

2019 USA SWIMMING WESTERN ZONE OPEN WATER CHAMPIONSHIPS

Castaic Lake, CA
June 2, 2019



Location:
Castaic Lake Lake
32132 Castaic Lake Drive
Castaic, CA 91384

Sponsored by:
USA Swimming & Southern California Swimming

Hosted by:
Southern California Swimming

Entry Deadline is Wednesday, May 29, 2019

Western Zone Age Group/Senior Open Water Championship Meet Information

Castaic Lake, CA June 2, 2019

SANCTIONED BY: USA SWIMMING AND SOUTHERN CALIFORNIA SWIMMING

SANCTION #OW19-221

HOSTED BY: Southern California Swimming

DATE OF MEET: June 2, 2019

Schedule of Events		
Time	Event	Location
7:00 AM	Race Registration	Registration Tent
8:30 AM	13-18 – 3K Swim	South Beach
10:00 AM	11-12 – 2K Swim	South Beach
11:00 AM	7-10 – 1K Swim	South Beach
11:30 AM	Western Zone Open 5K	South Beach

WARM UP TIMES: Saturday, June 1: 2:00pm– 5:00pm, general and course warm-up. Sunday, June 2: 7:30 AM, General Warm-up. There will be at least a 30 minute window to warm-up before the start of every race under LA County Lifeguard supervision.

PRE-RACE BRIEFING: 10 minutes prior to the start of each race.

ENTRIES DUE: On active.com Wednesday, May 29, 2019 at 12:00 PM. There will be no late or race day entries.

VENUE: Castaic Lake, CA – 32132 Castaic Lake Drive, Castaic, CA 91384. Water temperature between 72 and 78 degrees.

DIRECTIONS: Interstate 5 North to the Parker Road Exit. Turn right on Parker Road. Pass through Stop signs on Castaic Road and Lake Hughes Road. Turn right onto Castaic Lake Drive. Turn Right into the attended gate. Turn left after paying to park. Turn right into the first parking lot.

PARKING: Parking will be available in Parking Lot 5. No beach parking for participants. Parking is \$11.00 at the entrance gate. Officials are allowed to park on the beach near the concrete wall.

COURSE: The race will take place on a rectangular looping 1K course. We reserve the right to revise this course description based on changing water conditions.

ELIGIBILITY: All swimmers must be registered with USA Swimming for 2019 or foreign equivalents. You must submit a copy of your 2019 USA Swimming card or foreign equivalent at check-in. All Swimmers must be 2076 USA Swimming registered to be accepted into this meet. USA Swimming registration cards must be presented at check-in. Age as of June 17, 2019 shall determine the swimmer's age for the race. Registered athletes from outside LSCs may enter.

QUALIFYING TIMES:

Qualifying Times for the 5K			
	400m/500y	800m/1000y	1500m/1650y
Men	4:48.69/5:21:19	10:00.69/11:05.99	19:07.79/18:39.99
Women	5:08.89/5:43.99	10:37.09/11:52.39	20:27.39/19:48.19
You may also enter with a Senior Zone qualifying time in any event, or an Age Group Zone time in any 13-14 event.			

Qualifying Times			
	200m/200y	400m/500y	
7-10 Boys	3:34.79/3:09.09	7:29.49/8:22.79	
7-10 Girls	3:48.49/3:20.19	7:37.29/8:30.49	
	400m/500y	800m/1000y	500m/1650y
11-12 Boys	6:15.49/7:02.99	13:16.49/14:33.89	25:24.09/24:43.79
11-12 Girls	6:23.89/7:09.29	13:27.89/14:48.09	25:45.79/25:01.49
13-18 Boys	5:53.19/6:29.49	12:14.29/13:25.19	23:14.99/22:28.29
13-18 Girls	6:07.39/6:51.79	12:35.99/14:08.89	24:06.39/23:34.19
You may also enter with a Junior Olympic qualifying time in any event. Must meet Western Zone standards for the 5K.			

ENTRY INTO THE MEET

ENTRY FEES/PROCEDURES & DEADLINE: Online entry ONLY @ <https://www.active.com/castaic-lake-ca/water-sports/swimming/usa-swimming-western-zone-open-water-championships-2019>

ENTRY FEES: \$35.00 for entry.

ENTRIES CLOSE: Entries and Fees must be received on or before May 29th, 2019 at 12:00 PM. **Late or Race day entries will not be accepted.**

RULES AND PROCEDURES

MEET REFEREE: Paul Szuszkiewicz – 951-741-1738 pszsz@hotmail.com

MEET DIRECTOR/ENTRY CHAIR: Sean Kakumu – 661-877-3776 – seank@canyons.org

INDEPENDENT SAFETY MONITOR: Dion Hatch – 661-257-4050 – dhatch@parks.lacounty.gov

The Independent Safety Monitor has the final authority on whether the events will be held.

MEET REFEREE: Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person.

RULES: The current USA Swimming and USMS open water rules will govern the Meet as outlined in Part Seven of the USA Swimming Rules and Regulations Handbook. USA Swimming Rules 202.3.2 – At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.

RECORDING DEVICES: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and / or spectators are present.

SWIMWEAR: No fins, buoys, or other devices will be allowed. Wetsuits are not permitted. A maximum of two (2) caps may be used. Only USA Swimming approved swimwear is allowed (see http://www.usaswimming.org/_Rainbow/Documents/00b913aa-b3d1-4345-a201-6071745f46dd/2014%20Rule%20Book.pdf).

DECK CHANGES: Deck Changes are prohibited.

CHECK-IN: Swimmers must report to the check-in table appropriate for their age and gender for check-in.

START TIMES: Start times are as listed above, but may be adjusted based on the number of entrants. Pre-registered athletes will be informed of any changes via email. Events will be swum in order. Events may be started prior to the completion of the previous event(s) at the discretion of the Referee. Details of the competition schedule will be discussed during the pre-race briefing.

MEET WARM-UP PROCEDURES: An area adjacent to the competition course will be available for warm-up and warm-down at designated times near Administration and Lifeguard Tower. Swimmers found in the water outside of the designated area and not engaged in competition will be scratched from the meet regardless of whether or not they have completed their events. Warm-up/warm-down is available 30 minutes before and after a race. LA County Lake Lifeguards from Castaic Lake will monitor the warm up area and the paddling of the event.

START/FINISH INFORMATION: In Water/ Water Finish Start. Swimmers will line up perpendicular to the yellow buoy and the Meet Referee will start the event using a boat horn. Swimmers will then finish under a floating finish structure in the lake.

START/FINISH: An in water start will be used unless conditions warrant a land start. There will be an "in-water" finish.

ESCORT SAFETY CRAFT: Coaches, or designated personnel by a swimmer, are not allowed on the lake with any escort safety craft. The Meet Referee, Meet Director, Entry Chair or LA County Lifeguards can only designate who is on the course at any given time.

TIME LIMITS: Swimmers not completing the race course within 30 minutes of the first athlete to cross the line will be notified that the race is over and that they must leave the water at that time. Results will show their time as Did Not Finish (DNF) and will not be eligible for awards.

MARKING: Prior to the start, swimmers shall be marked with their race numbers on both upper arms and their upper backs. The swimmers shall be numbered vertically down the arms and horizontally across the upper backs.

SAFETY

SAFETY PROCEDURES: There will be a mandatory Pre-Race Briefing held 10 minutes before competition begins to discuss the course, rules and safety procedures. The Referee **will** remove any swimmer from competition who does not attend the pre-race briefing or is found to be inattentive during the briefing. Course will be patrolled by qualified safety personnel. For safety reasons, participants should be adequately trained for open water competition. Los Angeles County Lifeguards reserve the right to remove any swimmer from the course. Previous open water experience is recommended. Safety watercrafts and lifeguards on paddleboards will monitor the entire course. Swimmers must wear body-marked race numbers on arms for identification. The safety of swimmers is our primary concern. Therefore, this event may be delayed or canceled due to poor conditions. The Event Director and Los Angeles County Lifeguards will make this decision. The following have the authority to independently pull the sanction (stop the meet) at any time for safety reasons: Meet Director, Sean Kakumu: Meet Referee, Paul Szuszkiewicz and the LA County Lifeguards.

MEDICAL FACILITIES: Nearest emergency care hospital: Henry Mayo Newhall Hospital, 23845 McBean Pkwy, Valencia, CA 91355, (661) 200-2000. 10 Miles away down Interstate 5. 17 minutes travel time.

ATHLETE ATTITUDE: Athlete conduct will be governed by Part Seven of the USA Swimming Rules and Regulations Handbook. Intentional obstruction, interference or intentional contact with another swimmer may be deemed "Unsporting Impedance" and lead to disqualification. Swimmers shall maintain clearance from other swimmers except at the start, turn, and the finish or where the course or race conditions dictate otherwise. Parents and swimmers should be advised that if there are a significant number of entrants, open water swimming may be expected to involve inadvertent contact with other swimmers. It is important that swimmers keep a cool head while in the water.

SEVERE WEATHER: Prior to event: The Safety Monitor will give the final ok for the event. In the event that weather is disadvantageous, the event will be cancelled. During the event, An air horn will be used to abandon the race. Swimmers will then look to lifeguards in the water for directions.

NOTES

AWARDS: Medals will be awarded for the overall top 8 swimmers in each age group 7-10, 11-12, 13-14, 15-18.

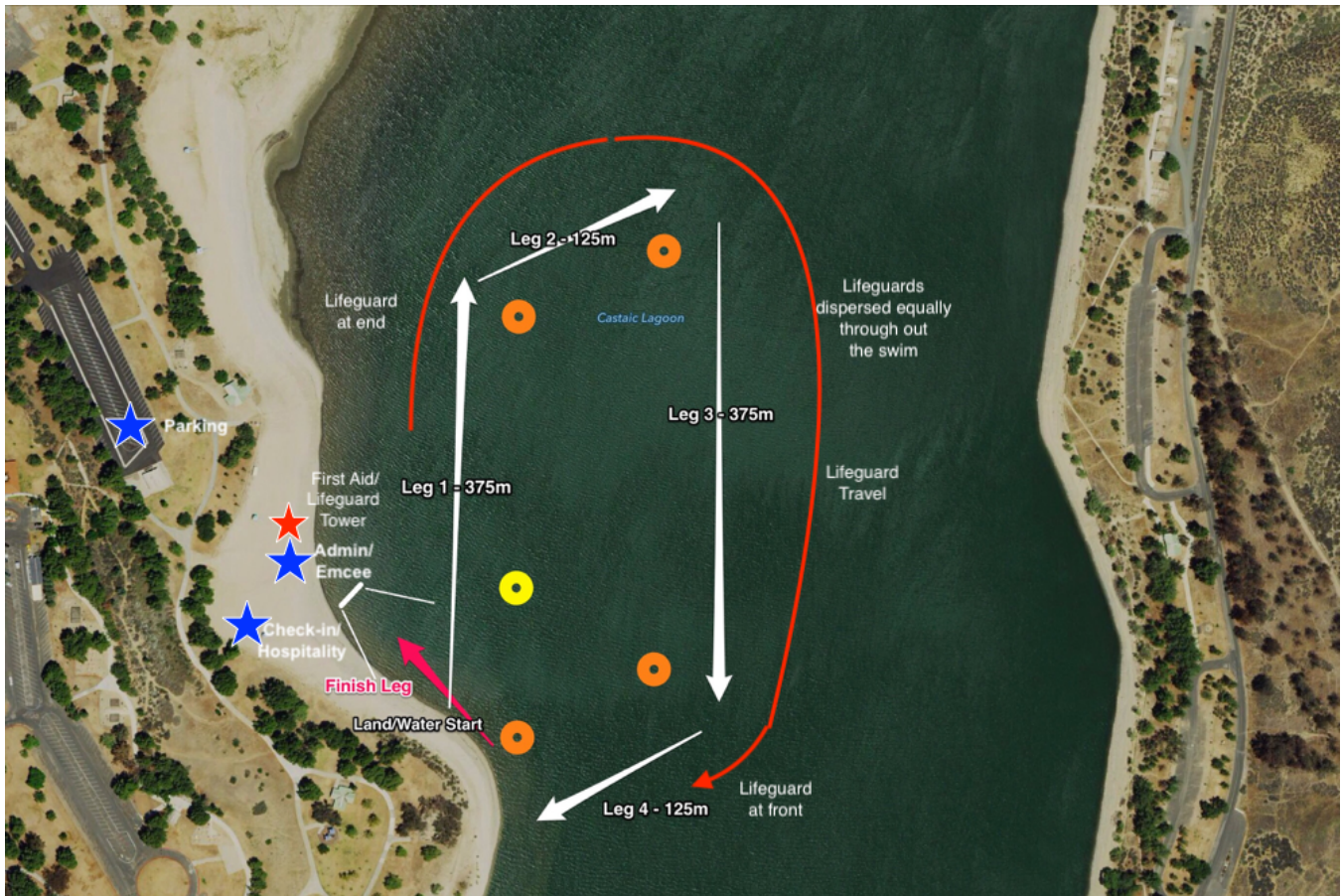
FINAL RESULTS: Final results will be posted on line at https://www.teamunify.com/Home.jsp?_tabid_=0&team=sclsc

MORE INFORMATION: https://www.teamunify.com/Home.jsp?_tabid_=0&team=sclsc

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

ONLINE ENTRY @
<https://www.active.com/castaic-lake-ca/water-sports/swimming/usa-swimming-western-zone-open-water-championships-2019>
is REQUIRED
Entry Deadline is May 29, 2019 at 12:00 PM.

COURSE MAP



HOTEL INFORMATION
Click [here](#) for more information.



Courtyard Santa Clarita Valencia
28523 Westinghouse Place Valencia CA 91355
Free High Speed Internet
Fitness Center
Pool

Rate available 05/31/19 to 06/03/19
Book by 05/10/19
139.00 to 149.00 USD/night



Fairfield Inn Santa Clarita Valencia
25340 The Old Road Santa Clarita CA 91381
Free High Speed Internet
Free breakfast
Pool

Rate available 05/31/19 to 06/03/19
Book by 05/10/19
144.00 to 154.00 USD/night



Hyatt Regency Valencia
24500 Town Center Drive, Valencia, California, United States, 91355
In-room Wi-fi
Fitness Center
Pool
149.00 USD/night