



10K National Championships

Friday, May 3, 2019

Women's Race 8:00 am

Men's Race 10:30 am

5K Junior National Championships

(16-Under as of May 4, 2019)

Saturday, May 4, 2019

Men's Race 8:00 am

Women's Race 8:05 am

5K National Championships

Sunday, May 5 2019

Men's Race 7:30am

Women's Race 7:35am

Miami Marine Stadium

3501 Rickenbacker Causeway

Miami, FL 33149

Hosted by Swim Gym

Entry Deadline is Tuesday, April 23, 2019

USA Swimming

2019 Open Water National Championships

Important Facts About the Competition



- ◆ The 2019 Open Water National Championships will serve as the selection event for spots on U.S. rosters. For complete selection criteria, please refer to the National Team section of the USA Swimming website; usaswimming.org.
- ◆ 15 male and 15 female international swimmers will be allowed entry to our 5K and 10K National events only. Foreign entries will not be permitted in Junior National Events. Foreign entries can be sent to Bryce at- belser@usaswimming.org.
- ◆ Register for the Open Water National Championships on-line at usaswimming.org/ome beginning noon Mountain Time on Tuesday, March 5, 2019 through 11:59 pm Mountain Time on Tuesday, April 23, 2019. There will be no race-day registration. For help with the entries contact Jaime Lewis 719-866-3581 or jlewis@usaswimming.org. The qualifying period is April 23, 2017 through the entry deadline (April 23, 2019).
- ◆ Race Start times are subject to change due to number of entries and local conditions.
- ◆ All U.S. participants in the National Championships must be full (year-round) Athlete members of USA Swimming and eligible to represent the U.S. in international competition. All foreign swimmers must be members in good standing of their respective FINA recognized federation.
- ◆ Swimmers' and Coaches' Responsibility - It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this competition information book, as well as information disseminated at each race technical meeting. USA Swimming Rules will govern the conduct of these championships.
- ◆ All swimmers, or parents of swimmers under 18 must sign a USA Swimming Open Water Waiver and Release, and submit it at Registration.
- ◆ The Race Safety Plan, Waiver & Release Form, and other important information will be posted at usaswimming.org.

Event Administration



Championship Referee

Matt Wilson
mpwilson1205@gmail.com

Local Meet Director

Jonathan Strauss
joner@swimgym.net
305-283-6391

Event Safety Director

Gregg Cross
coachgregg55@aol.com

USA Swimming National Events Director

Dean Ekeren
dekeren@usaswimming.org
719-866-3565


2019 Open Water Nationals
10K Qualification

- ◇ Finished in the top 10 at the 2018 USA Swimming 10K or 5K National Championships, or;
- ◇ Finished in the top 5 at the 2018 USA Swimming 7.5K Junior National Championships, or;
- ◇ Achieve the published time standard

5K Qualification

- ◇ Finished in the top 10 at the 2018 USA Swimming 10K or 5K National Championships, or;
- ◇ Finished in the top 5 at the 2018 USA Swimming 5K or 7.5K Junior National Championships, or;
- ◇ Finished in the top 3 at a 2018-2019 USA Swimming Open Water Zone Championship (5K or greater), or;
- ◇ Finished in the top 5 at the 2018 CSCAA 5K National Championships, or;
- ◇ Achieve the published time standard

5K Junior Nationals (16 & Under)

- ◇ Finished in the top 15 at the 2018 USA Swimming 10K or 5K National Championships, or;
- ◇ Finished in the top 10 at the 2018 USA Swimming 5K or 7.5K Junior National Championships, or;
- ◇ Finished in the top 5 at the 2018-2019 USA Swimming Open Water Zone Championship (5K or greater) amongst athletes in their respective age division (the race director of each Zone Championship will be responsible for submitting the names of the athletes who qualify), or;
- ◇ Achieve the published time standard

Age is defined by the athlete's age as of the day of the competition

**2019 Open Water Championships
Qualifying Standards**

		2019 Open Water Nationals		2019 Open Water Junior Nationals
		10K	5K	5K
Men	800 LCM	8:20.09	8:28.69	8:49.99
	1500 LCM	15:59.09	16:05.29	16:56.49
	1000 SCY	9:12.09	9:19.29	9:42.99
	1650 SCY	15:24.59	15:37.59	16:24.39
Women	800 LCM	9:00.29	9:03.49	9:19.39
	1500 LCM	17:14.29	17:20.49	17:50.79
	1000 SCY	9:58.79	10:03.59	10:26.49
	1650 SCY	16:35.89	16:46.19	17:24.79

Proof of time is required from a USA Swimming sanctioned/approved meet or from a USA Swimming observed performance. Converted times will not be allowed.
The qualifying period is April 23, 2017 through the entry deadline (April 23, 2019).



Enter On-Line at usaswimming.org/ome

Athletes must enter these events through USA Swimming's On-line Meet Entry System (OME).

Register for the Open Water National Championships on-line at usaswimming.org/ome beginning noon Mountain Time on Tuesday, March 5, 2019 through 11:59 pm Mountain Time on Tuesday, April 23, 2019. There will be no race-day registration.

For help with the entries, contact Jaime Lewis at USA Swimming (719-866-3581) or jlewis@usaswimming.org.

You will be required to pay for the on-line entries with a Visa, Mastercard, American Express or Discover.

OME is not an eligibility report; It is the coaches responsibility to know what events your athlete is qualified for.

Once you complete your entry, you will be sent confirmations via e-mail. Please keep all of these and bring them with you to the meet (just in case).

Drug waiver forms will automatically be sent to you via e-mail after you submit your entry. Please have these filled out and bring them with you to the event.

For late entries, email Jaime Lewis at jlewis@usaswimming.org with the swimmer's name, date of birth, event to be entered, and qualifying time or criteria. Additional fees may apply for late entries. Payment for late entries will need to be made to the host on site.

For those that qualified through 2018-2020 Open Water Domestic Event Selections use the override option in OME. You will enter a time within the qualifying standard and use the race (and date of the race) that the swimmer qualified in as the meet for the override time.



Rules

Current USA Swimming Rules and Regulations will govern this event. Please see Part Seven of the USA Swimming Rules & Regulations for complete list of Open Water Rules.

Selected Open Water Rules;

Swimwear

- ◆ No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed, endurance, or buoyancy.
- ◆ A maximum of two (2) caps may be used.
- ◆ FINA rules for swimwear will be used for all events .

Awards

- ◆ Individual champions shall be determined and awarded in women's and men's competitions. Medals shall be awarded to all first through eighth place finishers in each individual event.
- ◆ The male and female swimmers 18 years of age or younger attaining the highest finish position in the National Championships shall be designated as the USA Swimming 18 and under OWS Champion in each contested event and shall receive the appropriate USA Swimming Championship medals.
- ◆ Team awards for the National Championships will combine the 10k and 5k races. Team awards shall be given to the top three teams: men's, women's and combined where the following criteria are met;

Men's or Women's – in order for awards to be given within a specific gender, that gender shall have a minimum of 16 competitors from at least three clubs starting the race.

Combined – To be eligible for this award, a club must have scored in both men's and women's races, and there must have been a minimum of three clubs participating in each gender's race.

Team awards will be shipped from USA Swimming headquarters following the event.

Scoring of individual events will be on a sixteen (16) place basis: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Doping Control

The athletes in these competitions are subject to drug testing conducted by the United States Anti Doping Agency (USADA) and FINA under the In-Competition Testing Program.

Late Entries

Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

- A. Late entries must be submitted to Jamie Lewis at jlewis@usaswimming.org;
- B. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, Sunday, April 28, 2019;
- C. The team or athlete must pay a processing fee of \$150.00 per entry, and entry fees of \$140/10K event, \$120/7.5K event, and/or \$100/5K event.

Eligibility

The USA Swimming Open Water National Championships are open to all swimmers currently registered as year-round members with USA Swimming, and who meet the specific event qualifying criteria.

Entry Fees

10K National Championships
\$70.00/Individual

5K National Championships and 5K Junior National Championships
\$50.00/Individual

Foreign Participants: \$35.00 additional fee per participating athlete, coach, and staff member



Technical Meetings

All swimmers and coaches should arrive in time for the technical meeting for their event(s). Each participant is responsible for all information distributed at these meetings. All Technical Meetings will be held at the Marriott Biscayne Bay.

- ◆ Technical Meeting for Friday events, Thursday, May 2, 6:00pm.
- ◆ Technical Meeting for Saturday events, Friday, May 3, 3:00pm.
- ◆ Technical Meeting for Sunday events, Saturday, May 4, at Noon.

Participant check-in and numbering will be offered immediately after each technical meeting.

Pre-Race Briefings

In addition to each technical meeting, all swimmers must be present for the Pre-Race Briefing at the race start area prior to each race. At this meeting, race officials will distribute last minute information on weather and water conditions, emergency procedures, etc.

Practice Availability

Pool training will be available at the Miami Rowing and Watersports Center, a six-lane 25 yard pool adjacent to event course. Swimmers under the age of 18 must be accompanied by an adult.

Pool training availability

Tuesday, April 30	5 to 7pm
Wednesday, May 1	8-10am & 5-6pm
Thursday, May 2	8-10am & 5-7pm
Friday, May 3	10-12pm & 4-6pm
Saturday, May 4	10-2pm
Sunday, May 5	8:30-10:30am

Long Course training at University of Miami

Tuesday-Friday	8am-10am
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Open Water training will be available at the event site on the days prior to the event, however it will not be a closed course as it is a public waterway until Friday, May 3rd. This will be supervised by Marine Patrol.

Open Water training availability

Wednesday, May 1	1 to 3pm
Thursday, May 2	1 to 3pm

Race Day Schedules

Schedules are subject to change depending on number of entries and local conditions.

Women's 10K National Championships

Friday, May 3

7:00am-7:45am – check-in

7:45am – Pre-race Briefing

7:55am – Inspection and Roll Call

8:00am – Start

Men's 10K National Championships

Friday, May 3

8:30am-10:15am – check-in

10:15am – Pre-race Briefing

10:25am – Inspection and Roll Call

10:30am – Start

Men's and Women's 5K Junior National Championships

Saturday, May 4

7:00am-7:45am - check-in

7:45am - Pre-race Briefing

7:55am – Men's Inspection and Roll Call

8:00am – Men's Start

8:01am - Women's Inspection and Roll Call

8:05am - Women's Start

Men's and Women's 5K National Championships

Sunday, May 5

6:30am-7:15am - check-in

7:15am - Pre-race Briefing

7:25am – Men's Inspection and Roll Call

7:30am – Men's Start

7:31am - Women's Inspection and Roll Call

7:35am - Women's Start

Race Course and Operations

The race course will consist of loops around a 1.66km course, with large buoys at each turn, and intermediate buoys lining the course.

A "feeding" station will be located near the halfway point of the 10K course, and will be accessible by land. The use of feed sticks by coaches will be permitted. It is the swimmer's responsibility to coordinate with their coach or another individual for feeding purposes. No volunteers will be specifically available for this purpose. Feed poles are not to exceed 5 meters in length when extended. No objects, rope or wire may hang off of feed poles except banners or flags, but may not exceed the size of 30 cm x 20 cm.

Aside from Safety and Officials' boats, no additional craft will be allowed near the race course. This is a non-escorted swim.

These races will utilize electronic "chip" timing, and swimmers will wear one timing chip on each arm.

The swimmers must swim within the finish chute and will finish by touching a finish banner over the water's surface.

Toe nails and finger nails will be checked before the race by the Head Referee or their designee. If the nails are too long, they must be cut to a reasonable length at the discretion of the Referee.



Parking

Ample parking will be available at the venue.

Weather Contingency

In the event of adverse conditions, the following re-scheduling priorities will be used based on weather predictions, and at the discretion of the Meet Referee:

- Priority 1 - Later during the race day
- Priority 2 - On the following day(s)

Hotels

The headquarters hotel will be the Marriott Biscayne Bay, 1633 N Bayshore Dr, Miami, FL 33132, (305) 374-3900. The host has secured a rate of \$169/night at this hotel. Rooms can be booked at; https://book.passkey.com/e/49825205?utm_source=2840&utm_medium=email&utm_campaign=281726409&trkid=510728558&linkid=1756844905.

Phillips 66 Athlete Reimbursement

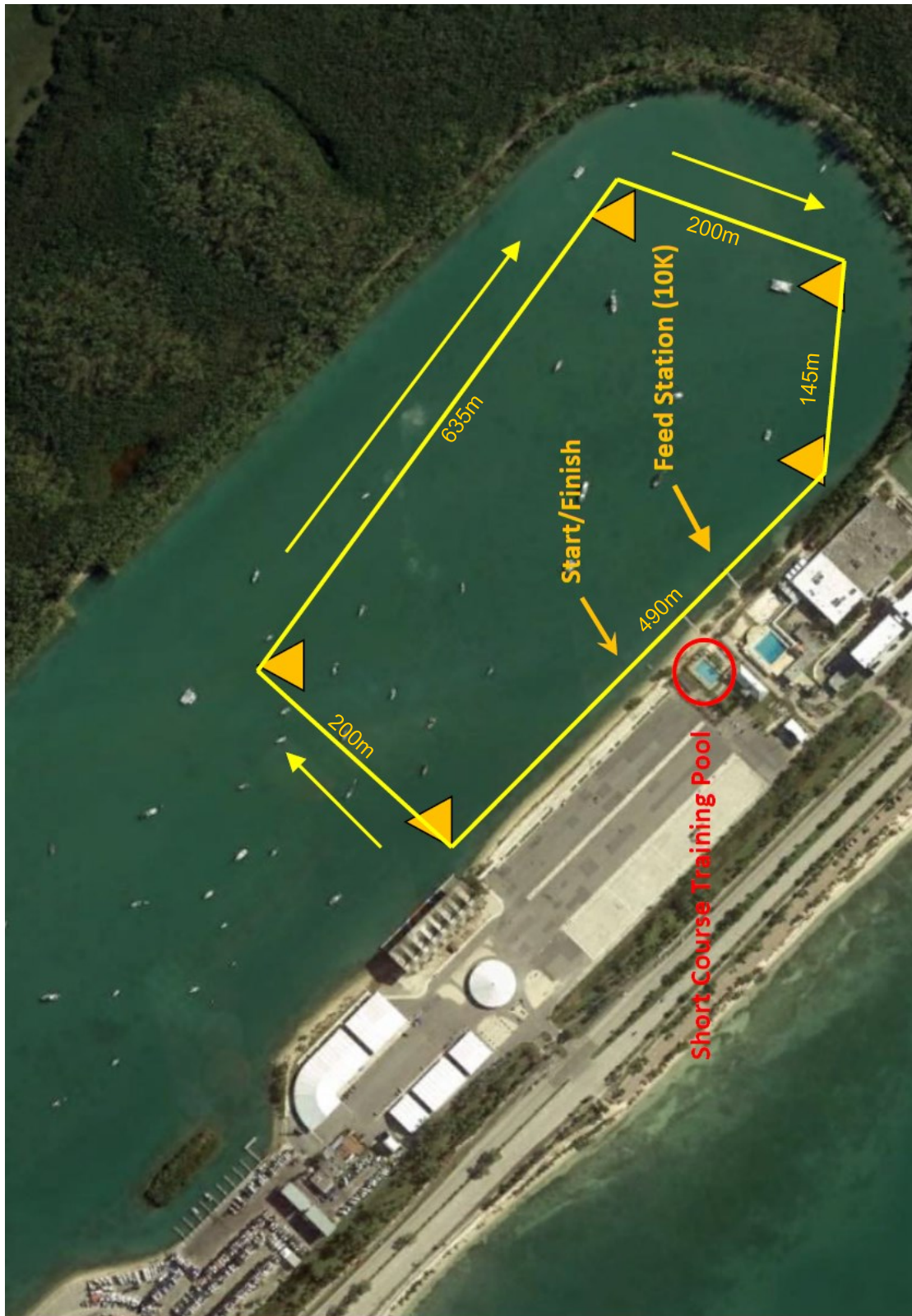
Reimbursement is for 10K competitors only.

Eligibility Criteria

- a. Athletes must be US citizens and eligible to represent the United States in International competition.
- b. For the 2019 10K Open Water Nationals, reimbursement is based on results from the current and previous year's Championships.
- c. Local athletes who qualify via the rankings are eligible to receive funding.

Application Process

- a. USA Swimming Athlete Services staff will compile a list of all athletes eligible to receive funding and the amount of funding each athlete will receive.
- b. Coaches who have athletes on this list will be contacted via email following the competition to clearly designate if the funds should be sent to the Club or to the Athlete. Note: NCAA athletes may not receive funds directly; funds must be sent to the club. USA Swimming Athlete Services staff will notify, via email, all funding recipients to request a current w-9 form, if needed, and verify the appropriate address.
- c. The list of recipients/funding will be sent to the Times and Recognition Committee Chair for checks and balances.
- d. Reimbursement Structure:
 - ◆ Current Year National Team Member: \$675
 - ◆ Top 6 American Finishers from the 2018 10K National Championships: \$375
- e. Checks will be mailed directly to the address provided by the recipient. Coaches and Athletes must take the responsibility to make sure the funds are sent to the appropriate recipient. USA Swimming is not responsible for lost checks or checks mailed to the incorrect address.
- f. USA Swimming staff will work for disbursement of funds 2 weeks from the final day of the competition





Safety Information

1. Safety Authority

Emergency Services will be provided by Off Duty City of Miami Beach Ocean Rescue Guards. The CMBORG are a United States Lifesaving Association (USLA) certified agency, and all staff are trained as Emergency Medical Technicians.

CMBORG will be located throughout the course and beach areas. AED's, First Aid kits, and Basic Life Support gear will be available on-site. A Los Angeles County Fire Department, with Paramedics is located adjacent to the park. Estimated Paramedic response time is less than five minutes.

All CMBORG Towers, Supervisory vehicles and on-water safety personnel communicate via the City Police/Fire/Rescue radio network.

There will be one jet ski on-course manned by CMBORG Staff and one backup jet ski.

There will be eight CMBORG staff on paddle boards on course.

There will be four staff CMBORG personnel dispatched with the Referee vessels on course.

Race Operations will be manned by the Race Director, Administrative Referee, and LG Representative

The race is held within the Miami Marine Stadium Basin public swimming area, protected by City of Miami Marine Patrol and US Coast Guard Auxilliary (Pending).

2. Communications Plan

Primary - There will be two separate radio networks using two different frequency plans. The radios are not interchangeable.

Communication across radio networks will be coordinated through Race Operations. Personnel using USA Swimming VHF radios include the Race Director, Race Operations, Race Referees, Safety Officer, Course Officer, Spare vessels, Feed Station Referee, Administrative Referee, Turn Judges, and event announcers.

CMBORG staff will utilize their own radios, and will be in contact with Police/Fire Rescue, Race Operations, Life Guard Towers, Life Guard Supervisors, and On-Water Life Guard PWC.

Secondary communications between all parties will be via cellular telephones. The following positions will be issued a phone number listing:

- ◆ Race Director
- ◆ Meet Referee
- ◆ Safety Officer
- ◆ Race Referees
- ◆ Course Officer
- ◆ ACLG Supervisors

3. Swimmer in Distress

- A. CMBORG will activate their water rescue protocols.
- B. Any swimmer withdrawing from the race must report to the nearest lifeguard tower for identification. Lifeguard

will radio race-control with the competitor number and direct the swimmer to return to the start area.

- C. A First Aid tent will be maintained on the beach in the Start/Finish area manned by City of Miami Fire Rescue.
- D. Swimmers needing emergency medical care will be administered to by City of Miami Fire Rescue at the finish.
- E. Swimmers requiring evacuation via ambulance will be transported to either Jackson Memorial Hospital or Mercy Hospital, approx. 3 miles from the venue.

4. Missing Swimmer

- A. All swimmers will be issued a "Race Ticket" with their competitor number during the registration process. This "Ticket" will be collected as the swimmers enter the water.
- B. All swimmers will be required to provide a personal cell phone contact and a coach/handler cell phone contact at registration.
- C. All swimmers will be videotaped during the final inspection/accounting prior to the start.
- D. If a swimmer is reported missing and last seen in the water: CMBORG will activate their under-water search and recovery protocol. Concurrently, meet operations will attempt contact with the coach/handler and swimmer via cell phone. Meet Operations will also review the start list, withdrawal list, site race tickets, and view the pre-race video tape to confirm the swimmer actually started the race. All swimmers are reminded before the race start that they must report to the nearest lifeguard if they withdraw from the race. All swimmers who depart from the water will be identified by their race number.

5. Support Vessels

- A. The following vessels will be used:
 - Referee Boats – 2
 - Turn Judge Boats - 2
 - Spare Boats – 2
 - CMBORG jetskis - 2
- B. All vessels Captains will attend a briefing by the Safety Officer.
- C. Spare vessels will remain clear of the vessel exclusion zone unless summoned on to the course by race control.
- D. Once the course has been set, the Course Officer vessel will remain clear of the vessel exclusion zone unless summoned to the course by the Referee or race control.
- E. All official's boats will be equipped with VHF radios on the race control network.
- F. CMBORG craft will be on the Dade County emergency radio network.

6. Parameters for Abandoning the Race

Any one of the following individuals are empowered to independently order the race abandoned due to unsafe course or other conditions.

- ◆ Meet Referee
- ◆ Safety Officer
- ◆ USA Swimming Events Director

If the race is to be abandoned, Race Control will relay via radio to all vessels to signal abandonment. Simultaneously, the CMBORG Supervisor will signal via CMBORG radio net to signal abandonment. The abandonment signals will be:



- ◆ From Officials Boats – 5 short blasts followed by one long blast.
- ◆ From the Lifeguards – 5 short blasts of the whistle followed by one long blast.

Swimmer actions are to:

- ◆ Discontinue swimming
- ◆ Look for directions from the Officials or water safety personnel
- ◆ Once safe on the beach, proceed to the start/fish area and check-in.

7. Contingency Plan

- A. Due to venue restrictions, it is unlikely any change to the shape of the course will be possible.
- B. If weather conditions require, the directions of swim (CW/CCW) and the location of the start/finish structure may be changed.
- C. If the race is abandoned, it will be postponed until later the same day. If the race must be abandoned for the entire day, the race will be held the following day.

Doping Control



The 2019 Open Water Nationals are subject to Doping Control.

All athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA), WADA, and/or FINA under the In-Competition Testing program. This section is intended to give an overview of the key points relevant to this program and the testing which will be conducted at the competitions governed by this booklet. **Athletes should visit <http://www.usada.org/athletes/antidoping101/> for important information that all athletes, coaches, and their parents must be aware of. Key details from that document are listed below. Athletes should check their medications prior to use and note that **some medications may require approval that will take at least 21 days.****

What substances are banned?

Per USADA: "As a signatory to the World Anti-Doping Code, USADA tests for substances and methods found on the World Anti-Doping Agency [Prohibited List](#). It's important that athletes are aware of the substances and methods on the Prohibited List, as an athlete is responsible for any prohibited substance found in their body, regardless of intent. It's also important to understand that certain substances are prohibited at all times, while others are prohibited only during competition. In some cases, a substance is only prohibited in a certain sport. Use the resources on this tab in conjunction with the next step about medication and the resources available pertaining to medication to determine whether or not a substance is prohibited."

What about medication?

Per USADA: "Athletes need to be aware of the prohibited status of any medication they are taking, whether it be an over-the-counter or prescription medication. The easiest way to understand your medication is to use USADA's Global DRO service where generic and name brand products, or specific medications, can be searched. Results will yield information including the in- and out-of-competition status, any threshold information, as well as sport specific information for those substances prohibited only in certain sports. Athletes or their support team can also speak to an expert by phone during business hours [8am – 5pm Mountain Time Monday-Friday] by calling Athlete Express at 719.785.2000. The USADA wallet card also provides information on the most commonly ingested medications. If and when a medication is prohibited, athletes may choose to stop taking or replace the medication with a non-prohibited substance or explore the Therapeutic Use Exemption process. Your health is your first priority. Any decision to stop or start a medication should be made in consultation with your medical provider. It's important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons, USADA is unable to provide guidance on specific dietary supplement products. For more information visit USADA's Supplement 411 resource."

Therapeutic Use Exemptions?

Per USADA: "In some situations, an athlete may have an illness or condition that requires the use of medication listed on the World Anti-Doping Agency's Prohibited List. A Therapeutic Use Exemption or TUE provides permission for an athlete to have a prohibited substance in their body at the time of a drug test. The process for obtaining a TUE is thorough and balances the need to allow athletes access to critical medication while upholding clean athletes' rights to compete on a clean and level playing field. In some cases, the TUE requirements are different for national-level athletes vs. non-national level athletes. Athletes interested in obtaining a TUE should visit the Therapeutic Use Exemption page, where they can determine if they need a therapeutic use exemption, begin the application process, and find answers to the most frequently asked TUE questions."

NCAA:

Approval to use a medication in NCAA Competitions is different than approval to use a medication in USA Swimming meets, and the status of medications may differ between NCAA and the WADA Prohibited List. Athletes should check with USADA immediately to confirm the status of all medications and ensure any necessary documentation is on file with USADA.

Understand the Sample Collection Process:

Per USADA: "Athletes selected for testing are subject to both blood and urine testing. The processes are designed to be both effective in preserving the integrity of the sample, yet safe and comfortable for the athlete. Understanding the processes as well as an athlete's rights and responsibilities can help to make them less intimidating. There are additional considerations for minor athletes and disabled athletes. Learn more about the [sample collection processes](#)."

NOTE: Minor athlete should always have a representative with them in doping control.

Per established doping control testing protocol a Witnessing Chaperone must directly observe an athlete providing a sample. The witnessing chaperone is always someone of the same gender as the athlete. To protect the rights of a minor athlete, someone must observe the witnessing chaperone observing the athlete as they provide a urine sample. That person cannot see the athlete – they can only see the witnessing chaperone watching the athlete. Per USADA's established protocol the athlete has the right to choose who will be in that role. In the event that a coach acts as an Athlete Representative for an athlete of the opposite gender, they may request that someone on USADA's crew observe the witnessing chaperone observing the athlete. Then the coach can be the athlete representative for the rest of the processing of the paperwork.

Doping Control rule for athletes previously eligible for out of competition drug testing:

Athletes who were previously eligible for out of competition (no-advance-notice) doping control and officially retired have a 6 month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of-competition testing during this re-instatement period. The athlete is not permitted to compete in any USA Swimming sanctioned events (local competitions all the way up through National competitions including meets with a dual sanction from Masters and USA Swimming), FINA sanctioned events or events sanctioned by other organizations that are signatories of the WADA code. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.