

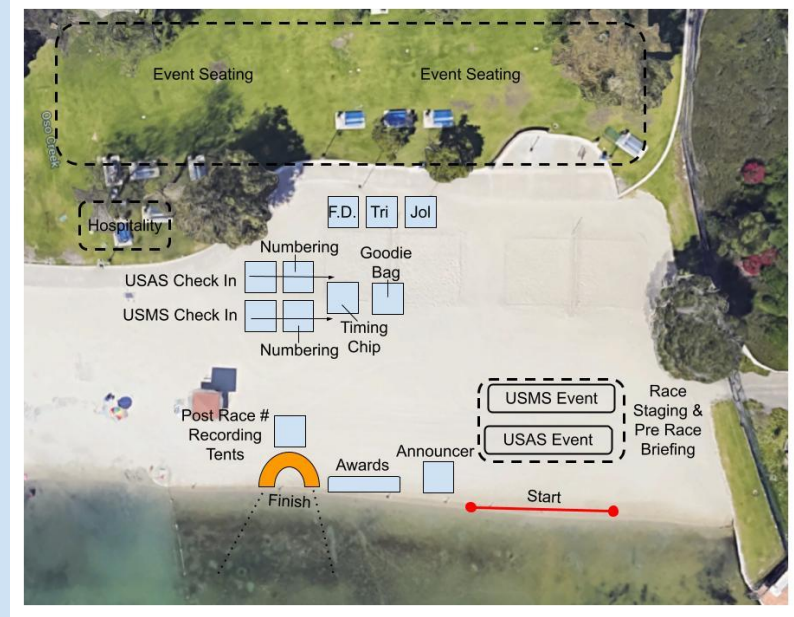


**U.S. MASTERS  
SWIMMING**  
2023 OPEN WATER NATIONAL  
CHAMPIONSHIPS

# Updated Items & Reminders

- Water Temperature: 79 F
- Mission Viejo Lake gates open at 8am
  - \$10 per car
- Clip your fingernails and toenails before the race
  - We will have clippers at the venue as well
- Start List posted online
  - USAS - <https://www.gomotionapp.com/team/scmvn/page/open-water>
  - USMS - <https://www.gomotionapp.com/team/scmvnm/page/open-water1>

# Lake Mission Viejo, North Beach



# Check In Procedures

- Separate USAS & USMS lines
- Station 1: Check in
  - Check off your name and receive your personalized “**Race Stick**”
- Station 2: Nail Check
  - Race officials will check that your nails are not long enough to scratch other swimmers
- Station 3: Numbers
  - Volunteers will write numbers on hands, shoulders, and back
- Station 4: Timing Chip
  - Do not lose these! Wear on your ankles
- Station 5: Goodie Bags

# Saturday Race Day Timeline - *Subject to Change*

- **8:00am** - Venue parking opens
- **8:00am** - Race check in and warm up
  - Designated swim area open for warm up (inside the closed off area)
- **8:45am** - 1 Mile Mandatory pre race safety briefing
- **9:00am** - HEAT 1: USAS Combined 1 Mile Start
- **9:05am** - HEAT 2: USMS Male 1 Mile Start
- **9:07am** - HEAT 3: USMS Female 1 Mile Start
- **9:45am** - 800M Mandatory pre race safety briefing
  - Swimmers can check in anytime before 9:45am
- **10:00am** - HEAT 4: USAS Combined 800M Start
- **10:15am** - 400M Mandatory pre race safety briefing
  - Swimmers can check in anytime before 10:15am
- **10:30am** - HEAT 5: USAS Combined 400M Start

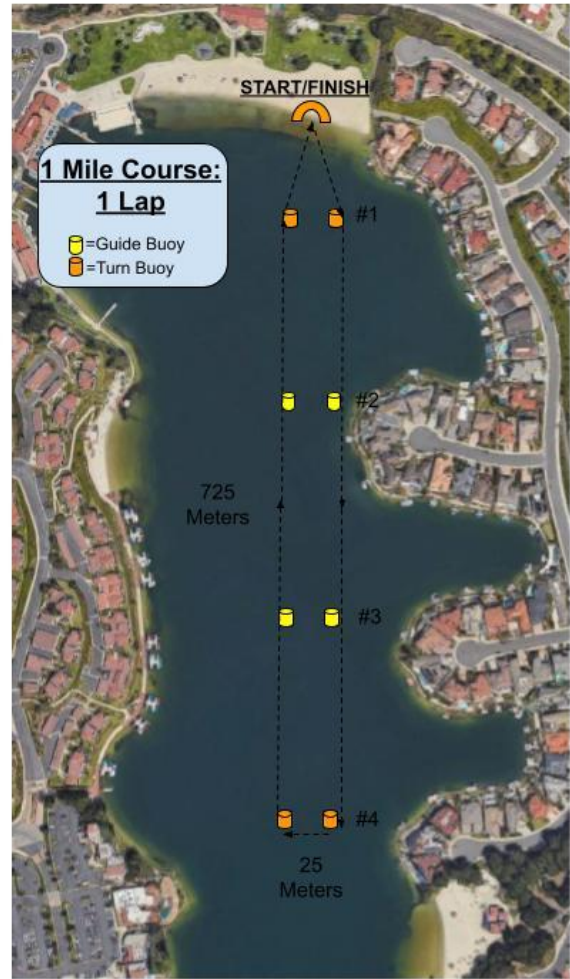
# Pre Race Procedures

- Mandatory pre race safety briefing 15 minutes before race start
  - Race Officials will go over the race course and safety procedures
- Bring your personalized “**Race Stick**” to the race start
  - This is MANDATORY
  - This race stick has your event and race number on it
  - This is for your safety
    - Before entering the water, we will collect your Race Stick
    - When exiting the water, you must collect your race stick

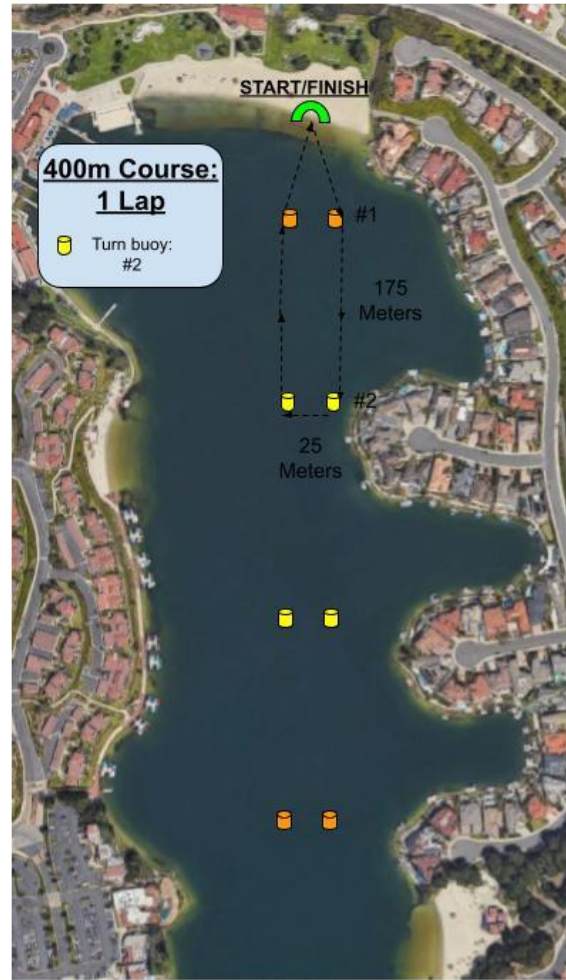
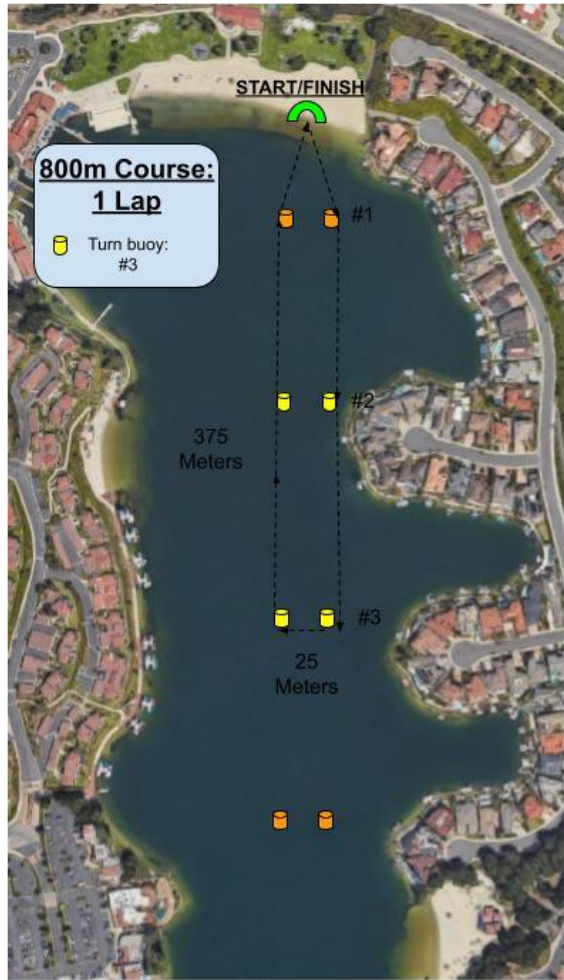
# Saturday Race Course

- 1 Mile - 1 lap around full course (turn at orange buoys)
- 800M - 1 lap around second yellow buoy
- 400M - 1 lap around first yellow buoy
- Shoreline Start
  - Run into the water
  - Swimmers may start in any order at the beginning of the race
- Shoreline finish
  - Run across the finish line
- Right shoulder turns around the buoys (clockwise)
- Intermediate buoys may be passed on either side
  - Recommended to keep buoys on right side









# Sunday Race Day Timeline - *Subject to Change*

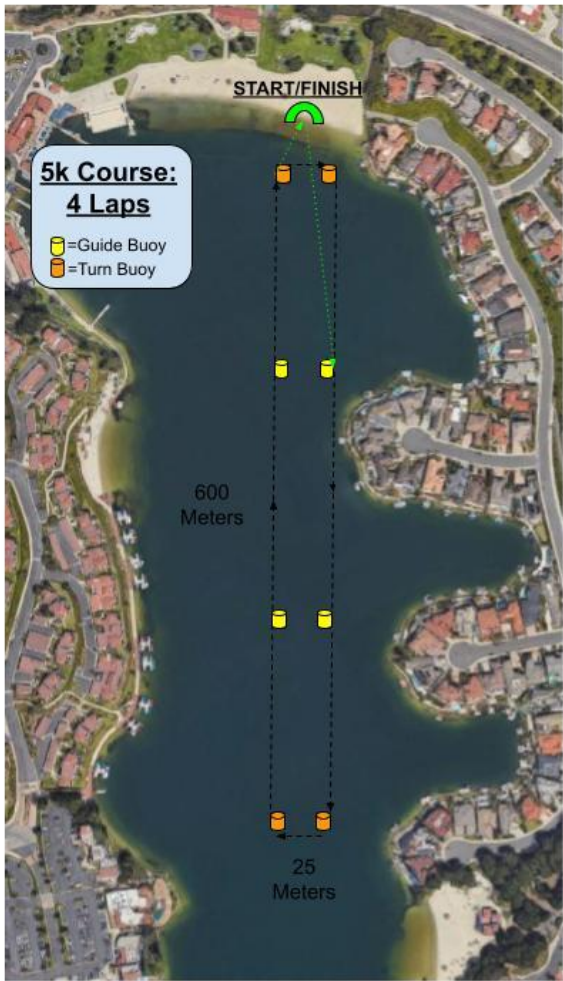
- **8:00am** - Venue parking opens
- **8:00am** - Race check in and warm up
  - Designated swim area open for warm up (inside the closed off area)
- **8:45am** - 5K Mandatory pre race safety briefing
- **9:00am** - HEAT 1: USAS Male 5K Start
- **9:02am** - HEAT 2: USAS Female 5K Start
- **9:07am** - HEAT 3: USMS Male 5K Start
- **9:09am** - HEAT 4: USMS Female 5K Start

# Pre Race Procedures

- Mandatory pre race safety briefing 15 minutes before race start
  - Race Officials will go over the race course and safety procedures
- Bring your personalized “Race Stick” to the race start
  - This stick has your event and race number on it
  - This is for your safety
    - Before entering the water, we will collect your Race Stick
    - When exiting the water, we will return your race stick

# Race Course

- 5K - 4 laps around full course
- Right shoulder turns around the orange buoys (clockwise)
- Intermediate yellow buoys may be passed on either side
  - Recommended to keep buoys on right side
- Shoreline Start
  - Run into the water
  - Swimmers may start in any order at the beginning of the race
  - The first buoy (#1) may be skipped at the start of the race
- Shoreline finish
  - Run across the finish line



# Other Race Information

- USAS Swimmers not completing the 5k course within 30 minutes of the 1st place swimmer will be removed from the course
- USMS Swimmers not completing the 5k courses within 2 hours and 30 minutes may be removed from the course
- No wetsuits if water temperature is over 78 F
- No fins, buoys, or other devices will be allowed
- USAS - FINA approved suits

# Safety Plan

- Race officials
  - Paul Szuskiewicz, Linda Simmon, John Montrella, Pam Ogden, Jason Minch, CJ Wanser
- Independent Safety Monitor
  - Lt. Seth Krasner
- 10-12 lifeguards on paddle boards/kayaks will be spread-out along the course approximately every 100 meters.
- 4 motorized water safety crafts will be on the course during races, following the athletes



# Safety Plan

- In the case of an emergency, athletes will exit the course at either the East or North (main) beach depending on which side of the course they are on
- An emergency will be indicated by the lifeguards issuing 3-long whistle blasts
- Athletes on the North Beach will walk back to the race briefing area after exiting the water where a head count will be conducted
- Athletes on the East Beach will walk to the Lifeguard tower and await further instructions on when it is safe to come back to the North Beach
- If an athlete is unable to evacuate on their own, kayakers will stabilize the athlete until a motorized watercraft can assist the athlete to shore
- The start/finish area will be the primary evacuation point.

# Safety Plan

- MVN event staff will notify LMV Lifeguards immediately if 911 is called
- Firefighters arrival will be in front of Lifeguard HQ for all land based medical calls
- All water-based calls will deliver patient to ADMIN Courtesy Dock for Medics
- Patients may be taken to East Beach or Market Dock (Vista Del Lago Street) if deemed more expedient for Medics
- Two sets of full dive gear each on two boats with Dive Team members

# Open Water Guide

- See the Southern California Swimming website for general information about open water swimming
  - Socalswim.org > News > Open Water > “Jumping Into Open Water”
- [https://www.socalswim.org/news/open-water/2023/3/13/jumping-into-open-water-scs-open-water-swimming-guide?rtn=%2Fnews%2Fopen-water%2F%3F\\_sy%3D51](https://www.socalswim.org/news/open-water/2023/3/13/jumping-into-open-water-scs-open-water-swimming-guide?rtn=%2Fnews%2Fopen-water%2F%3F_sy%3D51)

# Questions?

- USMS CONTACT: Mark Moore - [coachmark@mvnadadores.org](mailto:coachmark@mvnadadores.org)
- USAS CONTACT: David Heron - [coachdavid@mvnadadores.org](mailto:coachdavid@mvnadadores.org)