

# 20XX Western Zone Open Water Championships

Sponsored by XXXX [optional]

City, State | Month XX, 20XX

Meet logo [optional]

## Race #1 (age group)

Men's Race Time – XX:XX

Women's Race Time – XX:XX

## Race #2 (age group)

Boy's Race Time – XX:XX

Girl's Race Time – XX:XX

## Race #3 (age group)

Boy's Race Time – XX:XX

Girl's Race Time – XX:XX

\*RACE START TIMES ARE SUBJECT TO CHANGE. FINAL TIMES WILL BE ANNOUNCED PRIOR TO THE MEET\*

Body of Water name | Hosted by XXXXXX

# 20XX WESTERN ZONE OPEN WATER CHAMPIONSHIPS

Sanctioned by: [LSC] & USA Swimming  
Hosted by: [club name]  
Presented by: [sponsor] & the Western Zone

Date of Meet: Day, Month XX, 20XX  
Entry deadline: Day, Month XX, 20XX  
Sanction Number: OWXX-XXX

VENUE	[venue address]  Directions from XXXXX
MEET REFEREE	The meet referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to Firstname Lastname (email).
WARM-UP	[description of available warm-up the day of races and during races]
RULES	<p>Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules and the Minor Athlete Abuse Prevention Policy ("MAAPP"). All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. Additional details regarding Safe Sport compliance can be found on p. 6 of this meet announcement.</p> <p>Complete open water rules can be found in Part Seven of the current USA Swimming Rules and Regulations.</p> <p>Current [Host LSC] Swimming Policies &amp; Procedures will also apply.</p> <p>Swimmers must swim in their actual Age Group as determined by their age on <b>December 31, 20XX</b> (World Aquatics Age Rules).</p> <p><b>**ABOVE DEPENDENT ON LSC SANCTIONING POLICY AND USA SWIMMING AGE RULE FOR THE YEAR**</b></p>
DISABILITY SWIMMERS	Please contact the Meet Referee regarding any special need. The swimmer/coach shall provide any assistant(s) and/or equipment required. See current [Host LSC P&P] for additional information.
RECORDING DEVICES & MEDIA NOTICE	<p>The use of audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms.</p> <p>Photography, including visual recordings, is not allowed behind the starting blocks during the start of a race or relay exchange.</p> <p>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 acknowledgement and consent to this fact.</p>
DRONES	Operation of a drone or any flying apparatus is prohibited over the venue (pools, 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	<p>This meet is open to all athletes who are currently registered Premium or Outreach members of USA Swimming. <b>There will be no on-deck USA Swimming registration.</b></p> <p><b>This is a closed meet and open only to athletes currently registered within the LSCs of the Western Zone as of the date entries close.</b> On-deck transfer into an eligible LSC is not allowed.</p> <p>All athletes ages 18-19 must have completed and be current with the USA Swimming Athlete Protection Training certification to compete in this event.</p>

# 20XX WESTERN ZONE OPEN WATER CHAMPIONSHIPS

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 complying with World Aquatics open water swimsuit specifications may be worn in any USA Swimming sanctioned or approved open water competition.
AWARDS	1 <sup>st</sup> – 8 <sup>th</sup> place finishers, male and female, will be awarded medals for each event. <b>AWARDS &amp; PLACES UP TO THE HOST</b>
RESULTS	Final results will be posted on the course and uploaded to the Event Page on the XXXX's webpage.
ENTRY PROCEDURE	Race entry file will be available for download from [Host] Event Page. <b>Regular meet entries will be due no later than Day, Month XX, 20XX.</b> Email entry files to Meet Admin (email). [HOST to determine final entry deadline, with a minimum of seven (7) days prior to the event]
<b><u>LATE Entries</u></b>	<b>LATE Entries Deadline – 24 hours after publication of the initial Psych Sheet</b>  <b>Late Entry Errors and Omissions</b> ( <i>no updates to previously qualified times</i> ): Entries may be accepted after the REGULAR entry deadline of [Date Above], at double the entry fees and a \$100 fine, payable to the host.  This provision allows athletes to enter the meet who had achieved meet qualifying times prior to the entry deadline, who were not entered during the regular entry period.  <b>Late Entry Fine - \$100.00 per athlete</b> <b>Late Entry Surcharge - \$XX.00 surcharge per athlete</b> <b>Late Entry Fees - \$XX.00 per individual event (double the regular entry fee)</b> <b>Submit LATE entries via email to the Meet Admin (email)</b>
ENTRY FEES	5K Race: \$XX.00      XXK Race: \$XX.00      XXK Race: \$XX.00 There will be an additional \$XX.00 athlete surcharge for all participants. <b>RACE COST AND SURCHARGES UP TO THE HOST</b> Entry fees will be due at the race check-in or can be mailed in advance to the address below. Checks made payable to XXXXX.  Mail to: XXXXX
TECHNICAL MEETINGS	All swimmers and coaches must attend the technical meeting prior to race day. Each coach and swimmer are responsible for all information distributed at this 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 this 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. <b>Positive check-in is required.</b>
RACE DAY 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. The following rescheduling priorities will be used: Priority 1 – XXXX Priority 2 – XXXX

# 20XX WESTERN ZONE OPEN WATER CHAMPIONSHIPS

## 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:** XX:00am for the Men's 5K races. Check-in for later races will open 1 hour prior to the scheduled start of the race. Athletes are encouraged to arrive 1 hour before their approximate race start time.

**MANDATORY Pre-Race Briefing:** Briefings will take place in designated meeting area 15 minutes prior to race start (men's & women's race meetings will be done together if possible)

## PARKING INFO

XXXX

## HOTEL INFO

**ALL PARTICIPANTS ARE STRONGLY ENCOURAGED TO STAY AT THE DESIGNATED HOTEL BLOCKS.** Visit the event page on the XXXX website for more information.

# 20XX WESTERN ZONE OPEN WATER CHAMPIONSHIPS

## QUALIFYING

## STANDARDS

## & AGE

## DIVISIONS

The 20XX Western Zone Open Water will have the following age groups for each race:

--5K Races: 13 and Older as of XXX

--2.5K Races: 11-16 as of XXX

--1.25K Races: 9-12 as of XXX

WESTERN ZONE OPEN WATER QUALIFYING STANDARDS							
		1.25K		2.5K		5K	
		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	--	--
13-18	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

**STANDARDS CAN VARY \* CURRENT STANDARDS HAVE BEEN IN PLACE SINCE 2018**

## COURSE INFO

The planned course map is provided. It is subject to change. There will not be feed stations for these races. [RACE START DESCRIPTION]. Athletes will swim the XX and keep designated turn buoys on their XX per the course map.

Athletes will finish the race in the water by touching a finishing pad. 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 temperature will range between XX°F
- Air temperature will range between XX°F
- Current: XX
- Marine life: XX

Athletes are limited to finishing their race within 30 minutes of the first finisher.

**ADJUST BASED ON YOUR COURSE DESIGN**

## JR. NATIONAL QUALIFYING CRITERIA

The 20XX WZ OW Championship will serve as a qualifying event for the 20XX USA Swimming Open Water Junior National Championships. In addition to the criteria below, pool qualification time standards can be found here: [www.usaswimming.org/Home/times/timestandards](http://www.usaswimming.org/Home/times/timestandards).

**UPDATE BASED ON YEAR'S QUALIFICATION RULES PER USA SWIMMING**

# 20XX WESTERN ZONE OPEN WATER CHAMPIONSHIPS

## RACE SAFETY AND EMERGENCY INFORMATION

**Independent Safety Monitor:** XXXX (email).

### Supervision

Races will be supervised by certified XXXXX

### Accounting for Swimmers

Competitors will be pre-assigned race numbers. All swimmers will be checked in and marked at race time. Number of swimmers in a race will be announced to all officials and safety personnel prior to the start of the race.

### Communication

XXXX

### Evacuation

XXX

### EMTs & Hospital

XXXX. The person will be transported to:

#### Local Hospital Info

XXXX

### Medical Equipment

XXX

### Thermal Safety

XXX

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 announcement.

**Meet logos/  
host/sponsor  
logos [optional]**

# 20XX WESTERN ZONE OPEN WATER CHAMPIONSHIPS

## SAFE SPORT

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

The Minor Athlete Abuse Prevention Policy ("MAAPP") ([www.usaswimming.org/maapp](http://www.usaswimming.org/maapp)) prohibits Adult Participants (as defined) from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit [www.usaswimming.org/report](http://www.usaswimming.org/report).

All athletes age 18 and older must complete Athlete Protection Training ("APT") to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before July 25, 2023, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed.

Times achieved by an athlete who turns age 18 on or before July 25, 2023, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.