

2023 Western Zone Open Water Championships

Coeur d'Alene, ID | August 26, 2023

Event Image / Logo Coming Soon

5K Race (13 - O)

Men's Race Time - ~ 8:05 a.m.

Women's Race Time - ~ 8:15 a.m.

1.25K Race (9 - 12)

Boy's Race Time - ~ 10:05 a.m.

Girl's Race Time - ~ 10:15 a.m.

2.5K Race (11 - 16)

Boy's Race Time - ~ 11:30 a.m.

Girl's Race Time - ~ 11:40 a.m.

**** Race Start Times are Subject to Change. Final Times will be Announced Prior to the Meet ****

**Coeur d'Alene City Park and Independence Point, Coeur d'Alene, ID | Hosted by The Coeur d'Alene Area
Swim Team**

Sanctioned by: Inland Empire Swimming, USA Swimming

Hosted by: The Coeur d'Alene Area Swim Team

Sanction Number: TBD

Date of Meet: Saturday, August 26, 2023

Entry Deadline: Monday, August 14, 2023

Event Administration

Meet Referee

Mike Murphy

Swimoff1@gmail.com

Meet Director

Brian Schmidt

MeetDirectorCAST@gmail.com

509-818-4201

Independent Safety Official

Kathleen Goodwin

Kathleen.goodwin@yahoo.com

CAST Safety/Course Official

Jade Sobek

CASTCoachJade@gmail.com

Administrative Official

Ben Griffith, CAST

Western Zone Open Water Director

Michael Kinross

Coachmichael28@gmail.com

Venue: Coeur d'Alene City Park and Independence Point – downtown beautiful Coeur d'Alene, ID

- Google Maps Pin: Click [here](#).

Warm-up: A designated area off City Beach will be available for warm up prior to races.

Meet Referee: The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to Mike Murphy (swimoff1@gmail.com).

Rules: Current USA Swimming rules, including the *Minor Athlete Abuse Prevention Policy (MAAPP)*, will govern this meet. All coaches on desk must complete the CDC of NFHS Concussion course. Please see Part Seven of the USA Swimming Rules and Regulations for a complete list of Open Water Rules. Swimmers must swim in their actual Age Group as determined by their age on **December 31, 2023** (FINA Age Rules).

Disability Swimmers: Please contact the Meet Referee regarding any special needs. The swimmer/coach shall provide any assistance(s) and/or equipment required.

Recording Devices & Media Notice: The use of audio-visual recording devices, including cell phones, are not permitted in locker rooms, areas, or restrooms. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledged and consent to this fact.

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

Eligibility: The Western Zone Open Water Championships are open to all participating athletes and clubs from LSCs designated in the Western Zone. Athletes must be currently registered as year-round members with USA Swimming and meet the specific event qualifying criteria. All athletes 18 years or older must complete ATHELETE PROTECTION TRAINING no later than their 18th birthday (no grace period).

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. Swimwear must conform to USA Swimming Rule 701.5. Only swimsuits with FINA Open Water swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

Awards: 1st – 8th place finishers, male and female, will be awarded medals for each event. Final results will be posted on the course and uploaded to the event page on the Coeur d'Alene Area Swim team's website and the Western Zone's website.

Entry Procedure: The race entry file will be available for download from the [Event Landing Page on the CAST Team Website](#) on Saturday, June 24th, 2023. **Entries will be due no later than Monday, August 14, 2023.** Please email entry files to Ben Griffith at bnkgriffith@gmail.com.

Entry Fees:

- 5K Race: \$55
- 2.5K Race: \$40
- 1.25K Race: \$25

** There is an additional \$20.00 athlete surcharge per participant.

Payable to: Coeur d'Alene Area Swim Team (CAST)

Mail entry fee check to: Coeur d'Alene Area Swim Team

c/o Ben Griffith

7098 N Marais Dr.

Coeur d'Alene, ID 83815-0436

** Please waive signature for delivery

Technical Meeting: All swimmers and coaches must attend the technical meeting prior to race day. Each coach and swimmer are responsible for all the information distributed at the meeting. Technical meeting(s) will be conducted virtually, via Zoom. Meeting information will be published the week of the meet.

Pre-Race Briefings: In addition to the technical meeting, all swimmers must be present for the Pre-Race Briefing at the race start area prior to each race. At the meeting, race officials will distribute last-minute information on weather and water conditions, emergency procedures, etc. Briefings will be held 15 minutes prior to the scheduled race start. **Positive check-in is required – once checked into the staging / briefing area, athletes will not be permitted to leave to ensure a final head count prior to entering the water.**

Qualifying Standards and Age Divisions:

- 5K Race: 13 and Older as of December 31, 2023
- 2.5K Race: 11 – 16 as of December 31, 2023
- 1.25K Race: 9 – 12 as of December 31, 2023

Western Zone Open Water Qualifying Standards							
		1.25K		2.5K		5K OPEN	
		Girls	Boys	Girls	Boys	Women	Men
9-10	200 LCM	3:45.79	3:33.49	--	--	--	--
	200 SCY	3:18.99	3:06.69	--	--	--	--
11-12	200 LCM	3:02.29	2:57.49	2:54.29	2:44.09	--	--
	200 SCY	2:40.39	2:34.59	2:32.09	2:22.99	--	--
	400 LCM	6:23.89	6:15.49	6:06.79	5:49.09	--	--
	500 SCY	7:08.79	6:57.29	6:47.79	6:26.59	--	--
	800 LCM	--	--	12:35.99	12:05.89	--	--
	1000 SCY	--	--	14:01.99	13:21.19	--	--
	1500 LCM	--	--	24:06.39	23:06.49	--	--
13-0	1650 SCY	--	--	23:23.49	22:18.89	--	--
	200 LCM	--	--	2:23.19	2:14.79	2:23.19	2:14.79
	200 SCY	--	--	2:04.99	1:57.49	2:04.99	1:57.49
	400 LCM	--	--	6:06.79	5:49.09	5:07.29	4:46.09
	500 SCY	--	--	6:47.79	6:26.59	5:43.39	5:17.69
	800 LCM	--	--	12:35.99	12:05.89	10:35.39	10:00.09
	1000 SCY	--	--	14:01.99	13:21.19	11:50.79	11:02.59
	1500 LCM	--	--	24:06.39	23:06.49	20:20.49	18:59.09
1650 SCY	--	--	23:23.49	22:18.89	19:47.29	18:30.39	

Jr. National Qualifying Criteria: The 2023 Western Zone Open Water Championship will serve as a qualifying event for the 2024 USA Swimming Open Water Junior National Championships.

7.5K Qualification

➤ Finished in the top 10 at the 2023 USA Swimming 5K Open Water Zone Championships (Open Division Only). *

5K Qualification

➤ Finished in the top 15 at the 2023 USA Swimming 5K Open Water Zone Championships (Open Division Only). *

* The "Open" Division of the 5K Open Water Zone Championships will be the only event used for the qualification towards USA Swimming's National Level Events. Qualification from age group events will not be allowed.

** Any questions regarding these criteria can be directed toward Bryce Elser (belser@usaswimming.org).

Course Info: The planned course map is provided. It is subject to change. There will be no feed stations for these races. An in-water start will be used to begin the races. Athletes will swim the lap section of the course counterclockwise and keep designated buoys on their left per the course map.

Athletes will finish the race in the water by touching the overhead pad in the finishing chute. Finishes will be judged by race officials. Video replay at the finish will be available. Electronic chip timing will not be available.

Anticipated conditions:

- Water temperatures will range between 70 – 77 degrees Fahrenheit
- Air temperatures will range between 65 – 90 degrees Fahrenheit

Weather Contingency: The safety of swimmers is our primary concern. Therefore, this event may be delayed or canceled due to poor conditions. The Independent Safety Monitor and the Meet Director will make this decision.

Race Day Schedules: *RACE START TIMES ARE SUBJECT TO CHANGE.* Race check-in times, briefings, start times and exact schedule of events will be determined after the entry deadline.

Race Day Check-in:

Men's / Women's 5K races: Opens – 6:30 a.m. / Close 7:30 a.m.

Check-in for later races will open 1 hour prior to the scheduled start of the race. Athletes are encouraged to arrive 1 hour prior to their approximate race start time.

Race Safety and Emergency Information

Supervision: Races will be supervised by open water certified lifeguards, staged along the inside of the course at approximately 150m intervals. Motorized safety crafts will be on the course during races monitoring the athletes and protecting the safety of the course.

Accounting for Swimmers: Competitors will have pre-assigned race numbers. All swimmers will be marked with their race number at check-in. The number of swimmers in a race, that have entered the water, will be announced to all officials and safety personnel prior to the start of each race.

Each swimmer is required to have a Handler present at the meet. The Handler's cell number will be recorded at swimmer check-in and made available to meet staff on a printed list. If a swimmer can't be found, the first call will be to the Handler. A Handler may be responsible for more than one swimmer. This Handler may be a Coach but does not have to be,

Each swimmer will be assigned a unique number and will receive a "ticket", that will include the number matching their body marking, and will need to be presented for water entry for their race.

Communication: Meet officials will have direct radio communication with each other, the Safety Monitor, and the Meet Director. If the lifeguards on the course do not have radio communication, non-verbal communication will be used to indicate a swimmer in distress or an emergency. The non-verbal communication will be lifting and waving their paddle in the air while issuing a series of short whistle blasts.

EMTs & Hospital: Ambulance services will be on-site and will be responsible for calling additional EMS/ Paramedic personnel if required. Persons with an emergency will be transported to:

Kootenai Health

2003 Kootenai Health Way

Coeur d'Alene, ID 83814

(208) 625-4000

Medical Equipment: First aid will be available near the start/finish line. Lifeguards will have basic first aid on hand.

Thermal Safety: Tents for shade will be set up in the athlete hospitality areas. Bottles of water post-race will be provided, but athletes are strongly encouraged to provide their own hydration.

The event will be in compliance with USA Swimming Rules. See Section 7 of the USA Swimming Rulebook for more information or topics not addressed in this meet form.

Hotel Information

- Holiday Inn Express - 2300 W. Seltice Way in Coeur d'Alene, ID
 - Registration Link: [Holiday Inn Express Registration for Western Zone Open Water Championship](#)
 - Block will expire after 07/10/2023
 - Double queen rooms available
 - ~ 1.5 miles from race site

- Hampton Inn & Suites - 16418 E. Indiana Ave. Spokane Valley, WA
 - Registration Link: [Hampton Inn & Suites Registration for Western Zone Open Water Championship](#)
 - Block will expire 07/25/2023
 - Double queen rooms available
 - ~ 20 miles from race site

- Springhill Suites in Coeur d'Alene, ID
 - Registration Link: [Springhill Suites Registration for Western Zone Open Water Championship](#)
 - Block will expire 08/01/2023
 - Double queen or king suites available
 - ~1.5 miles from the race site

Course Map

