

2016  LONESTAR LAKE, LAWRENCE, KS

SUBJECT TO CHANGE
7/7/16



2016 CSCAA NATIONAL COLLEGIATE OPEN WATER SWIMMING CHAMPIONSHIP

LONE STAR LAKE

Lawrence, Kansas
Saturday, September 17

Women's Race 8:30 am
Men's Race 10:00 am

ENTRY DEADLINE

Saturday, September 10, 2016

TECHNICAL MEETING

Friday, September 16 at 5:00 pm

IMPORTANT INFORMATION

- Register for the CSCAA National Collegiate Open Water Swimming Championship on-line at usaswimming.org/ome beginning noon Central Time on July 15, 2016, through midnight Central Time on Saturday, September 10, 2016. There will be no race-day registration.
- Race start times are subject to change due to number of entries and local conditions.
- All participants in the CSCAA National Collegiate Open Water Swimming Championship must be collegiate student-athletes eligible to compete for their NCAA, NAIA or NJCAA member institutions for the following school year.
- Swimmers' and Coaches' Responsibility - It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this competition information book, as well as information disseminated at each race technical meeting.
- The *Race Safety Plan, Waiver & Release Form*, and other important information will be posted at kuathletics.com.

QUALIFYING CRITERIA AND ENTRY PROCESS

In order to compete in the 2016 CSAA 5K Open Water Championships, a swimmer must have achieved the following pool time standard(s) between July 1, 2015 and the entry deadline.

	500 SCY	1000 SCY	1650 SCY
Women 5K Race Qualifying Times	5:10.00	10:30.00	18:00.00
Men 5K Race Qualifying Times	4:50.00	10:00.00	17:00.00

Meter conversions are acceptable for international student-athletes.
Qualifying period: Sept. 1, 2014-Sept. 1, 2016

ONLINE MEET ENTRY (OME)

Athletes must enter these events through USA Swimming's On-line Meet Entry System (OME) at usaswimming.org/ome

Register for the CSCAA Open Water Championships on-line at usaswimming.org/ome beginning noon Central Time on July 1, 2016, through midnight Central Time on Saturday, September 10, 2016.

There will be no race-day registration. For help with the entries, contact Jamie Lewis at USA Swimming. You will be required to pay for the on-line entries with a Visa, Mastercard, American Express or Discover.

OME is not an eligibility report; It is the coaches' responsibility to know the eligibility of each athlete. Once you complete your entry, you will be sent confirmations via e-mail. Please keep all of these and bring them with you to the meet (just in case).

EVENT ADMINISTRATION

Championship Referee
George Schluter
george@gwshomes.com

Local Meet Director
Clark Campbell
ccswim@ku.edu
(785) 864-4177

Event Safety Director
Brittany Blunt
785-331-9346

Communications Director
Kevin McCarty
kmccarty@ku.edu
(785) 865-6784

Event Coordinator
Mallory Gilliland
malloryg@ku.edu
(785) 691-7156

CSCAA Executive Director
Joel Shinofield
joel@cscaa.org
(540) 460-6563

CSCAA Program Officer
Greg Earhart
gearhart@cscaa.org
(719) 866-3584

OPEN WATER RULES

Rules

Current USA Swimming Rules and Regulations will govern this event. Please see Part Seven of the USA Swimming Rules & Regulations for complete list of Open Water Rules.

Selected Open Water Rules

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.
- Wet suits, flotation aids or any similar items, and anything used to maintain body heat, except a reasonable application of body grease, are not allowed.

Team Events

- Team events will be conducted concurrently with individual events, with the results achieved in the individual event used to compute the team scoring.
- Teams will be entered automatically based on team entries.
- The team event shall be contested on a total time basis. Teams may place any number of three-swimmer teams. The aggregate time of the top three swimmers on each team shall be used to determine the team's time.
- The team whose top-three swimmers have the lowest cumulative time shall be the winning team. Subsequent places shall be determined on the cumulative time. If two or more teams have identical times, a tie shall be declared.

Awards

- Individual champions shall be determined and awarded in women's and men's competitions. Medals shall be awarded to all first through eighth place finishers in each individual event.
- Team Event medals shall be awarded to team event members placing first through third.

Eligibility

The CSCAA National Collegiate Open Water Swimming Championship are open to current NCAA, NAIA and NJCAA member institutions who meet the specific event qualifying criteria.

Entry Fees

5K National Championships
\$40.00 Individual
\$100.00 Team

Race Course and Operations

Additional specific course details will be coming soon.

Aside from Safety and Officials' boats, no additional craft will be allowed near the race course. This is a non-escorted swim. The swimmers must swim within the finish chute and will finish by touching a finish banner over the water's surface.

Toe nails and finger nails will be checked before the race by the Head Referee. If the nails are too long, they must be cut to a reasonable length at the discretion of the Referee.

Technical Meetings

All swimmers and coaches should arrive in time for the technical meeting for their event(s). Each participant is responsible for all information distributed at these meetings. The technical meeting will take place Friday, September 16 at 5 p.m. inside Hadl Auditorium in KU's Wagnon Student-Athlete Center. Participant check-in and numbering will be offered immediately after the technical meeting.

Pre-Race Briefings

In addition to each 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.

Practice Availability

Race Site, Lone Star Lake
Friday, September 16, 9:00 a.m. - 12:00 p.m.

Pool Practice, KU Robinson Natatorium
Friday, September 16, 2-4:30 p.m.

Race Day Schedules

Schedules are subject to change depending on number of entries and local conditions.

Women's 5K Race Day - Saturday, September 17

7:30-8:15 a.m. - Women's check-in
8:15 a.m. - Women's Pre-race Briefing
8:25 a.m. - Women's Inspection and Roll Call
8:30 a.m. - Women's 5K Start

Men's 5K Race Day - Saturday, September 17

9:30-10:15 a.m. - Men's check-in
10:15 a.m. - Men's Pre-race Briefing
10:25 a.m. - Men's Inspection and Roll Call
10:30 a.m. - Men's 10K Start
12:00 p.m. - Women's and Men's Awards

EVENT SAFETY INFORMATION

1. Safety Authority

The safety for this event will be coordinated through the Douglas County and Kansas Athletics Training Staff.

The lifeguards are equipped and capable to respond to any aquatic or medical emergencies on the course and if needed will transfer emergency care to the Lawrence-Douglas County Fire Medical (LDCFM) who will provide trauma services at the medical tent on the beach. AED's, First Aid kits, and Basic Life Support gear will be available on the beach at the medical tent.

The Safety Director, Safety Officer, Medical staff and safety patrol boats will communicate via the event radio network and VHF radios. There will be 8-10 Kayaks or rescue boards with Lifeguards located throughout the course.

There will be two Personal Watercraft on course to monitor swimmers' safety and two safety boats idling well inside course with staff to respond if needed.

There will be course officials located at the turn buoys on anchored boats or on docks.

All recreational boat usage is prohibited during the event and will be monitored by the Douglas County Sherriff's Dive Rescue unit.

2. Communications Plan

Primary - There will be two separate radio networks using two different frequency plans. The radios are not interchangeable.

Communication across radio networks will be coordinated through Race Operations. Personnel using radios include the Race Director, Race Operations, Race Referees, Safety Director, Feed Station Referee, Administrative Referee, Turn Judges, Medical tent and event announcer.

The safety patrol boats will utilize their own VHF radios, and will be in contact with Sherriff, Fire/ Rescue, Race Operations, Safety Officer and On-Water Lifeguard on PWC.

Communications between lifeguards in kayaks and all parties will be through whistles and flags. If Lifeguards need assistance from the safety boats, they will blow a series of long whistle blasts and wave orange flags.

3. Swimmer in Distress

- a. Lifeguard will activate their water rescue protocols.
- b. Any swimmer withdrawing from the race must report to the nearest lifeguard or course official to identify and confirm withdrawal. Course official will radio race-control with the competitor number and direct the swimmer to return to the start area.
- c. A Medical tent will be maintained on the beach in the Start/Finish area manned by a Lifeguard and Fire/Rescue staff.
- d. Swimmers needing emergency medical care on the water will be administered by LDCFM staff and then Fire/Rescue staff at the dock.
- e. Swimmers requiring evacuation via ambulance will be transported to Lawrence Memorial Hospital, approx. 17 miles from the venue.

4. Missing Swimmer

- a. All swimmers will be issued a "Race Ticket" with their competitor number during the registration process. This "Ticket" will be collected as the swimmers enter the water.
- b. All swimmers will be required to provide a personal cell phone contact and a coach/handler cell phone contact at registration.
- c. All swimmers will be videotaped during the final inspection/accounting prior to the start.
- d. If a swimmer is reported missing and last seen in the water: Lifeguards and Sherriff's Dive Rescue unit will activate their underwater search and recovery protocol. Concurrently, meet operations will attempt contact with the coach/handler and swimmer via cell phone. Meet Operations will also review the start list, withdrawal list, site race tickets, and view the pre-race videotape to confirm the swimmer actually started the race.
- e. All swimmers are reminded before the race start that they must report to the nearest lifeguard or course official if they withdraw from the race. All swimmers who depart from the water will be identified by their race number.

5. Support Vessels

- a. The following vessels will be used:
 - i. Referee Boat - 1
 - ii. Safety Patrol Boats - 1
 - iii. Paddle Craft - 6-8
- b. All vessels Captains will attend a brief briefing by the Safety Officer.
- c. Spare vessels will remain clear of the vessel exclusion zone unless summoned on to the course by race control.
- d. Once the course has been set, the Course Officer vessel will remain clear of the vessel exclusion zone unless summoned to the course by the Referee or race control.
- e. All officials' boats will be equipped with VHF radios on the race control network.
- f. Safety Patrol boats will be on designated VHF radio channel.

6. Parameters for Abandoning the Race

- Any one of the following individuals are empowered to independently order the race abandoned due to unsafe course or other conditions.
 - Championship Referee
 - Safety Officer
 - Local Meet Director
- If the race is to be abandoned, Race Control will relay via radio to all vessels to signal abandonment. Simultaneously, the Safety Officer will signal to Lifeguards for race abandonment. The abandonment signals will be:
 - From Officials Boats – 5 short blasts followed by one long blast.
 - From the Lifeguards – 5 short blasts of the whistle followed by one long blast.
- Swimmer actions are to:
 - Discontinue swimming
 - Look for directions from the Officials or water safety personnel
 - Once safe on the beach, proceed to the start/finish area and check-in.

7. Contingency Plan

- Due to venue restrictions, it is unlikely any change to the shape of the course will be possible.
- If weather conditions require, the directions of swim (CW/CCW) and the location of the start/finish structure may be changed.
- If the race is abandoned, it will be postponed until later the same day. If the race must be abandoned for the entire day, the race will be held the following day.

COURSE LAYOUT



EVENT LOGISTICS

Parking

Parking will be available on-site.

Weather Contingency

In the event of adverse conditions, the following rescheduling priorities will be used based on weather predictions, and at the discretion of the Meet Referee:
Priority 1 - Later during the race day
Priority 2 - On the following day(s)

HOTELS

Special rates have been secured at the following locations with preferred lodging partners from September 15-18:

Group Block Name: CSCAA Open Water Nationals
Reservation Method: Call in – reference block name

DOUBLETREE SUITES BY HILTON

(Currently the Lawrence Holiday Inn Holidome)
200 McDonald Dr.
Lawrence, KS 66044

Phone (785) 841-7077

Hotel Contact Heather Shull
25 Double Rooms
Room rate: \$119.00



HOLIDAY INN EXPRESS & SUITES

3411 Iowa St.
Lawrence, KS 66046

Phone (785) 749-7555

Hotel Contact Linda Honeyman
20 Double Rooms
Room rate: \$109.00



SPRINGHILL SUITES BY MARRIOTT

1 Riverfront Plaza #300
Lawrence, KS 66044

Phone (785) 841-2700

Hotel Contact Judy Riling
17 Double Rooms
3 King Rooms
Room rate: \$107.00



TOWNEPLACE SUITES BY MARRIOTT

900 New Hampshire St.
Lawrence, KS 66044

Phone (785) 842-8800

Hotel Contact Kenneth Thompson
20 King Rooms
5 Double Rooms
Room rate: \$139.00

