

2017 Eastern Zone Open Water Championships

Saturday, August 26, 2017

Rain Date: Sunday, August 27, 2017



SANCTION	<p>Held under the sanction of USA Swimming and Middle Atlantic Swimming; Sanction: MA17187OW</p> <p><i>USA Swimming, Eastern Zone Swimming, Middle Atlantic Swimming, East Coast C-Cerpants, Meet Director, Officials, Race organizers, Committee members, Volunteers and the City of Atlantic City shall be held free and harmless from all liabilities or claims for damages arising because of injuries to anyone during the conduct of this event.</i></p>						
LOCATION	<p>World Famous Atlantic City Beach and Boardwalk Michigan Avenue and the Beach, Atlantic City, NJ 08401</p>						
COURSE DESCRIPTION	<p>This is an open water ocean swim. <i>The current and wave conditions are unpredictable; please use good judgement if you are uncertain about swimming in rough water.</i></p> <p>The course is set; however, the race committee reserves the right to change the direction of each event due to ocean conditions. The details of race with landmarks are attached. Any questions about the course will be addressed at the pre-race meeting.</p> <p>The water temperature is expected to be in the range of 70 – 75 F. New rules for 2017: For open water swimming competitions in water with temperature below 20°C (68°F), men and women may use either swimsuits or wetsuits. When the water temperature is below 18°C (64.4°F), the use of wetsuits is compulsory. Wetsuits for both men and women shall completely cover the torso, back, shoulders and knees and shall not extend beyond the neck, wrists or ankles. The thickness of material/s used shall be minimum 3 mm and maximum 5 mm. In addition, the outer surface of the wetsuit shall not include outstanding shapes, such as ridges, fins, etc.</p> <p>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 30 mins. (800M - 15 Mins.) of the first finisher for their event.</p>						
MEET DIRECTOR	<p>Leslie Boehme, ezoneow@gmail.com (267) 679-7132</p>						
ELIGIBILITY	<p>Open to all Eastern Zone USA Swimming athletes registered prior to first day of the meet. No at location registration will be permitted.</p> <p>Registration deadline is by 11:59 pm August 21, 2017</p> <p>Swimmers must be 9 years of age or older.</p>						
DISABILITY SWIMMERS	<p>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</p> <p>The athlete (or the athlete's coach) is also responsible for notifying the Meet Referee of any disability prior to the competition.</p>						
FORMAT	<table border="1"> <tr> <td data-bbox="412 1520 516 1604">800M</td> <td data-bbox="521 1520 1507 1604">The 800M race follows the WHITE course (<i>see 800M map below</i>). Athletes will start on the beach at Chelsea Ave., swimming straight out, turning right at white buoy, swimming south, turning right at buoy #2 (yellow), finishing on the beach.</td> </tr> <tr> <td data-bbox="412 1610 516 1694">2K</td> <td data-bbox="521 1610 1507 1694">The 2K race follows the BLUE course (<i>see 2K/5K map below</i>). Athletes will start on the beach at Michigan Ave., swimming straight out, turning right at buoy #1 (yellow, swimming south), turning right at buoy #2 (yellow), finishing on the beach.</td> </tr> <tr> <td data-bbox="412 1701 516 1850">5K</td> <td data-bbox="521 1701 1507 1850">The 5K race follows the RED course (<i>see 2K/5K map below</i>). Athletes will start on the beach at Michigan Ave., swimming straight out, turning right at buoy #1 (yellow, swimming south), turning left at buoy #2 (yellow), turning left at buoy #3 (red), turning left at buoy #4 (red), turning left at buoy #5 (white), swim south to finish buoy, turning right at buoy #6 (yellow), finishing on the beach.</td> </tr> </table>	800M	The 800M race follows the WHITE course (<i>see 800M map below</i>). Athletes will start on the beach at Chelsea Ave., swimming straight out, turning right at white buoy, swimming south, turning right at buoy #2 (yellow), finishing on the beach.	2K	The 2K race follows the BLUE course (<i>see 2K/5K map below</i>). Athletes will start on the beach at Michigan Ave., swimming straight out, turning right at buoy #1 (yellow, swimming south), turning right at buoy #2 (yellow), finishing on the beach.	5K	The 5K race follows the RED course (<i>see 2K/5K map below</i>). Athletes will start on the beach at Michigan Ave., swimming straight out, turning right at buoy #1 (yellow, swimming south), turning left at buoy #2 (yellow), turning left at buoy #3 (red), turning left at buoy #4 (red), turning left at buoy #5 (white), swim south to finish buoy, turning right at buoy #6 (yellow), finishing on the beach.
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WARM-UPS & WARM-DOWNS	<p>Warm-ups will be in front of the lifeguard stand on Michigan Ave for 10 minutes. Warm-downs will be at adjacent lifeguard stands to finish area. No time limits.</p>						

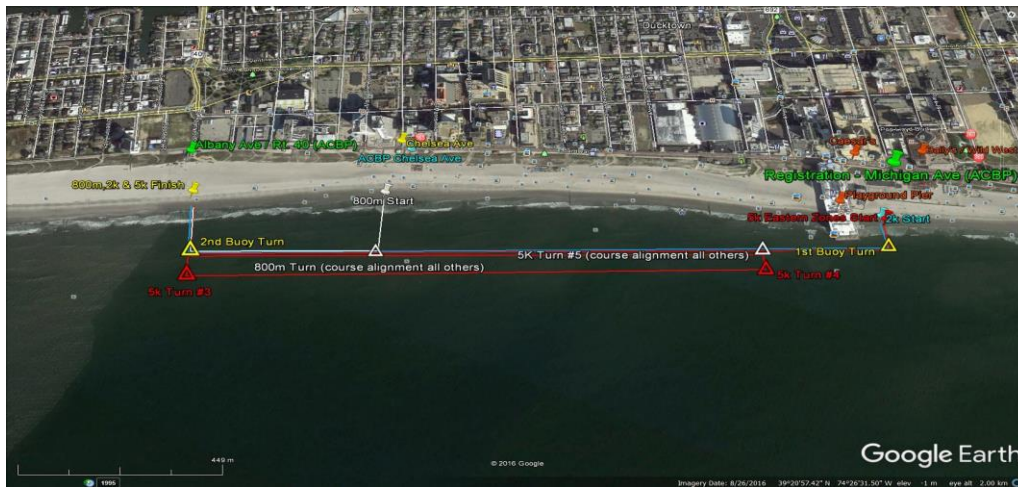
ENTRIES	<p style="text-align: center;">NO ONSITE OR SAME DAY REGISTRATION WILL BE PERMITTED!</p> <p>All team entries are encouraged to be submitted via email using TM/TU or equivalent software. All electronic entries must be emailed to the Meet Director. The email shall include a TM/TU entries printout, Head Coach/Team Contact information (name, phone, email).</p> <p>All paper Registrations and payment shall be mailed to: East Coast C-Cerpants Attn: Eastern Zone Open Water Swim 108 Azalea Lane Egg Harbor Twp., NJ 08234</p> <p>IMPORTANT: If registration/payment is mailed via Express Mail, FedEx, UPS, etc., please ensure a signature is NOT REQUIRED as this will delay the receipt of the entry.</p>	
FEES	REGISTRATION: Entries must be received via email or TM file (teams) by 11:59 PM on 08/21/17.	NO ONSITE OR SAME DAY REGISTRATION WILL BE PERMITTED.
AWARDS	<p>REGISTRATION: All payments must be <i>received</i> by 11:59 PM on 08/21/17.</p> <p>Trophies will be awarded to 1st, 2nd, and 3rd place Male & Female winners from the 5k, 2k, & 800m. ***Please Note*** – The Top 3 Male & Female place winners from the 5k will be eligible to participate in the 2018 National Open Water 5K Championship! To qualify for the Junior 5K, swimmers must finish in the top 10 of the 16 & under age category and finish within 15 minutes of the first place 16 & under swimmer. Qualifiers must be 16 and under the day of the 2018 National Junior 5K competition. Qualifiers for the Nat'l 5K and Junior Nat'l 5K must be full (year-round) USAS Athlete members.</p>	
RULES	<p>Any swimmer not turning properly at the buoys will be asked to return to the buoy to take the turn properly. Failure to do so will result in the swimmer being disqualified.</p> <p>The 2K and 5K will end approximately 30 minutes after the first swimmer finishes in each event. Swimmers who have not completed the course in the designated time, or if the safety official deems the individual is too stressed to continue, may be asked to exit the race.</p>	
OFFICIALS	Meet Referee: Bob Schailey, robertschailey@gmail.com , (609) 266-2471	
SAFETY	Safety Monitor: Joseph Haney	
GENERAL	<p>Follow us on twitter at @MAOpenWaterSwim for all updated race information.</p> <p>RACE T-SHIRTS: All Registered athletes will receive a commemorative t-shirt. T-shirts will also be available for purchase on race day! Cost will be \$20.</p>	
FACILITY RULES	No on beach changing into or out of swimsuits is allowed.	
VOLUNTEERS	Open Water Officials with certification card are welcomed to participate.	
DIRECTIONS	AC Expressway East to Michigan Ave and Boardwalk.	
PARKING	Limited on street parking, numerous parking lots, and Casino Garage parking. (At Current prevailing rates.)	
LODGING	Wingate by Wyndham Atlantic City West (609) 484-1500 Days Inn Atlantic City Oceanfront-Boardwalk (609) 344-6101 Days Inn Egg Harbor Township/AC Area (609) 641-4500 Residence Inn by Marriott Atlantic City/Egg Harbor Township Area (609) 813-2344	

RACE MAPS

800M RACE -- White Course



2K & 5K RACE



RACE SCHEDULE

TIME	EVENT
8:00 – 9:30 AM	Race Day Check-in at Michigan Avenue Beach Patrol Station
9:30 – 9:40 AM	Warm-ups in front of the Michigan Avenue Beach Patrol Station
9:45 AM	Mandatory Pre-Race Meeting
10:00 AM	800M Start
10:10 AM	2K Start
10:30 AM	5K Start

REGISTRATION FORM

Athlete's Full Name (First, Middle Initial, and Last)	Date of Birth	Gender
	____ / ____ / ____	___ Male ___ Female
Street Address	Age as of 08/26/17	Phone
		(____) ____ - ____
City, State, Zip	Are you a USA Swimmer	USA-S Registration Number
	___ YES ___ NO	
Email Address	USA Swimming Club	LSC

Sign and mail registration with payment to by 8/21/17:

East Coast C-Cerpants
 Attn: Eastern Zone Open Water Swim
 108 Azalea Lane
 Egg Harbor Twp., NJ 08234

EVENT SIGNUP INFORMATION

	Choice	Event	Registration Cost <small>(Received by 08/21/17)</small>	
		MA Sanctioned 800M for Ages 9 – 10 USA-S	\$25	
		MA Sanctioned 5K for Ages 13 & Over USA-S	\$30	
		MA Sanctioned 2K for Ages 11 & Over USA-S	\$30	
Totals				

T-SHIRT SIZE & PAYMENT INFORMATION

LIFEGUARD

PAYMENT INFORMATION

(Adult Sizes; Check One): S M L XL 2XL	(Check One): Active Alumni	(Check one): Cash Check
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PARTICIPANT (PARENT/GUARDIAN OF MINOR) AUTHORIZATION & WAIVER

I, the undersigned participant (parent/guardian of minor), intending to be legally bound, hereby certify that I am (my son/daughter are) physically fit and have not been otherwise informed by a physician. I acknowledge that I am (my son/daughter are) aware of all the risks inherent in Age Group Swimming (Training and competition), including 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, Eastern Zone Swimming, Middle Atlantic Swimming, Atlantic City, Atlantic City Beach Patrol, East Coast C-Cerpants, Meet Sponsors, Meet Committees, and/or any individuals officiating at the meet of 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.

Printed Name of Participant	Signature of Participant (Ages 18 or older)	Date Signed
		____ / ____ / ____
<i>Parent/Guardian signature only required for participants who are ages 17 and younger.</i>		
Printed Name of Parent/Guardian	Signature of Parent/Guardian	Date Signed
		____ / ____ / ____

OFFICIAL USE ONLY

Registration (received/posted by 08/21/17)	Payment Received	T-Shirt Size	USA Registration
	Entered into Meet Manager	Authorization & Waiver Signed	