

Eastern Zone Open Water Swimming Competition August 10, 2008

SPONSOR/HOST: Potomac Valley Swimming / Virginia Swimming Inc.

SANCTION: Sanctioned by USA Swimming thru Potomac Valley Swimming PVZ-08-63:

MEET TYPE: Zone Championship













DATE: August 10, 2008

RACE TIMES: Check-in/Warm-up available 7:30 a.m.
10 & U, 11-2, 13-14 races begin – 8:30 a.m.
15-18 event will begin upon completion of the earlier races.

LOCATION: Pohick Bay Regional Park
6501 Pohick Bay Drive
Lorton, VA 22079

DRIVING

DIRECTIONS: From the Montgomery Aquatic Center

	1: Start out going WEST on NICHOLSON LN toward COMMONWEALTH DR.	0.2 mi
	2: Turn LEFT onto OLD GEORGETOWN RD/ MD-187 S.	2.1 mi
	3: Merge onto I-495 W/ CAPITAL BELTWAY toward SOUTH I-495 (Crossing into VIRGINIA).	19.2 mi
	4: Take the I-95 S exit, EXIT 57A, toward RICHMOND.	1.2 mi
	5: Merge onto I-395 S.	0.3 mi
	6: I-395 S becomes I-95 S.	5.7 mi
	7: Take the VA-642 exit, EXIT 163, toward LORTON.	0.4 mi
	8: Turn LEFT onto VA-642/ LORTON RD.	0.4 mi
	9: Turn RIGHT onto LORTON MARKET SQ.	0.6 mi
	10: LORTON MARKET SQ becomes GUNSTON COVE RD.	0.4 mi
	11: GUNSTON COVE RD becomes GUNSTON RD/ VA-242.	3.2 mi
	12: Turn LEFT onto Pohick Bay Dr. Proceed to bottom of hill. Open Water Swimming course will be on your right at the bottom of the hill.	

Estimated Time: 44 minutes Estimated Distance: 33.76 miles

ELIGIBILITY:

1. Each swimmer must be a 2008 USA Swimming registered athlete in one of the LSC's which make up the Eastern Zone
2. Each swimmer must be entered on the official entry forms provided. Only one swimmer per entry form.
3. Competition is restricted to eastern Zone LSC's.
4. The Meet Director reserves the right to limit entries or conduct the events in heats
5. A full refund will be given to swimmers that are eliminated.

COURSE: 10 & U course is 250m x 250m. 11-12 & 13-14 course is 750m x 250m and the 15-18 course is 1,250m x 250m. Each race distance will have course bouys every 250m and turn bouys that will be clearly marked. An "IN WATER" Start and Finish will be used.

Pohick Bay is mostly a sandy bottom, shallow, fresh water bay (average water depth of 5-8 feet), with little or no current. Water temperature in August is usually between 76-80 degrees.

RULES: 2008 USA Swimming Rules and Regulations will govern this event. No drafting allowed. No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed, endurance or buoyancy.

Wet suits, flotation aids or any similar items, and anything used to maintain body heat, except a reasonable application of body grease, are not allowed.

(Please see Part Seven of the 2008 USA Swimming Rules & Regulations for complete list of Open Water Rules)

SAFETY: Adequate safety guidelines will be strictly adhered to at this meet. Lifeguards and safety craft will be on site and prepared to administer aid should the need arise. Meet caps will be provided and required to be worn.

EVENTS:	10 & U	1 K
	11.12	2 K
	13-14	2 K
	15-18	3 K

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.

ENTRY DEADLINE: Entries must be received by Friday August 1, 2008. All entries must be submitted on the official entry form. Please submit a separate entry sheet for each swimmer. All signatures, including coach's verification, must be on the entry form prior to participation

ENTRY FEE: \$20.00 per entrant. Should the meet be canceled due to inclement weather or water conditions not conducive to running the meet, a refund of \$10.00 will be made to each entrant. The decision to cancel usually cannot be made until the morning of the race. Each entrant will receive their meet t-shirt and swim cap and hospitality at the site even if the meet has to be canceled.

PRE-RACE MEETING: There will be a pre-race meeting with detailed course descriptions at the race site at 8:15 a.m. Parents may be asked to help time and to take order of finish.

AWARDS: Zone Championship 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.

Completed entry forms and fees should be sent by
Express mail or FedEx with signature waiver to:

Bill Marlin 3212 Allness lane Herndon, VA 20171 571-334-0987 E-mail: coach_bill@verizon.net	Make Checks payable to: <u>Eastern Zone LC AG Championships</u> Meet Director for the meet is: Bill Marlin Meet Manager is Mike Kraeuter E-mail any questions to: coach_bill@verizon.net
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Eastern Zone Open Water Championships
Official Entry Form
Pohick Bay
Sunday August 10, 2008

Name: _____ Age: _____ Gender: _____

USA Swimming Reg. #: _____ LSC: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Club Code: _____

Coach: _____

T-shirt size (please circle) Adult Sizes S M L XL

Release by participant from Liability: I hereby release USA Swimming, Potomac Valley Swimming, Virginia Swimming, the County of Fairfax, the Northern Virginia Regional Park Authority, the State of Virginia and any other participating individuals and organizations from any claims and damages received by me as a result of my participation in the race and furthermore, hold them harmless and indemnified from any damages. I further attest and verify that I am aware of the risks involved with an open water swim, am physically fit to compete and have trained sufficiently for the completion of this race.

Signature: _____ Date: _____

Parent's Signature: _____ Date: _____
(If under 18 years of age)

Coaches Certification: I hereby affirm that the swimmer entered on this form is capable of completing the distance entered.

Coaches Signature: _____ Date: _____

*****Entries must be received by Friday August 1, 2008*****

Entry Fee: \$20.00 (includes T-shirt)

Mail Entry, Entry Fee and Release Form to:

Bill Marlin
3212 Allness Lane
Herndon, VA 20171
571-334-0987
e-mail: coach_bill@verizon.net

Make Checks payable to: **Eastern Zone LC AG Championships**