6:45AM on Saturday and Sunday. Registration for the 10k, 5k and 1.5k will close at 8:00AM on their respective days. Registration for the 2.5k closes at 9:15AM. Mandatory safety meetings will be held approximately 25 minutes before the start of each race. On Saturday, the waves start 8:30 A.M. Waves will be approximately 5 minutes apart. On Sunday, the 1.5k swim begins at 8:30 A.M. and the 2.5k swim begins at 10:00 A.M. There will be 4 waves of each event. All race start times are approximate. Warm-up will be available starting at 6:30 A.M. each day in the roped off area only.

EVENT SUMMARY

Date	Event #	Distance	Ages	Registration	Safety Meeting	Race Start
6/8/2024	1	10k	Youth 13-over, USMS	6:45 to 8:00 AM	8:05 AM	8:30 AM
6/8/2024	2	5k	Youth 11-over, USMS	6:45 to 8:00 AM	8:05 AM	8:30 AM
6/9/2024	3	1.5k	Youth 11-over, USMS	6:45 to 8:00 AM	8:05 AM	8:30 AM
6/9/2024	4	2.5k	Youth 11-over, USMS	6:45 to 9:15 AM	9:35 AM	10:00 AM

RACE CUTOFF TIMES: Cutoff time will be 12:00PM on Saturday and 11:30 A.M on Sunday. 10k swimmers not passing turn buoy 6 after their third lap 2 hours and 30 minutes from the start will be directed to swim to shore from turn buoy 6 and be disqualified. 5k swimmers not passing turn buoy 6 after their first lap 85 minutes from the start will be directed to swim to shore from turn buoy 6 and be disqualified. Cutoff times are 50 minutes for the 1.5k swim and 90 minutes for the 2.5k swim. 2.5k swimmers not passing turn buoy 6, 85 minutes from the start will be disqualified and removed from the course by safety personnel and be disqualified. Those athletes will be disqualified and removed from the course by safety personnel. Athletes unable to finish within the cutoff time will be removed from the course by safety personnel and disqualified.

Waves: *Saturday:* Event 1 and 2 will swim concurrently. Athletes can participate in one of the events, but not both. Youth and USMS athletes may start in the same waves: One (1) 10k wave and two(2) 5k waves including Category I and II USMS athletes and Youth and wetsuit participants. Race start times are approximate. *Sunday:* Youth and USMS athletes may start in separate waves. Typical waves: In the 1.5k and 2.5k there will be three (3) USMS Cat. I waves and one (1) USAS, USMS Cat.II and Just for fun. Race start times are approximate. The USMS Just for Fun Division is only available for the 1.5k and 2.5k.

GENERAL RULES:

- For USMS athletes, current USMS rules will govern the meet.
- For Youth athletes, age determination will be following World Aquatic Competition Guidelines specifically section 25.2.1:
 - All Age Group athletes remain qualified from 1st January to the following 31 December at the age they are at the close of day (23:59) on 31st December of the year of the competition.
- Events will start in waves, depending on the number of entries. Waves will swim fast to slow. The waves will be denoted by different color caps. Wetsuits might be seeded in a separate wave.
- Entries will be accepted until the number of splashes exceeds the number of athletes that can be safely accommodated. The 5k, 10K event is limited to 350 athletes.
- All Officials must be current on their registration, background check, athlete protection training and concussion training according to USMS standards.
- **There will be a safety meeting before the start of races. The safety meeting is mandatory to all participants.**
- All races are unescorted swims. All watercraft, including boats, paddle boards or kayaks are prohibited on, at or near the race course during the time of the event, except for those used by the host club for conducting the meet or lifeguard operations.
- All athletes must wear the provided swim cap. If two caps are worn, the provided cap has to be on the top.
- USMS Just for Fun Division (for 1.5K and 2.5K events only): Fins or pull buoy allowed – proceeds benefitting a charity to be determined. Swimmers in this division will start in the USMS category-2 wave. Fins must consist of soft rubber material with a length of no more than two feet and are subject to approval by the referee for safety reasons.
- The timing system will be electronic timing with chips that must be worn at the ankle. Timing chips will be given out at registration and must be returned after the race. Athletes not returning or losing the timing chip will be charged with a replacement cost of \$25.
- Disqualified swimmer must leave the race course immediately.

RESTRICTIONS:

- Smoking and the use of other tobacco products is prohibited in the park area, in the locker rooms, in spectator seating, on standing areas and in all areas used by athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages are prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.

- All shelters must be properly secured
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited at Del Valle Regional Park and in particular over the venue (race course, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

ELIGIBILITY:

- Adult athletes must be current members of USMS. One-event registration covering the whole meet is available for adult (\$15) athletes. This can be found on-line and on race day.
- Youth athletes pay a youth division insurance fee to participate.
- Entries with "NO TIME" will be ACCEPTED.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per USMS policy.
- The age for USMS athletes shall be determined by the age of the swimmer on December 31 of the year of competition, except for 18-year-olds, who must be 18 on the day that they swim.

ENTRY FEES:

Event	10K or 5K	1.5K or 2.5K	Both 1.5K and 2.5K
Pre-race registration (online)	\$80	\$55	\$70
Race day registration	\$90	\$75	\$90

No refunds. No Whining 😊

ENTRIES: To enter online go to <https://www.teamunify.com/team/dvowf/page/home>. There are links for online registration for USMS members. Online registration for all races closes 11:59PM on 6/6/24 or when race participant limit of 350 swimmers is reached for the 10k/5k race. There is no limit for entries for the 1.5k and 2.5k swims. Mailed or hand delivered entries are not available pre-race. Athletes can register at the registration desk on race day, if the race participant limit is not reached. Race day registration for a “one-event” membership for USMS are available online at the registration desk on race day.

CHECK-IN: The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. Registration is open on Saturday from 6:45 to 8:00 A.M. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: Any athletes not reporting for or competing in an event that they have checked in for shall not be penalized.

AWARDS USMS:

- USMS Open Water National Championship Marathon Swim (10k) medals will be given to the first 6 finishers in each sex/age in the Category 1 (non-wetsuit division) (18-24, 25-29, etc.). One-Event participants are not eligible for medals in the 10k.
- Medals will be given to the first 3 finishers in each sex/age in the Category 1 (non-wetsuit division) and Category 2 (Wetsuit division) (18-24, 25-29, etc.) in the 5k, 2.5k and 1.5k races.
- Just for Fun Division: Awards will be given to top three finishers of all entrants

AWARDS Youth Division:

- Medals will be given to the first 3 finishers in each sex/age group (11-12, 13-14, 15-16, 17-18) in each race. Note: For Youth athletes, age determination will be following World Aquatic Competition Guidelines specifically section 25.2.1:
 - o All Age Group athletes remain qualified from 1st January to the following 31 December at the age they are at the close of day (23:59) on 31st December of the year of the competition.

ADMISSION: Free. There is parking fee when entering the park.

MISCELLANEOUS:

- Preliminary results for races will be posted on site 30-45 min after the last swimmer in each race.
- No overnight parking is allowed or must be arranged separately with the park.
- There is very limited or no cell phone reception at the lake.
- Athletes are strongly advised to arrive early on race day. Delays entering the park should be expected.

**2024 Del Valle Open Water Festival @ Shadow Cliffs
10k/5k /2.5k/1.5k swim
June 8-9, 2024 Shadow Cliffs Lake, Pleasanton, California**

Registration worksheet for race day registration

Last Name _____ First Name _____ MI ____ /USMS# _____		
Address _____		Phone _____
E-Mail _____		Club _____
Date of Birth _____	Age (on 8/26/23) _____	Circle Gender M W
Estimated 1650/1500 (mile) time for waves seeding _____ (A blank time entry will be placed in the slowest wave). Please be accurate.		
<u>Emergency Contact:</u>		
Name _____	Relationship: _____	Contact # _____

Saturday 10k race : <input type="radio"/> 10k	\$90	\$ _____
Saturday 5k race : <input type="radio"/> 5k	\$90	\$ _____
Sunday races: <input type="radio"/> 2.5k <input type="radio"/> 1.5k	\$75	\$ _____
Sunday races: Both <input type="radio"/> 2.5k & 1.5k	\$90	\$ _____
Wet-suit(USMS): <input type="radio"/> Yes <input type="radio"/> No		
Youth division – insurance fee	\$7.50	\$ _____
	Total	\$ _____

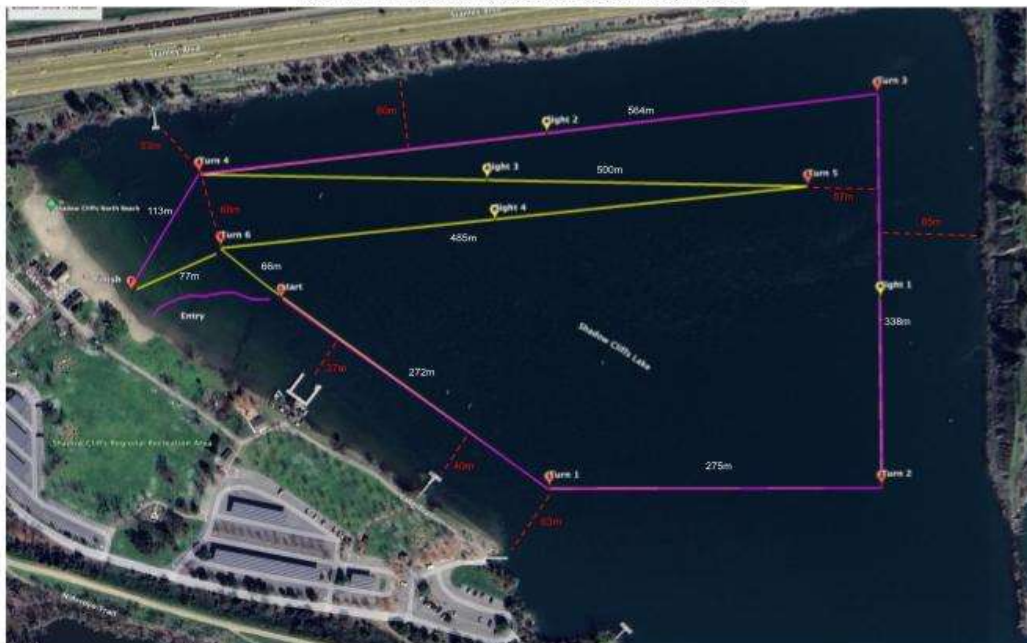
Del Valle Open Water Festival @ Shadow Cliffs

Course maps - 1.5K, 2.5k, 5k events

Shadow Cliffs Open Water Swimming

Pink: 1500m

Yellow And Pink: 2.5k (1 loop), 5.0k (2 loops), 10.0k (4 loops)



NOTE: All turns are left hand turns except turn 5. Sight buoys can be passed on either side. Red distances and dotted lines are informational only.

5K: 5K Course will be two loops. On first loop, swimmers will continue through start buoys to begin second loop. After second loop, swimmers will swim to finish after “final turn”

10K: 10K Course will be four loops. On first loop, swimmers will continue through start buoys to begin second through fourth loops. After the fourth loop, swimmers will swim to finish after “final turn.”

2.5K: 2.5K Course will be one loop. Swimmers will swim to finish after “Turn 6.”

1.5K : This is the course outlined in pink above. Swimmers will swim to finish after “fourth turn.”

