

Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC1999OW

Host Club:	CLEMSON AQUATIC TEAM				
Meet Director: Meet Referee: Meet Entries To: Safety Marshal:	Mary Beth Kurz-Edsall John Heeney Mary Beth Kurz-Edsall Curt Kurz-Edsall	meetdirector@clemsonaquaticteam.org heeneyltd@mac.com meetdirector@clemsonaquaticteam.org edsallsc@gmail.com	864-506-5576 864-367-9151 864-506-5576 864-884-8769		
Facility:	East Beach, Hartwell Lake, at the CU Rowing Facility, 522 East Beach Drive, Clemson SC 29634 GPS Co-ordinates: Lat: 34.677159, Long: -82.854853. Water depth depends on the spring rains, start will be 5-14 feet, and the rest of the course is 25-50 feet. Water temperature is expected to be in the low 80°F range.				
	On-campus parking will be available. Please pay close attention to the parking attendants at the meet. Failure to comply with parking regulations will lead to ticketing by Clemson University Parking Services.				
	Stadium seating is plentiful near the start and finish of the race. A grass area is available for tailgate type tent set-up. Spectators and swimmers are encouraged to bring chairs. There is additional viewing available on a dyke area along a portion of the course.				
	Operation of a drone, or any other flying apparatus, is prohibited over the venue (race course, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. The program & events committee granted a waiver for this meet; authorized operation of a drone is only permitted by the meet host.				
Rules:	 Meet to be conducted in accordance with the current USA Swimming and SC Swimming Rules and Regulations and information herein. Important rules to highlight include: Toenails and fingernails will be checked before the race at the nail inspection area. If the nails are too long, they must be trimmed to a reasonable length at the discretion of the Referee. Wearing jewelry <i>including watches</i> is not 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 is not allowed. 				
	Continual warm-ups will be available in an area near, but not on the course following general warm-up procedures.				
	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Deck changes are prohibited.				
	One event swimmers and non-SCLSC USA-Swimming members can only place and receive award(s) in the open event(s).				
	Swimmers in the SCLSC should register for and swim in the SCLSC Championship event in order to place and score points in that event. All swimmers can swim in additional open events.				
	SWIMWEAR: Swimmers 10 years old or younger are not permitted to wear "technical" suits at this meet.				
Rules (Cont'd):	All safety requirements will be enforced for the well-being of our swimmers. In case the race needs to be abandoned, air horns and safety craft will direct the swimmers to shore. Once on the shore walk to designated meeting spot for transportation to the meet start, where swimmers will be directed to cover.				
	Swimmer numbers are applied to the upper arms and the backs of shoulders. Please keep these areas free of sunscreen and oil.				
	Other than Safety and Offic	ial's boats, no additional craft will be allowed nea	ar the race course. This is a non-escorted swim.		



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Athlete Eligibility:	 All swimmers must be currently registered ATHLETE members of USA Swimming. Parent, Coach or Official members of USA Swimming who wish to participate as a swimmer MUST register for a One-Meet membership for an additional \$15 fee Non-USA Swimming athletes must register for a USA Swimming One-Meet Membership for an additional \$15 fee Only SC LSC registered swimmers are eligible to compete in the State Championship events. Age will be based on the swimmer's age on the first day of the meet. Please contact the Meet Director with any questions about athlete eligibility. 	
Entry Fees:	\$30 facility fee (includes cap, swimmer hospitality immediately after each swim and a meal from concessions) \$2 per swimmer SCLSC Travel Fund/Program Fee (both in & out-of-state swimmers pay this fee) \$2 per out-of-state/SCLSC swimmer Travel Fund/Program Fee (out-of-state swimmers only pay this added fee) \$2 per swimmer SCLSC Sports Development Fee (both in & out-of-state swimmers pay this fee) \$1 Jennifer Smith Scholarship Fund (both in & out-of-state swimmers pay this fee) \$10 per each individual event \$12 per each deck entry \$15 for single meet registration of swimming participants not registered with USA-S as Athletes. <i>Coaches, Officials and other non-athlete members of USA-S who wish to enter the meet MUST</i> use the single meet registration at http://www.deathvalleyopenwater.org. This website will assess a percentage fee for payment.	
	Each swimmer can enter up to 4 events. SC LSC Swimmers are eligible to enter the championship events and open events. Out of LSC and single meet USA-S members are only eligible to enter the open events.	
Meet Format: Meet Format (Cont'd):	Meet management reserves the right to alter the timeline or make any other necessary changes during the meet to provide the best and safest competition environment for the athletes. All like-distances will be seeded as a single event, without regard to a swimmer's age or gender.	
	The Meet Director reserves the right to assign participants to waves in each event if number of entries warrants. If waves are necessary, they will be based on gender and age.	
	All races are out and back, swum along the east shore of Hartwell Lake. For the first 500 meters, buoys are placed every 100 meters along the course, with an additional buoy placed at 250 meters (half-K turn). From 500 meters to 1500 meters buoys are placed every 250 meters (500, 750, 1000, 1250, 1500). From 1500 to 2500 meters, buoys are placed every 500 meters (1500 meters, 2000 meters and 2500 meters). The finish shoot and line are clearly marked. At the 1K mark, the course makes a slight dog-leg left. At this point there is a set of two buoys forming a gate through which swimmers must pass on the out portion only of the 3K and 5K races. On the return portion, swimmers simply keep the course to their rig	
	SC LSC Open Water Championship Events: Jim Keogh Senior 15-18 5K Christine Jennings 13-14 5K Jacque Grossman 11-12 3K Open 3K Open 1K Open 0.5K	
	Safety boats will monitor the entire course. Water and sports drink will be available on every boat on the course and at the turn. Swimmers must wear race cap, numbers on both arms and back for identification. Medical personnel will be on site.	
	For the 5K events, all swimmers who have not completed the course within 2½ hours will be retired. If the water/air temperature is above USA-Swimming's Rules the event will be shortened to a distance no longer than 4.5K.	

For the 3K events, all swimmers who have not completed the course within 134 hours will be retired.



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Time of Most.	Distance	Events	Classic La	Duo no oo Maatin -	Event atom not before
Time of Meet:	Distance	Events	Check-In	Pre-race Meeting	Event start not before*
	5K	Open 5K Jim Keogh Senior 15-18 5K	6:30 am	7:30 am	8:00 am
		Christine Jennings 13-14 5K			
	3K	Open 3K	8:00 am	9:45 am	10:15 am
	J.K.	Jacque Grossman 11-12 3K	0.00 am	7.43 am	10.13 am
	1K	Open 1K	10:30 am	11:15 am	11:45 am
		10&U 1K	10.30 4111	11.13 4111	11.15 4111
	Half K	Open 0.5K	10:30 am	11:15 am	12:30 pm
	* Updated estimated start times, based on number of entries, will be publicized after entries are received and at least 2 days before the event date.				
Entries: TEAM Entries:	For team entries , only electronic entries using Standard Data Interchange format (SDIF/SD3) will be accepted. Electronic files must be submitted by this deadline to meetdirector@clemsonaquaticteam.org . In order for your entries to be considered complete, the final Summary Sheet must be signed and e-mailed to the same address no later than 11:59 pm on May 29, 2019. Your payment in full (checks payable to Clemson Aquatic Team) should be submitted to the Clerk of Course prior to the start of the first event. If mail for the Summary Sheet and check is preferred, it must be received prior to the start of the meet and mailed to: Mary Beth Kurz, 103 E. Brookwood Dr, Clemson SC 29631				
Entries: INDIVIDUALS	If you are not a current USA Swimming <u>Athlete</u> member, you MUST register using an electronic entry form and pay their fee electronically. See: http://www.deathvalleyopenwater.org The entry deadline is 11:59pm on May 29th, 2019. SC Swimming does not accept deck registrations. Swimmers must be registered by the entry deadline. No day of the event registrations will be accepted. It will be possible to add events on the day of the event up until the time of the pre-race meeting for that event at a cost of \$12/event.				
Awards:	For the SC LSC Championship events, medals will be given to the top 10 SC Swimming places (Jim Keogh S 5K, Christine Jennings 13-14 5K, Jacque Grossman 11-12 3K and 10 & Under 1K). A SC LSC Championsh will be awarded to the overall SC team champion and plaques will be awarded to the 2 nd and 3 rd top scoring S addition, a Championship team banner will be awarded to the SC men's team champion and the SC women's champion. A swimmer can place and score in only one championship event. All open events will receive awards as follows: Medals will be given to the top 3 finishers, by gender and age 11-12, 13-14 and 15-18, 19 &over). Places 4-10 will be awarded ribbons by gender and age.				SC Championship team banner 3 rd top scoring SC Teams. In the SC women's team
	ANNA C SAMS 9.5K recognition will be given to anyone who completes all distances at the completion of the 0.5K. Anna was the first to swim and place in all events (0.5K, 1K, 2K, 3K and 5K for 11.5K total; note we no longer run the 2K event). Note that all awards (except the Anna C Sams) will be delivered within the weeks following the event (not on the day of the event) to give time for result verification. In the case of team entries, awards will be delivered to the respective coach. In the case of individuals, awards will be delivered to the individual.				
Scoring Details:	SC LSC Championships will be scored according to the top 10 finishers in each event by gender as follows: 11,9,8,7,6,5,4,3,2,1, then totaled by team for team awards and recognitions. A swimmer can place and score in only one championship event.				
Timing:	All races will utilize electronic "chip" timing, and swimmers will wear timing chips. Back up timing is done by stopwatch.				



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Coaches Eligibility:	Coaches must check in at Clerk of Course and be able to show proof of current registration and certifications.
Other Information:	Hospitality for athletes after each swim is included in the entry fee. A meal ticket, to be redeemed at Concessions, is also included in the entry fee. Additional concessions are available for sale to swimmers and spectators.
	Meet t-shirts will be available for purchase (they are NOT included in the entry fee).
	Hotel contact information can be found on the CAT website: http://www.clemsonaquaticteam.org and click on CAT Hosted Meets tab, then on the Hotels link for details.
	There are no locker rooms.
Directions:	From the North Take I-85 South to exit #19B (Hwy 76/28 West). Exit north, toward Clemson University. Follow Hwy 76/28 west for a while. Turn left at the 3rd signal (3.7 miles) after the Dairy Queen & Bi/Lo onto Perimeter Road (there is also a sign for South Carolina Botanical Gardens). Follow Perimeter around campus. After 1.2 miles on Perimeter you will go through your first signal. Then you will go through your second signal, pass the football stadium (on right) and Jervey Gym (on left). After traveling 2.1 miles on Perimeter, you will go through your third signal and past the building on the left (McFadden). Take your next left on East Bank Drive where the "Clemson Rowing" sign is (2.3 miles). East Bank Dr is the only road to the left before the next stop light at Hwy 93. East Bank will lead you past the baseball stadium (on the left), up a hill and to the boathouse.
	From the South Take I-85 North to exit #14 (Hwy 187). Turn left (north) on Hwy 187 toward Pendleton, and proceed approximately 6 miles until 187 ends at a traffic light. Turn left onto Hwy 76/28 west. Turn left at the 3rd signal (3.7 miles) after the Dairy Queen & Bi/Lo onto Perimeter Road (there is also a sign for South Carolina Botanical Gardens). Follow Perimeter around campus. After 1.2 miles on Perimeter you will go through your first signal. Then you will go through your second signal, pass the football stadium (on right) and Jervey Gym (on left). After traveling 2.1 miles on Perimeter, you will go through your third signal and past the building on the left (McFadden). Take your next left on East Bank Drive where the "Clemson Rowing" sign is (2.3 miles). East Bank Dr is the only road to the left before the next stop light at Hwy 93. East Bank will lead you past the baseball stadium (on the left), up a hill and to the boathouse.
Parking:	Swimmers and spectators may be dropped off at the boathouse. A small parking area is available at the boathouse, with additional parking available along East Bank Dr. Carpooling is encouraged.





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Order of Events

	5K Events (possibly swum in waves)	
	Check-in: 6:30 am	
	Pre-race Meeting: 7:30 am	
	Competition: not before 8:00 am	
Girls Event #	Event Description	Boys Event
1	Jim Keogh Senior 5K (15-18 SC LSC Championship)	2
3	Christine Jennings 13-14 5K (SC LSC Championship)	4
5	Open 5K	6
	3K Events (possibly swum in waves)	
	Check-in: 8:00 am	
	Pre-race Meeting: 9:45 am	
	Competition: not before 10:15 am	
	Event Description	
7	Jacque Grossman 11-12 3K (SC LSC Championship)	8
9	Open 3K	10
	1K Events (possibly swum in waves)	
	Check-in: 10:30 am	
	Pre-race Meeting: 11:15 am	
	Competition: not before 11:45 am	
	Event Description	
11	10&U 1K (SC LSC Championship)	12
13	Open 1K	14
	0.5K Events (possibly swum in waves)	
	Check-in: 11:15 am	
	Pre-race Meeting: 11:15 am (with the 1K meeting)	
	Competition: not before 12:30 pm	
	Event Description	
15	Open 0.5K	16
*****	Participants need only attend one pre-race meeting	



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Team Meet Entry Summary Sheet

(Any swimmers who are not current USA Swimming *Athlete* members MUST register at http://www.deathvalleyopenwater.org)

Entry Deadline is 5/29/19

Total Number of Swimmers Total Number of Swimmers Total Number of Swimmers Total Number of out-of LSC Total Number of Swimmers Total # Individual Events Total Fees:	x \$1.00 Jennifer Smith Scholarship Fund x \$2.00 SCLSC Travel Fund/Program Fee x \$30.00 Facility Fee	=\$ =\$ =\$ =\$ =\$ =\$
Team:	Team Cod	le:
Number of coaches at meet:		
Head Coach:		
Send e-mail results to:		
Swimming shall be free from a to anyone during the conduct of the standard	Valley Open Water meet, it is understany liabilities or claims for damages a f the event. C, Clemson Aquatic Team, Clemson U and all agents, employees, meet spons free and held harmless from any liabil anyone during the conduct of the even	rising by reason of injuries University, US Army Corps ors, volunteers and coaches ities or claims for damages
E-mail a signed co	opy of this form to meetdirector@clemsor	naquaticteam.org
Bring a check for the ab	pove amount to the Clerk of Course pri	or to the first event.
-	e received prior to the start of the meet Edsall, 103 E. Brookwood Dr., Clems	
Signature of Team Representa	tive	