



Eastern Zone Open Water Swim Meet



Saturday, June 25, 2016

Atlantic City, NJ

Sanction# MA 16174 OW

Please note this will be conducted with the 18th Annual Bridge to Bridge OW Races.
Eastern Zone Swimmers will be scored separately.

SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming, Inc., and Pleasantville Aquatics, Pleasantville, NJ SANCTION NO: Pending Upon Approval USA Swimming, Inc., Middle Atlantic Swimming, Inc., Pleasantville Aquatics, Inc., and City of Atlantic City, NJ shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
LOCATION:	<ul style="list-style-type: none"> ACHS Boat House, 3401 Fairmont Ave., Atlantic City, NJ 08401; Tel: (609)742-1515
COURSE DESCRIPTION	<p>Open water: This is a flat water bay swim with limited tidal flow. High tide will be approximately at 12:04pm (3.85 feet bay side). The water temperature is expected to be in the range of High 70F - 75F. The 500 meter, 2K & 5K swim races will start and finish in the water area in front of the ACHS Boathouse (check the course map at www.swimpva.org)</p> <p>The 5K race course will consist 2 laps of a 2,500M loop from the Boat House (Albany Ave.) to Dorset Ave. The 2K will consist of 2 laps of 1000M loop in front of the Boat House. The 500M race will be 2 laps a 250 meter loop. The start for all races will be in the water perpendicular to the floating dock. “Finish” Banner marks finish line for 2K & 5k. Swimmers must hit the overhead banner to confirm their finish. (In the event of a miss, the swimmer must retry) Manual watches will be used for official times. Cameras will be recording finishes as placement backup.</p> <ul style="list-style-type: none"> All swimmers who have not completed the course during the prescribed time limit may be asked to retire. Details of race course with landmarks are attached. Any questions about the course will be addressed at the pre-race meetings prior to each race.
MEET DIRECTOR:	<p>Dimitar Petrov Email: mitkoswim@hotmail.com Phone: (609)742-1515</p>
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all current USA swimming athletes age 18 and younger who are registered by June 17th. No on site registration will be permitted. Age on June 25, 2016 will determine age for all races.
EVENTS AND SCHEDULE:	<p>5 K (Open): The race will consist of 2 laps of a 2.5K loop marked with large orange buoys at the Dorset Ave Bridge. The race will end approximately 90 minutes after the start. Swimmers who have not completed the course ½ hour after the first swimmer finishes may be asked to exit the race.</p> <ul style="list-style-type: none"> Check-in begins at 08:00am Pre-race briefing: 10:15am Event starts: 11:00am <p>500m (10 & U): The race will consist of 2 laps of a 250m loop. The course will be marked with large orange buoys. The race will end approximately 20 minutes after the start; any swimmers struggling to finish the course may be asked to exit the race.</p> <ul style="list-style-type: none"> Check-in begins at 08:00am Pre-race briefing: 10:45am

	<ul style="list-style-type: none"> Event start: 11:30am <p>2K (11-12, 13-14, 15-18, Open): The race will consist of 2 laps of a 1000M loop marked with a large orange buoy. The race will end approximately 60 minutes after the start. All swimmers who have not completed the course in ½ hour of the first place finisher may be asked to exit the race.</p> <ul style="list-style-type: none"> Check-in begins at 08:00am Pre-race briefing: 12:15pm Event start: 1:00pm
RACE CONDUCT	<ul style="list-style-type: none"> Zone competitions will be contested in a single race (male and female) and results tabulated from the overall order of finish. All races will swim around a buoy for 2 laps. For more detailed information, see the attached maps. The 2K and 5K races will be swum in two waves - The first wave of each race will be swum with USA swimmers and the second wave will consist of non-USA swimmers (Open).
QUALIFICATION	<ul style="list-style-type: none"> Top Female and Male USA finishers in the sanctioned 5K race automatically qualify for the 2017 USA Open Water Nationals
DISABILITY SWIMMERS	<ul style="list-style-type: none"> Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Referee. The athlete (or the athlete's coach) is also responsible for notifying the Meet Director of any disability prior to the day of competition.
FORMAT	<ul style="list-style-type: none"> Order of races: 5K, 500M and 2K
WARM-UPS	<ul style="list-style-type: none"> There will be warm-ups prior to the start of each race. Check the timeline for more details. Race site must be clear of swimmers minimum of 10 minutes prior to each race.
ENTRIES	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS: Friday, June 17, 2016.</p> <ul style="list-style-type: none"> Swimmers may enter a maximum of 2 individual events (2K and 5K) Entries must be submitted using Hy-Tek Team Manager software, or complete Entry Form. Teams may submit entries via e-mail. A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. The Meet Director reserves the right to limit the number of entries in any race due to unsafe conditions created by too many swimmers in the water. Email entries to: mitkoswim@hotmail.com
FEES	<p>Individual Entry: \$35.00 (Single event) Double Entries: \$55.00 (2K and 5K)</p> <ul style="list-style-type: none"> All athletes registered prior to June 17th will receive commemorative t-shirt. After the registration deadline, shirts will be limited by availability. Pre-Registration: Payment must be received by Friday, June 17, 2016 for all entries. Checks should be made payable to: Pleasantville Aquatics Send Payment to: Dimitar Petrov 2032 West Ave. Ocean City, NJ 08226 <p>IMPORTANT: If payment is via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries.</p>
AWARDS	<ul style="list-style-type: none"> Individual medals through 8th place Team Awards: An appropriate team award will be presented to the top team in the Male, Female and Combined Team Competition. Teams must score in both, Female and Male competition races to score and qualify for Combined Team Championship.

SEEDING	<ul style="list-style-type: none"> • All like-distances will be swum together as a single event, without regard to a swimmer's gender. Places, awards, and published results will be separate for each event by gender. • Each swimmer must check-in to receive their COMPETITOR NUMBER. Check in times are listed on the Description of Events and Schedule page. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
RULES	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • In accordance with MA Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet.
OFFICIALS	<p>Meet Referee: Bob Schailey Phone: (609) 266-2471 Email: rschailey@yahoo.com</p> <ul style="list-style-type: none"> • Officials and/or volunteers that are comfortable and want to be out on the water, please state so in your request. Please Email Safety Officer Joe Haney email: runrow@aol.com or sign up to officiate/volunteer no later than June 17, 2016. • Officials meeting will be at 9:00AM at the hospitality tent. • Uniform: white shirt, navy blue bottoms. Optional swimsuits underneath.
SAFETY	<ul style="list-style-type: none"> • All races are in water starts and finishes. • There will be a mandatory pre-race meeting for each race. • Swimmers will be marked on both shoulders and upper arms and will be given a card with the same number which will be given to the race official prior to entering the dock. • The number of each swimmer will be recorded and delivered to each turn judge prior to the start of race. At each turn, there will be an accounting of the swimmers by Turn Judges (3 on the water and one on land). • Any one leaving the course will be accounted for by safety personnel and their competitor number will be radioed to the safety officer. • When the swimmers finish, it will be an in water finish and the swimmers will be held in the closed finish area until the competitor numbers are recorded and the swimmer is given a place stick. Before leaving the dock, the swimmer's number and place will be recorded by a race official. • Monitoring Swimmers During Race <ul style="list-style-type: none"> o Safety boats will monitor the entire course,(2 power boats and one zodiac will travel outside of the course of course, 2 lifeguard boats, 16-20 safety kayaks and 2 Sea Doo PWC) <ul style="list-style-type: none"> ▪ There will not be escort craft for swimmers ▪ Swimmers will be counted after each lap as they pass each buoy on the course. o 4 Lifeguards will be on location, (1 in the water on Sea Doo PWC and 3 on the land with view of entire course. o There will be 2 rescue/evacuation Sea Doo PWC and one rescue/evacuation Zodiac. • Medical Services <ul style="list-style-type: none"> o There will be a First Aid station available at the boathouse. o The ACFD will be on site with one EMT's team. Located on site. Back up rescue squad will be Dorset Ave, 2.5K away. o Atlantic City Atlantic Care Hospital is located 1 mile from the site. • Safety Communications Plan <ul style="list-style-type: none"> o Each USA Referee and safety craft will have a radio for instantaneous communication with the safety officer. One Radio channel will be devoted to safety. When the kayers or other rescue craft blow short blasts on a whistle or air horn, pay attention. There may be an emergency. o The Safety Officer will be in charge of all safety at the event, overseeing life guards, EMT's and swim safety. The safety officer will be in constant contact with on site personnel and the Atlantic City emergency management department. o The safety officer will be located on the second floor of the boat house with clear view of the course of swim.

	<ul style="list-style-type: none"> ● Accounting for swimmers <ul style="list-style-type: none"> ○ <u>Refer to monitoring swimmers</u> ○ This is the most important duty of the safety team. ○ Each Turn official will whistle if there is a possible DQ in their jurisdiction and follow with radio protocol in addition to radioing to admin when last swimmer passes their station each lap. ● Pre-race Meeting: These meetings will be held at 10:15am (5K), 10:45am (500M) and 12:15pm (2K) the day of the race. ● <u>Safety during pre-race warm-up and post-race warm-down</u> <ul style="list-style-type: none"> ○ There will be a separate warm up/warm down area and swimmers will not be allowed to warm up or warm down on the course. ○ The warm up area will also have at least one life guard and one marshal in addition we will have at least two kayak/paddle boards on the water to prevent any swimmers beyond buoy markings of warm up course. ● We will also require the swimmer to give their number card to marshal prior to entering warm- up area and pick up the card when leaving the warm-up area.
TIMERS	Timers and recorders are needed for each race. Please contact the Race Director mitkoswim@hotmail.com in advance to volunteer.
GENERAL	<ul style="list-style-type: none"> ● This event is on the bay side of Atlantic City and will be held rain or shine. ● Event may be delayed or cancelled due to lightning. No refunds. ● Extra T-shirts for coaches and spectators may be ordered on your registration form for \$20.00 each. ● Hospitality tent will be set up by the bay with water coolers available for swimmers and food for officials and volunteers. ● Outdoor event: bring beach umbrellas for shade; wear sunscreen; bring chairs. ● Concessions available and provided by Pleasantville Aquatics
FACILITY RULES	<ul style="list-style-type: none"> ● No alcohol can be consumed by any swimmers, coach or spectator before or during the competition on race day. ● No Smoking in or around the boat house at any time.
PARKING	<ul style="list-style-type: none"> ● Parking will be available at Bader Field on the Black Horse Pike across the Albany Bridge within walking distance of the ACHS Boat House.
VOLUNTEERS	<ul style="list-style-type: none"> ● Anyone wishing to help with registration check-in, body marking, event check-in, water safety personnel or first aid station, please contact Tamara Haney at email: babywitch9@aol.com by June 20th!
DIRECTIONS	<p>Address: 3401 Fairmont Ave., Atlantic City, NJ 08401</p> <p>From Route 40/322 (Black Horse Pike)</p> <ul style="list-style-type: none"> ● Albany Ave. is where Route 40/322 (Black Horse Pike) enters Atlantic City. If you travel into town via that route, the Boat House is visible on your left as you cross Albany Avenue Bridge. After crossing the bridge take the first left hand turn and proceed to Sovereign Ave., turn left, go one short block and turn left again onto Fairmont Ave. (One Way). Pete Pallitto Field and ACHS Boat House is on your right. <p>From Atlantic City Express Way</p> <ul style="list-style-type: none"> ● If you enter town via the Atlantic City Express Way, keep left at the fork to stay on AC Express Way. Turn right on Fairmont Ave. and stay on the route for about 1 mile. The ACHS Boat House is on the right. <p>GPS</p> <ul style="list-style-type: none"> ● 39.371608, -74.455753

ACCOMODATIONS	<ul style="list-style-type: none"> ● Hampton Inn Atlantic City Bayside, (609) 484-1900 ● Clarion Hotel and Conference Center, (800)44 ROOMS ● Sheraton Atlantic City, (609)441-2911 ● Ramada Inn, (800) 851-9505 ● Holiday Inn Xpress (609) 484- 1500 ● Comfort Inn North (Absecon) (609) 641-7272
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SCHEDULE OF EVENTS	<p>TIME LINE</p> <ul style="list-style-type: none"> ● 08:00AM - Boat House Open for Registration (All Races) ● 10:15AM - Registration closed (5K). Pre-race briefing with swimmers (5K) ● 10:30AM - Warm-Up (5K) ● 10:45AM - Registration closed (500m). Pre-race briefing with swimmers (500m) ● 11:00AM - START of 5K (Open) ● 11:10AM - Warm-up (500m) ● 11:30AM - START of 500m (9-10 Age Group) ● 11:45AM - Expected finish time of the winner (500m) ● 12:00PM - Expected finish time of the winner (5K) ● 12:15PM - Registration closed (2K). Pre-race briefing with swimmers (2K) ● 12:30PM - Warm-up (2K) ● 12:30PM - Award Ceremony for 5K and 500m ● 01:00PM - START of 2K (11-12, 13-14, 15-18, Open) ● 01:20PM - Expected finish time of the winner (2K) ● 01:45PM - Expected finish time for all swimmers (2K) ● 02:30PM - Award Ceremony for 2K and Team Awards ● 03:00PM - Boat House Closes
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Race #	Age	Distance
1	Open	5K
2	10 & U	500M
3	11-12, 13-14, 15-18 and Open	2K

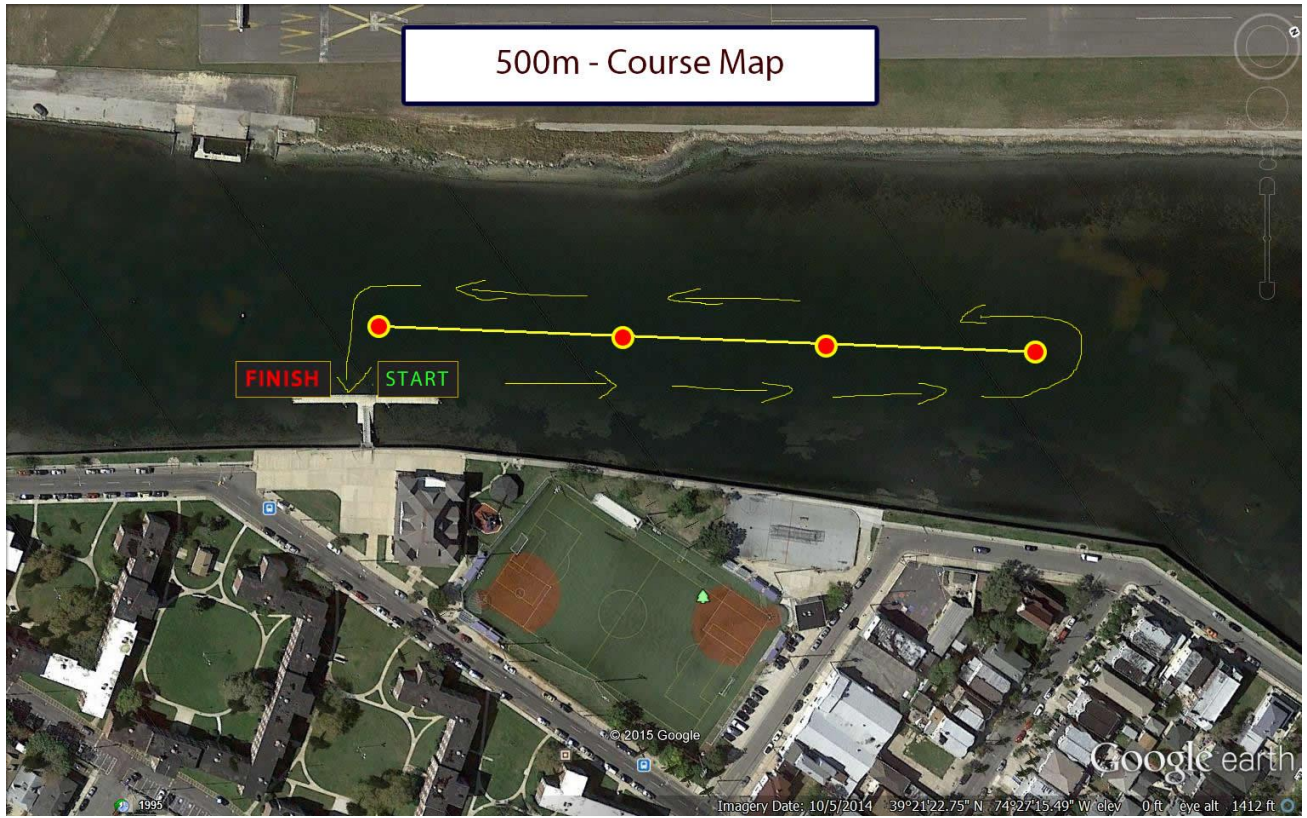
2K - Course Map

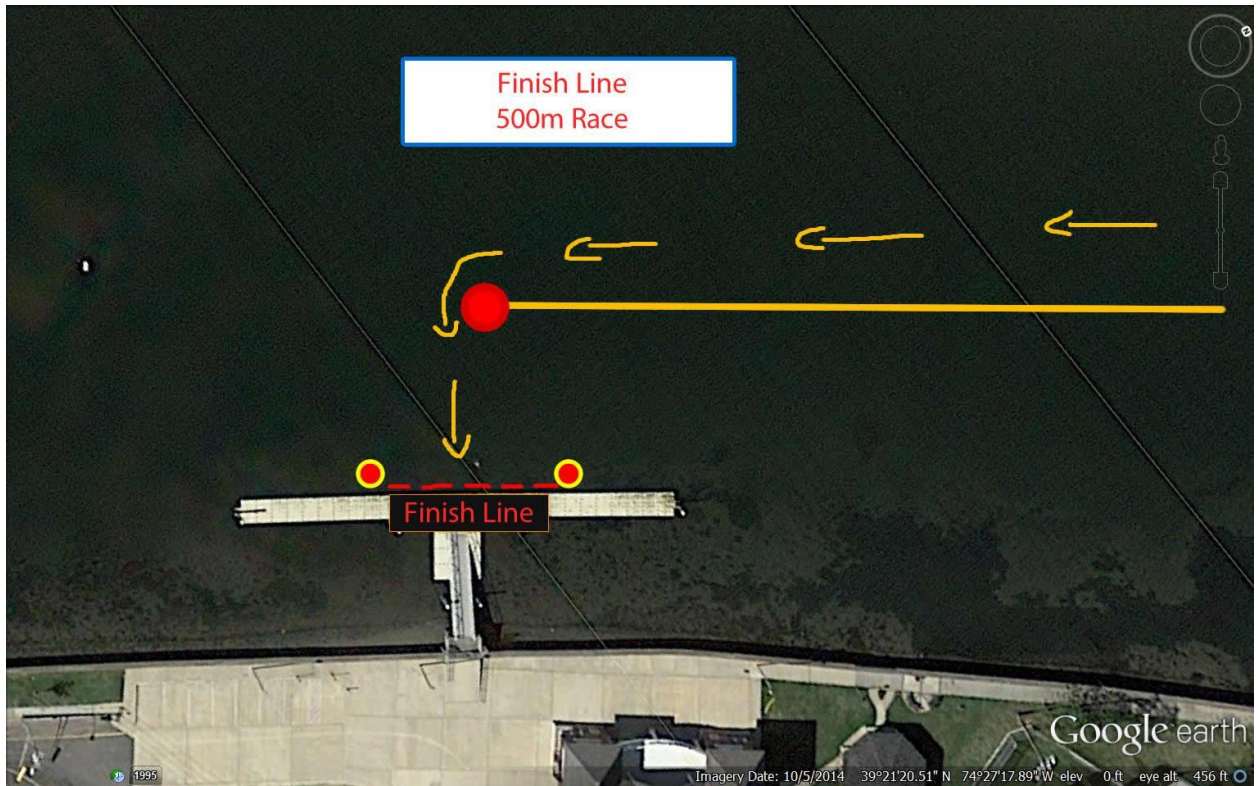
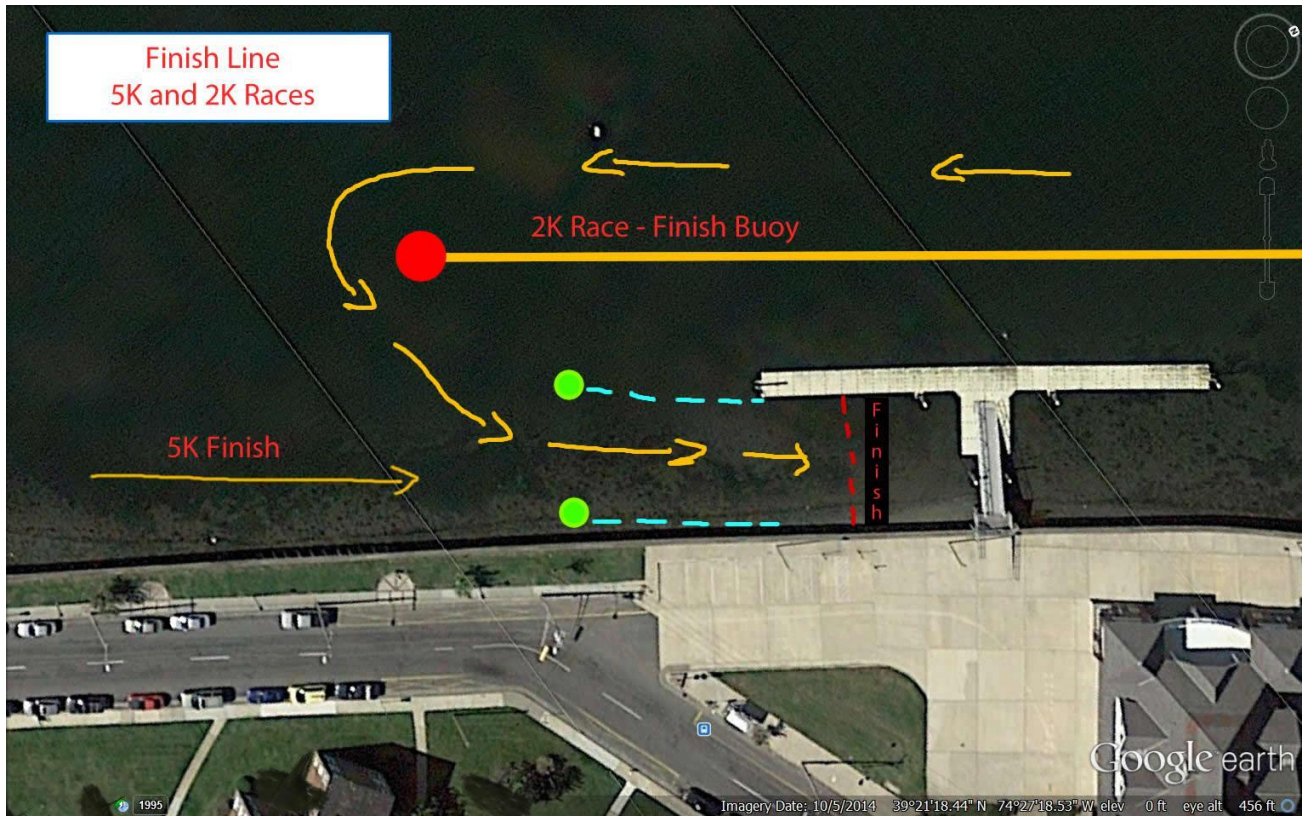


5K - Course Map

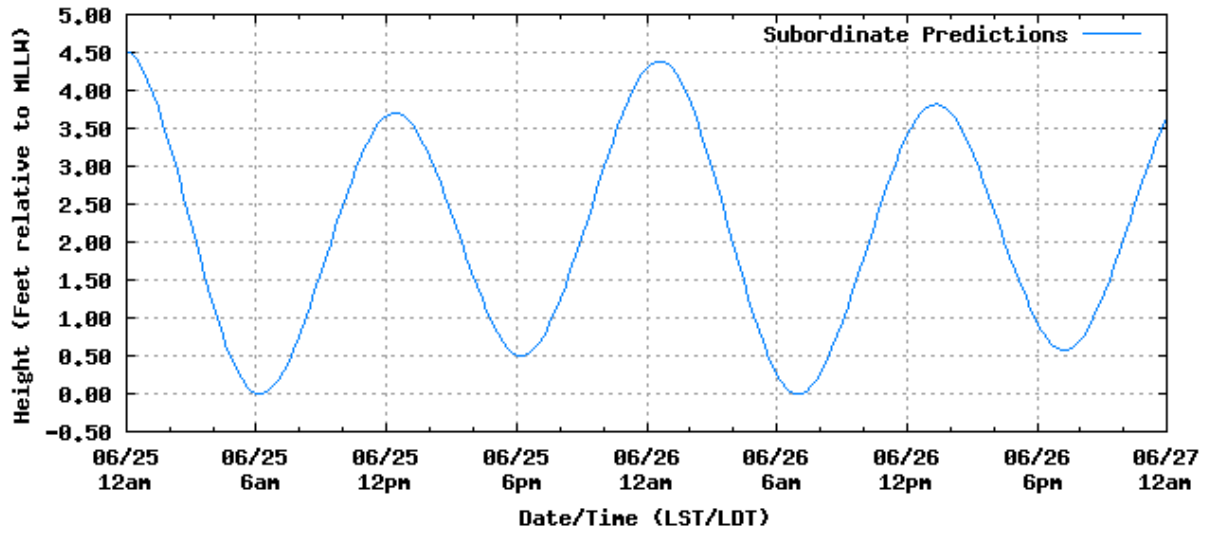


500m - Course Map





TIDE PREDICTIONS FOR JUNE 25, 2016



Absecon, Absecon Creek, U.S. Hwy. 30 bridge, New Jersey

25 June 2016

39.4233° N, 74.5000° W

Date	Day	Time	Hgt
06/25	Sat	06:08	-0.01 L
06/25	Sat	12:24	3.71 H
06/25	Sat	18:14	0.5 L

REGISTRATION FORM

Signed and Sent to: Pleasantville Aquatics, 2032 West Ave., Ocean City, NJ 08226 Email: mitkoswim@hotmail.com

LAST Name: _____ **FIRST Name** _____ **M.I.** _____

DOB: ____/____/____ **Age as of June 25, 2016** _____ **Gender:** Male ____ Female ____

USA-S Registration Number: _____

(This line does not apply for none-sanctioned athletes)

USA Swimming Club: _____ **LSC:** _____

EVENT#: _____ **DISTANCE** _____

Street Address: _____

City: _____ **State:** _____ **Zip:** _____

E-mail: _____ **Phone:** _____

T-Shirt Size (Adult sizes): S ____ M ____ L ____ XL ____ 2XL ____

If no t-shirt size is clearly marked, competitor will receive an Adult L.

Item	# Entered	Event(s) #	Cost	Total for line
Swimmer Individual Entry include T-shirt	1		\$35.00	
Swimmer Double Entries include T-shirt	2		\$55.00	
Extra T-shirt		Size(Adult):	\$20.00	
Total enclosed: \$				
To add your Logo to T-Shirt: review sponsorship page				
Make checks payable to: Pleasantville Aquatics , and send to: 2032 West Ave., Ocean City, NJ 08226				

Please read and sign the liability release: Liability Release

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Age Group Swimming (Training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the USA Swimming or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages caused by the negligence, active or passive, of the following: USA Swimming, Middle Atlantic, Inc., Eastern Zones, Pleasantville Aquatics, United States Coast Guard, City of Atlantic City, AC Fire Department, Kayak Viking Club, Meet Sponsors, Meet Committees, and or any individuals officiating at the meet or supervising such activities. In addition, I agree to abide by and be governed by the rules of USA Swimming. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Swimmer's Signature: _____ Date: _____

Parent's Signature if under 18: _____ Date: _____