



**EASTERN ZONES/B2B/MA CHAMPS/
OPEN WATER SWIM MEET**
Saturday, June 27, 2015
SANCTION# MA 15158 O



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| <p>SANCTION:</p> | <ul style="list-style-type: none"> Held under the sanction of USA Swimming/Middle Atlantic Swimming, Inc., SANCTION NO: MA 15158 O USA Swimming, Inc., Eastern Zone Swimming, Inc., Middle Atlantic Swimming, Inc., Pleasantville Aquatics, Inc., and City of Atlantic City, NJ shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. |
| <p>LOCATION:</p> | <ul style="list-style-type: none"> ACHS Boat House, 3401 Fairmont Ave., Atlantic City, NJ 08401; Tel: (609)742-1515 |
| <p>COURSE DESCRIPTION</p> | <p>Open water: This is a flat water bay swim with limited tidal flow. High tide will be approximately at 6:30pm (3.85 feet bay side). The water temperature is expected to be in the range of High 70F°. The 500 meter, 1.5K 2K, & 5K swim races will start and finish in the water area in front of the ACHS Boathouse (check the course map at www.swimpva.org)</p> <p>The 1.5 KILOMETER will consist of 1 lap of 750 meter long out and back course, the 2K will consist of 1 lap of 1000 meter long out and back course in front of the Boat House, and the 500 METER will consist of one lap of a 250 meter long out and back course.</p> <p>The 5K race course will consist of a 2,500M loop out and back from the Boat House (Albany Ave.) to Dorset Ave. The start for all races will be in parallel to the finish line separated by in water dock platform. "Finish" Banner marks the finish line. J-Chip USA Electronic Time System will be used for the final finishing/scoring. Manual watches will be used as backup timing.</p> <ul style="list-style-type: none"> All swimmers who have not completed the course during the prescribed time limit may be asked to retire. Details of race course with landmarks will be available at check-in. Expected water temperature is 70-75F°. |
| <p>MEET DIRECTOR:</p> | <p>Dimitar Petrov Email: mitkoswim@hotmail.com Phone: (609)742-1515</p> |
| <p>ELIGIBILITY:</p> | <ul style="list-style-type: none"> Open to all USA Swimming registered athletes age 18 and younger registered prior to the first day of the meet in one of the Eastern Zones LSC's. Must be registered USA swimmer to enter. No at location registration will be permitted. Age on June 27, 2015 will determine age for the entire meet. Race day entries will be accepted with prior USA Swimming registration. |
| <p>EVENTS AND SCHEDULE:</p> | <ul style="list-style-type: none"> 5 K: Check-in: Begins at 11:00am; Pre-race Meeting: 1:15pm; Event starts: 2:00pm The race will consist of 1 loop of 2.5K marked with large orange buoys (Dorset Ave.) The race will end 90 minutes after the start; all swimmers who have not completed the course may be asked to retire. 1.5K: Check-in: 11:00am; Pre-race Meeting: 1:15pm; Event starts: 2:15pm The race will consist of 1 loop around a 750M long out and back marked with large orange buoys. The race will end 30 minutes after the start or 15 minutes after the first finisher for each gender completes the event whichever is earlier. All swimmers who have not completed the course will be asked to retire. 500M: Check-in: 12:00pm; Pre-race meeting: 2:45pm; Event start: 3:30pm. The race will consist of 1 loop of 250m long out and back. The course will be marked with large orange |

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| | <p>buoys. The race will end 20 minutes after the start; all swimmers who have not completed the course may be asked to retire.</p> <ul style="list-style-type: none"> • 2K: Check-in: 2:00pm; Pre-race Meeting: 3:30pm; Event start: 4:00pm The race will consist of 1 time around a 1000M long loop out and back, marked with large orange buoys. The race will end 60 minutes after the start. All swimmers who have not completed the course may be asked to retire. |
| RACE CONDUCT | <ul style="list-style-type: none"> • The Bridge to Bridge events, Middle Atlantic Swimming Championships and Eastern Zone Championships competitions will be contested in a single a race and results tabulated from the overall order of finish. More detailed and full explanation will provided at sign in and event briefings. |
| QUALIFICATION: | <ul style="list-style-type: none"> • The top female and male finishers in 5K race automatically qualify for 2016 USA Open Water Nationals |
| DISABILITY SWIMMERS: | <ul style="list-style-type: none"> • Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. • The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition. |
| FORMAT: | <ul style="list-style-type: none"> • Order of races: 5K, 1.5K, 500M and 2K |
| WARM-UPS: | <ul style="list-style-type: none"> • There will be warmups session 15 min. prior to the start of each event. |
| ENTRIES: | <p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, JUNE 19, 2015</p> <ul style="list-style-type: none"> • Swimmers may enter a maximum of 1 individual event. • Entries must be submitted using Hy-Tek Team Manager software, or complete Entry Form. • Teams may submit entries via e-mail. • A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. • Email entries to: mitkoswim@hotmail.com • Deck entries will be accepted in the order received for swimmers to the extent that they can be processed prior to check-in. |
| FEES: | <p>Individual Entry: \$35 (entered in any capacity in the meet includes t-shirt)</p> <ul style="list-style-type: none"> • All entries POSTMARKED after June 19, 2015 will require a \$5 late fee per swimmer. • Those entering after June 19, 2015, may not receive a T-shirt. THERE WILL BE NO REDUCTION IN FEE • Payment must be received by Friday, June 19, 2015 for all entries. Failure to pay entry fees by this deadline could result in teams/swimmers being barred from the meet. • Checks should be made payable to: Pleasantville Aquatics • Send Payment to: Dimitar Petrov 2032 West Ave. Ocean City, NJ 08226 <p>IMPORTANT: If payment is via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries.</p> |

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| AWARDS: | <ul style="list-style-type: none"> • Individual Awards: EZ medals for 1-8 place by event/gender. • Team Awards: An appropriate team award will be presented to the top three teams in the Male, Female and Combined Team Competition. EZ Teams must score in both, Female and Male competition races to score and qualify for Combine Team Championship. • Please note: The results from the open water competition will not affect the team score from the Eastern Zones Meet held in Richmond, VA on August 5-8, 2015. • Individual events will be scored using 16th Place Scoring System (20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1) |
| SEEDING: | <ul style="list-style-type: none"> • All like-distances will be seeded as a single event, without regard to a swimmer's gender. Places, awards, and published results will be separate for each event by gender. • Each swimmer must check-in to receive their COMPETITOR NUMBER. Check-in times are listed on the Description of Events and Schedule page. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. |
| RULES: | <ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • In accordance with MA Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. |
| OFFICIALS: | <p>Meet Referee: Bob Schailey Phone: (609) 266-2471 Email: rschailey@yahoo.com</p> <ul style="list-style-type: none"> • Officials and/or volunteers that are comfortable and want to be out on the water, please state so in your request. Please Email Safety Officer Joe Haney email: runrow@aol.com or sign up to officiate/volunteer no later than June 19, 2015. • Officials meeting will be at 12 noon at the hospitality tent. • Uniform: white shirt, navy blue bottoms. Optional swimsuits underneath. |
| SAFETY: | <ul style="list-style-type: none"> • The meet is an in the water start with swimmers held in a closed area marked by numbers on shoulders and back. <ul style="list-style-type: none"> ○ Swimmers will be issued a card with the same number and will give this card to the chief judge when entering the dock prior to the start of the race. ○ The number of each swimmer will be recorded and delivered to each stroke and turn judge prior to the start of race. ○ There will be instructions of the course and rules of play to swimmers, then the start. At each turn, there will be an accounting of the swimmers by Turn Judges (3 on the water and one on land). Any one leaving the course will be accounted for by safety personnel and their competitor number will be radioed to the administrative referee. When the swimmers finish, it will be an in water finish and the swimmers will again be held in the closed starting area until the competitor numbers are recorded. • Monitoring Swimmers During Race <ul style="list-style-type: none"> ○ Safety boats will monitor the entire course,(2 power boats, one at each end or out of bounds of course, 2 lifeguard boats, 16-20 safety kayaks and 2 Sea Doo PWC) <ul style="list-style-type: none"> ▪ There will be no escort craft for individual swimmers ▪ Swimmers will be counted as they turn buoy on the course. ○ 4 Lifeguards will be on location, (1 in the water on Sea Doo PWC and 3 on the land with view of entire course. ○ There will be one rescue/evacuation 2 Sea Doo PWC and one rescue/evacuation Zodiac and Life Guard. ○ The ACFD will be on site with Jet Ski or Boat and a Patrol on land. • Medical Services <ul style="list-style-type: none"> ○ There will be a First Aid station/ tent available at start/finish at the boathouse. |

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| | <ul style="list-style-type: none"> ○ The ACFD will be on site with one EMT's team. Located at the Start/Finish site. Back up rescue squad will be Dorset Ave., 2.5K away. ○ Atlantic City Atlantic Care Hospital is located 2 miles from the site. ● Safety Communications Plan <ul style="list-style-type: none"> ○ Each official, safety craft and safety officer will have a radio and whistle/air horn. One Radio channel will be devoted to safety. One blast on whistle or one blast on air horn to attract attention then radio explanation of safety need. ○ The Safety Officer will be in charge of all safety at the event, overseeing life guards, EMT's and swim safety. The safety officer will be in contact with officials, life guards and EMT's by radio. ○ The safety officer will be located on the second floor of the boat house with clear view of the course of swim. ● Feeding Stations <ul style="list-style-type: none"> ○ The longest distance is 5K and feeding stations are not required; however, all safety watercraft will have first aid and water on board through all races. ● Accounting for swimmers <ul style="list-style-type: none"> ○ <u>Refer to monitoring swimmers</u> ○ This is the most important duty of the safety team. ○ Each Turn official will whistle if there is a possible DQ in their jurisdiction and follow with radio protocol in addition to radioing to admin when last swimmer passes their station each lap. ● Technical Meeting: The technical Meeting will be held at 1:15pm (5K and 1.5K), 2:45pm (500M) and 3:15pm (2K) the day of the race. This technical Meeting will be posted and emailed to each LSC prior to meet day. This will also be reviewed with each heat prior to start of each race. ● <u>Safety during pre-race warm-up and post-race warm-down</u> <ul style="list-style-type: none"> ○ There will be a separate warm up warm down area and swimmers will not be allowed to warm up or warm down on the course. ○ The warm up area will also have at least one life guard and one marshal in addition we will have at least two kayak/paddle board on the water to prevent any swimmers beyond buoy markings of warm up course. ● We will also require the swimmer to give their number card to marshal prior to entering warm-up area and pick up the card when leaving the warm-up area. |
| TIMERS: | Timers and scribes are needed for each race. Please contact the Race Director mitkoswim@hotmail.com in advance to volunteer. |
| GENERAL: | <ul style="list-style-type: none"> ● This event is on the bay side of Atlantic City and will be held rain or shine. ● Event may be delayed or cancelled due to lightning. No refunds. ● Average water temperature is expected to be in the high 70s ● Extra T-shirts for coaches and spectators may be ordered on your registration form for \$20.00 each. ● Hospitality tent will be set up by the bay with water coolers available for swimmers and food for officials and volunteers. ● Outdoor event: bring beach umbrellas for shade; wear sunscreen; bring chairs. ● Concessions available and provided by Pleasantville Aquatics |
| FACILITY RULES: | <ul style="list-style-type: none"> ● No alcohol can be consumed by any swimmers, coach or spectator before or during the competition on race day. ● No Smoking in or around the boat house at any time. |
| PARKING: | <ul style="list-style-type: none"> ● Parking will be available at Bader Field on the Black Horse Pike across the Albany Bridge within walking distance of the ACHS Boat House. |

VOLUNTEERS:

- Anyone wishing to help with registration check-in, body marking, event check-in, water safety personnel or first aid station, please contact **Tamara Haney** at Email: babywitch9@aol.com **by June 20th!**

DIRECTIONS:

Address: 3401 Fairmont Ave., Atlantic City, NJ 08401

From Route 40/322 (Black Horse Pike)

- Albany Ave. is where Route 40/322 (Black Horse Pike) enters Atlantic City. If you travel into town via that route, the Boat House is visible on your left as you cross Albany Avenue Bridge. After crossing the bridge take the first left hand turn and proceed to Sovereign Ave., turn left, go one short block and turn left again onto Fairmont Ave. (One Way). Pete Pallitto Field and ACHS Boat House is on your right.

From Atlantic City Express Way

- If you enter town via the Atlantic City Express Way, stay on AC Express Way until the first light entering AC and turn right onto Fairmont Ave. and stay on the route for about 1 mile. The ACHS Boat House is on the right just before Fairmont turns to the left.

GPS

- 39.371608, -74.455753

ACCOMODATIONS

- **Hampton Inn Atlantic City Bayside**, (609) 484-1900
- **Clarion Hotel and Conference Center**, (800)44 ROOMS
- **Sheraton Atlantic City**, (609)441-2911
- **Ramada Inn**, (800) 851-9505
- **Holiday Inn Xpress** (609) 484- 1500
- **Comfort Inn North** (Absecon) (609) 641-7272

SCHEDULE OF EVENTS

TIME LINE

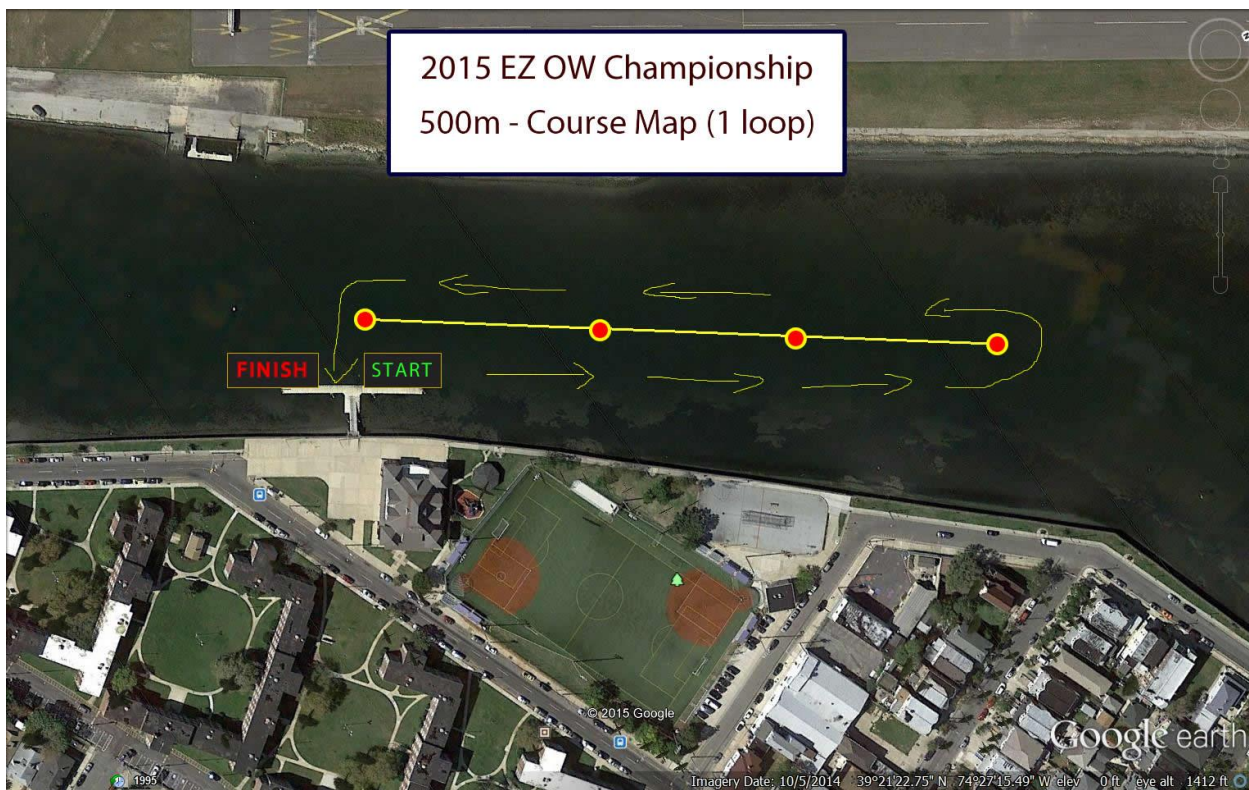
- 11:00AM - Boat House Open for Registration (All Races)
- 1:00PM - Registration closed (5K and 1.5M).
- 1:15PM - Briefing with swimmers (5K and 1.5K)
- 1:30-1:50PM –Warm-Up (5K and 1.5K)
- **2:00PM - START of 5K (Senior)**
- **2:15PM - START of 1.5M (11-12)**
- 2:20PM - Registration closed (500m). Briefing with swimmers (500m)
- 2:45PM - Expected finish time for all swimmers in 1.5K
- 3:00PM - Expected finish time for the winner of 5K
- 3:00PM - Registration closed (2K). Briefing with swimmers (500M and 2K)
- 3:10PM - Warm-up for 500m
- **3:30PM - START of 500m (9-10 Age Group)**
- 3:45PM - Expected finish time for all swimmers in 500m
- 3:30PM - Briefing with swimmers (2K)
- 3:40PM – Warm-up for 2K
- **4:00PM – START of 2K (13-14 Age Group)**
- 4:45PM - Expected finish time for all swimmers in 2K
- 5:15PM – Award Ceremony for 2K
- 6:00PM – Boat House Closes

| Race # | Events | Age | Gender | Distance |
|--------|--------------|--------------|------------------|----------|
| 1 | Combined 1/2 | Senior | Mixed Men/Women | 5K |
| 2 | Combined 3/4 | 11-12 | Mixed Boys/Girls | 1.5K |
| 3 | Combined 5/6 | 10 and under | Mixed Boys/Girls | 500M |
| 4 | Combined 7/8 | 13-14 | Mixed Boys/Girls | 2K |

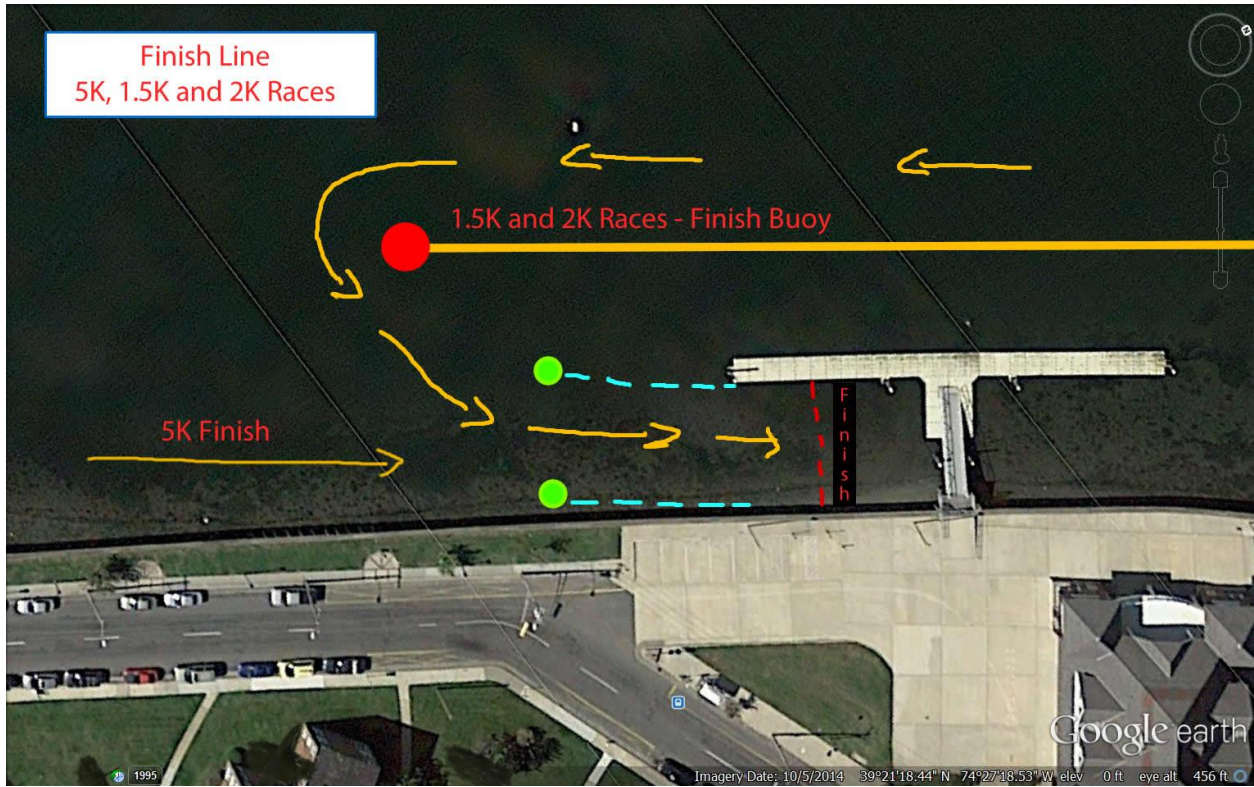
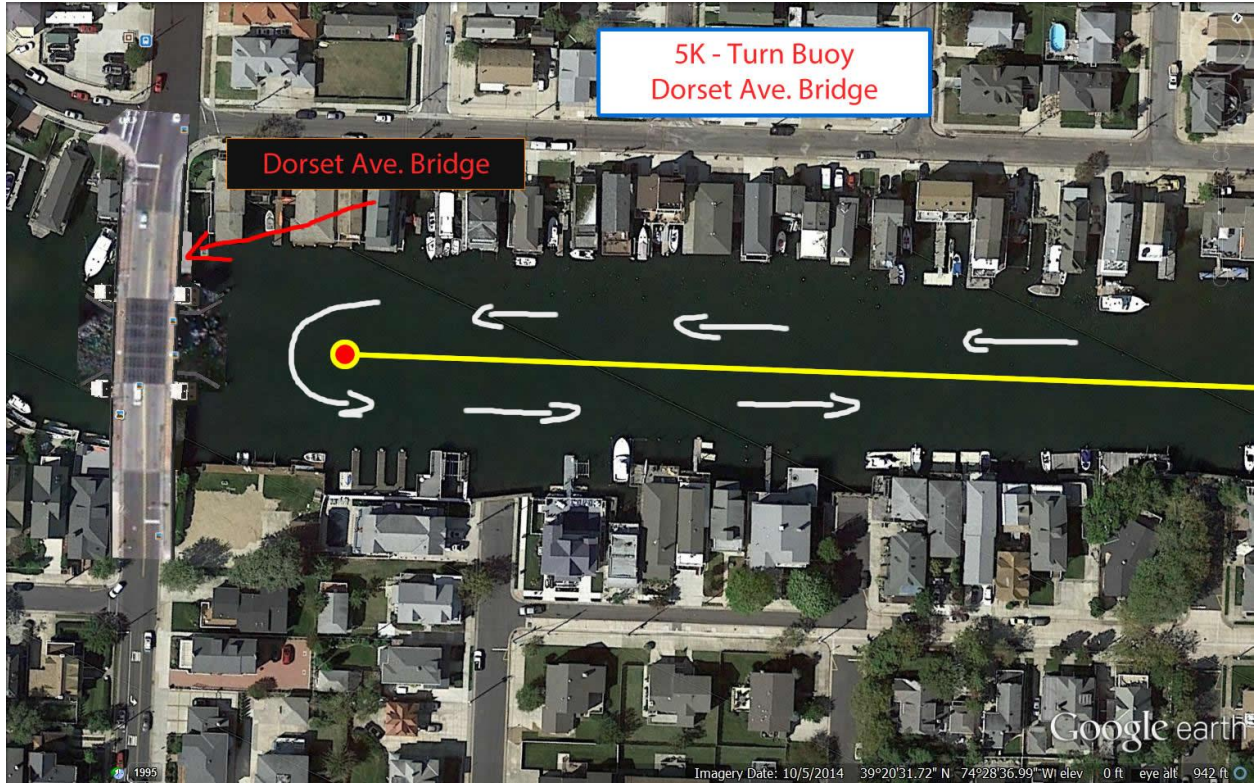
2015 EZ OWS Championship/B2B – Course Map



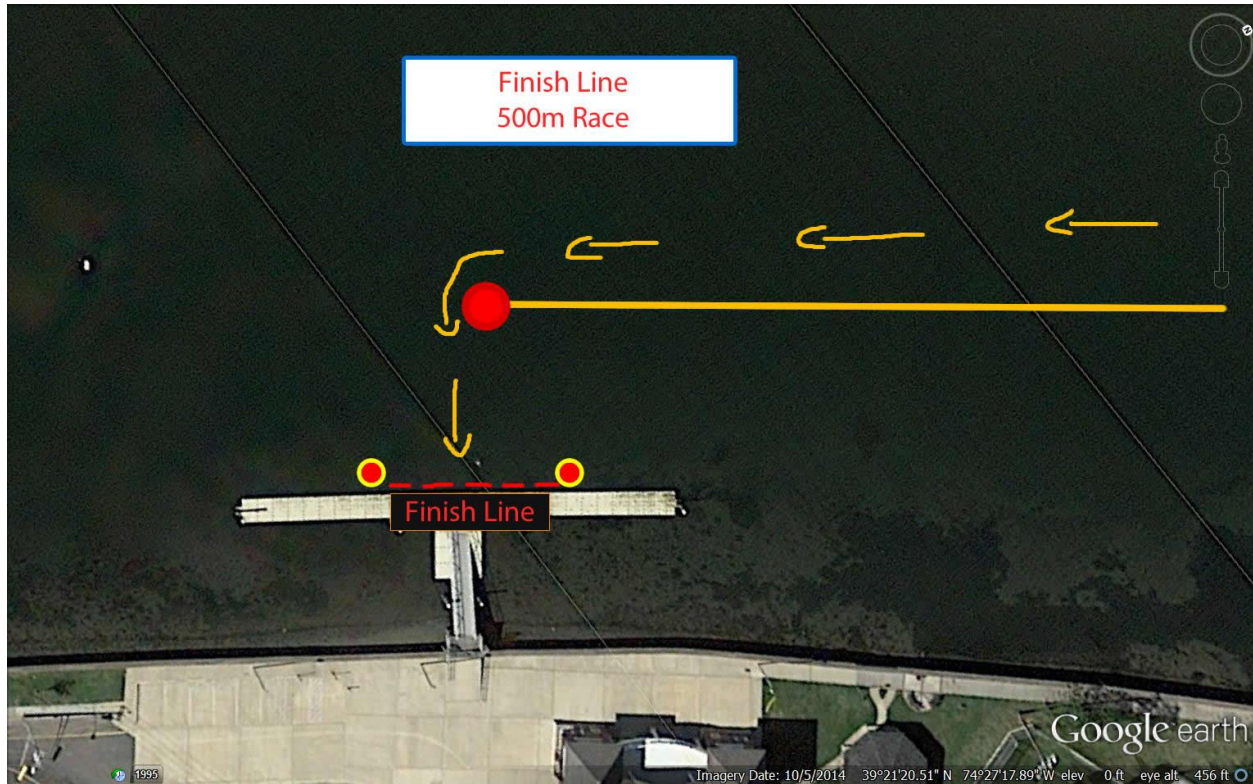
2015 EZ OWS Championship/B2B/MA Championship – Course Map



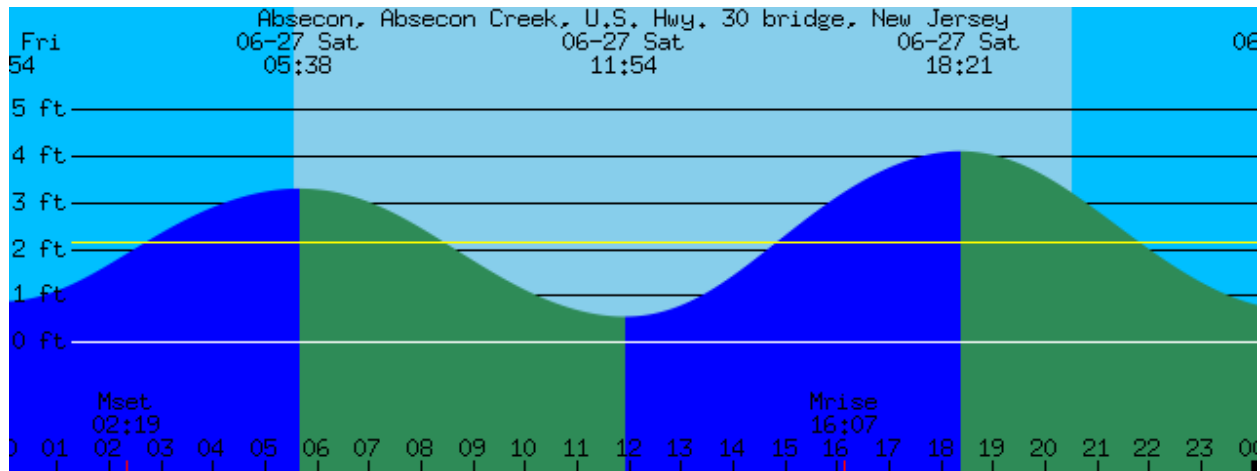
2015 EZ OWS Championship/B2B – Course Map



2015 EZ OWS Championship/B2B – Course Map



TIDE PREDICTIONS FOR JUNE 27, 2015



Absecon, Absecon Creek, U.S. Hwy. 30 bridge, New Jersey

27 June 2015

39.4233° N, 74.5000° W

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| 2015-06-27 | Sat | 05:32 | EDT | Sunrise |
| 2015-06-27 | Sat | 05:38 | EDT | 3.28 feet |
| 2015-06-27 | Sat | 11:54 | EDT | 0.54 feet Low Tide |
| 2015-06-27 | Sat | 16:07 | EDT | Moonrise |
| 2015-06-27 | Sat | 18:21 | EDT | 4.08 feet High Tide |
| 2015-06-27 | Sat | 20:29 | EDT | Sunset |

REGISTRATION FORM

Signed and Sent to:

Dimitar Petrov
 2032 West Ave.
 Ocean City, NJ 08226
 Email: mitkoswim@hotmail.com

Name: _____

DOB: ___/___/___ Age as of June 27, 2015 _____ Gender: Male ___ Female ___

USA-S Registration Number: _____

USA Swimming Club: _____ LSC: _____

Street Address: _____

City: _____

State: _____ Zip: _____

E-mail: _____ Phone: _____

Make checks payable to: **Pleasantville Aquatics**

T-Shirt Size (Adult sizes): S ___ M ___ L ___ XL ___ 2XL ___ (Youth): 10-12 14-16

If no t-shirt size is clearly marked, competitor will receive an Adult L.

| Item | # Entered | Event(s) # | Cost | Total for line |
|--|-----------|------------|------------------|----------------|
| Swimmer surcharge include T-shirt | 1 | | \$35.00 | |
| Swimmer surcharge include T-shirt | 2 | | \$55.00 | |
| Extra T-shirt | | Size: | \$20 each | |
| Late Fee if received after June 19, 2015 | | | \$5 | |
| Total enclosed: | | | | Total: |
| To add your Logo to T-Shirt: review sponsorship page | | | | |

Please read and sign the liability release: Liability Release

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Age Group Swimming (Training and c ompetition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the USA Swimming or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages caused by the negligence, active or passive, of the following: USA Swimming, Middle Atlantic, Inc., Eastern Zones, Pleasantville Aquatics, United States Coast Guard, City of Atlantic City, AC Fire Department, Kayak Viking Club, Meet Sponsors, Meet Committees, and or any individuals officiating at the meet or supervising such activities. In addition, I agree to abide by and be governed by the rules of USA Swimming. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Swimmer's Signature _____

Parent's Signature if under 18: _____ Date: _____

