

Central Zone Senior Championships
Bismarck Aquatic and Wellness Center, Bismarck, North Dakota
Open Water Event – August 9, 2010

- SANCTION:** Sanctioned by North Dakota LSC Swimming, on behalf of USA Swimming.
Sanction Number ND1039 for Open Water Event.
- RULES:** Current USA Swimming and Central Zone rules will govern the Meet. Please see Part Seven of the USA Swimming Rules and Regulations for a complete list of Open Water Rules.
- PARTICIPATING CLUBS FROM THE FOLLOWING LSCs:** Arkansas, Iowa, Illinois, Indiana, Lake Erie, Michigan, Minnesota, Midwestern, Missouri Valley, North Dakota, Ohio, Oklahoma, Ozark, South Dakota, and Wisconsin
- SPONSORED BY:** USA Swimming, USA Swimming Central Zone Committee, and North Dakota Swimming.
- HOSTED BY:** Aquastorm Swim Club.
- MEET DIRECTOR:** Charlie Jeske Email: cdj3311@gmail.com Phone: (701) 751-1504
3311 Daytona Drive
Bismarck, North Dakota 58503
- OFFICIALS:** Referee: John Witzel
witzwim@mac.com
Safety Coordinator: Sue Artz
ssba@bis.midco.net
- MEET SITE:** BSC Aquatic and Wellness Center
1601 Canary Ave.
Bismarck, North Dakota 58503
- COURSE:** The Bismarck Aquatic and Wellness Center is an indoor eight-lane 50-meter pool.
- The competition pool conforms to USA Swimming Rules and Regulations – 2010 Article 103.3. The pool is certified in accordance with USA Swimming requirements 104.2 C (3).
 - Competition Pool: The competition will be a 3000 meter swim being swum using the perimeter of the 50 meter competition pool. Buoys/markers will designate the turns.
 - Continuous warm-up will be available in the other pool which varies in depth from 3.5 feet to 4 feet. Use of the warm-up pool will be restricted to swimmers warming-up and cooling down.
 - Coaches are responsible for their swimmers' conduct. Failure of coaches to control their swimmer's actions may result in permanent expulsion from the warm-up pool.
- Timing System:** DakTronics electronic timing system with backup buttons and watches, horn start, and swimming into a touch pads finish.
- OPEN WATER EVENTS SCHEDULE:** August 9, 2010 (All times are Central Daylight Savings Time)
- | | |
|-----------|--|
| 7:30 a.m. | Registration/Check-in |
| 8:30 a.m. | Clinic for All Participants |
| 9 a.m. | Warm-up |
| 9:45 a.m. | Mandatory swimmers' meeting/briefing |
| 10 a.m. | Competition starts- Age groups will be staggered.
Schedule will be announced at the General Meeting |

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**SAFETY/WARM-UP
PROCEDURES:**

During Registration

- Swimmer numbers will be put vertically down both arms, diagonally on back of shoulders, in top middle of the back and upside down, and on cap
- Current rules relative swimwear will apply
- Swimmers fingernails and toenails will be checked.
- Jewelry and watches are not permitted. Only **health-related** bracelets or necklaces are permitted.

Warm-up/Warm-down Area

- Will be situated so as to not interfere with the competition course
- Will be monitored by safety personnel

Start

- Start will be an in the water start swimming diagonally across the pool to the far corner making a left turn.
- There will be a visual and auditory start.

Finish

- Finish will be pool finish into a touch pad.
- Finish will be videoed.
- Swimmers will be counted as they exit the water.

CLUB REPRESENTATIVE:

Each Club represented by and entrant must have a representative to act as a liaison between the Club and the Meet Director. That person must be identified to the meet management at Registration/Check-in.

ATHLETE ATTITUDE:

- CODE OF CONDUCT and MEDICAL RELEASE sample forms are included with this Meet Information. If the Club does not have its own form(s), these may be duplicated and signed by each athlete and his/her parent(s). Each club must have a RELEASE and INDEMNIFICATION FORM signed by each athlete and his/her parent(s). Each Club's representative must have these documents available to the host at all times. The Code of Conduct will be enforced.

ELIGIBILITY:

- A. Membership: All athletes and clubs must be regular (not seasonal) USA Swimming members. The club the athlete represents must be a recognized club with USA Swimming within the Central Zone.
- B. Swimmer's Age: Swimmer must be 15 years or older of the first day of the Open Water competition.
- C. Qualifying Time/Eligibility: Qualification times shall be the 15-16 National A.
- | | | |
|--------------------------|----------|----------|
| | 1650 SCY | 1500 LCM |
| Women OW Qualifying Time | 19:58.89 | 20:28.39 |
| Men OW Qualifying Time | 18:47.99 | 19:13.39 |
- D. Qualifying Period: Swimmers must have achieved a 15-16 National A time between July 1, 2008 and June 20, 2010.

DISABILITY SWIMMERS:

Please indicate on the entry form any special needs for those athletes requiring assistance. Also please inform the Meet Referee of those needs prior to the start of the meet.

ENTRY RESPONSIBILITY:

- A. The coach, swimmer, or swimmer representative who enters any Central Zone Championship Meet thereby attests that all times on the entry are true and correct achieved qualifying times for each event entered and that all entered swimmers are eligible under current rules. He/she assumes all responsibility for false or incorrect times or times which are unacceptable under USA

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Swimming or Central Zone rules and shall be assessed a \$100 penalty payable to the Central Zone for each false or incorrect entry unless absolved of the fine by the elected officers of the Central Zone, their designee or a Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by the Central Zone or USA Swimming.

- B. Appeal of fines or penalties imposed is to be made to the elected officers of the Central Zone, their designee, and/or a Board of Review.

ENTRY FEES: \$30.00 per open water event

ENTRY CHAIRMAN: Gerry Pfau
Email: ndlsc@bis.midco.net
Phone: (701) 224-1776

ENTRY DEADLINE: A. This meet will be using USA Swimming On-Line Meet Entry at: www.usaswimming.org/ome Entries may be submitted on-line beginning June 7, 2010 (12:01 CDT) and must be completed by Sunday, July 4, 2010 at 11:59 p.m. CDT. **There will need to be a minimum of 20 individuals entered for this event to be held.** The Club will be required to pay for online entries with Visa, MasterCard, American Express, or Discover. To pay by check please contact Charlie Jeske for payment instructions. The Club will be sent a confirmation email at the completion of the online meet entry. A Club may update their OME entry at any time prior to the deadline. The Club can also add events to the entry but cannot delete events or change out of events after you have checkout and paid for them. Bring all communications to the meet in case of problems with your entries.

B. **There will be no site entries at this meet.**

ENTRY PROCEDURES: Entries must be submitted between June 7, 2010 (12:01 CDT) and Sunday, July 4, 2010 at 11:59 pm CDT. **There will need to be a minimum of 20 individuals entered for this event to be held. Once the 20 athlete entry number is reached notification will be sent to all entered clubs and their athletes that the event will take place and then distributed to the CZ LSCs via electronic notification.**

ELIGIBILITY PROTESTS: Eligibility protests pertaining to the eligibility of any swimmer to compete or to represent an organization shall be submitted to the Eligibility Jury.

A. All protests made prior to or during the championship shall be submitted to the Eligibility Jury on a form proscribed by the Zone and accompanied by a \$50 fee, which shall be returned if the protest is upheld. The \$50 fee shall not be required for protests submitted by the Meet Referee or the host LSC Entry Chairperson(s).

B. Protests shall be heard by the jury, and, if possible, decisions rendered before the start of events on the day in which the protested swimmer competes, but no later than the day of the meet. The opportunity to be heard shall be given to both the party lodging the protest and the party or parties charged.

C. Until the Eligibility Jury renders a decision, the swimmer may compete under protest. An announcement to this effect shall be made prior to the race. The results of any race conducted under protest shall not be announced, nor prizes awarded, nor points scored until the jury has determined if and how their decision may affect the final scoring or awards.

The decision of the jury may be appealed by either party to the National Board of

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Review, pursuant to Article 401. Protests submitted after the open water events shall be submitted directly to the National Board of Review.

SEEDING/CONDUCT:

- All swimmers must report to the registration area before they swim to receive a timing chip, body marking, cap, and wave number. Please make sure that fingernails and toenails are trimmed and all jewelry and watches are removed prior to morning registration.
- There will be no penalty for scratching.
- Athletes must notify the Clerk of Course and return their timing chip if they decide to scratch from their event after completing registration.
- 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.
- Swimmers will start in the water.
- Each gender likely will start separately, but meet management reserves the right to implement a common start for all participants if the meet entry is such that it makes logistical sense.
- Colored caps will indicate gender.

DISQUALIFICATION PROCEDURES:

First Infringement: a yellow flag and a card bearing the swimmer's number shall be raised by the Referee or an Ass't Referee to indicate and to inform the swimmer that he/she is in violation of the rules.

Second Infringement: a red flag and a card bearing the swimmer's number shall be raised by the Referee or an Ass't Referee to indicate and to inform the swimmer that he/she is, for the second time, in violation of the rules. The swimmer shall be disqualified. He/she must leave the water immediately and be placed in an escort craft and take no further part in the race. The Referee or Ass't Referee may disqualify a swimmer without prior warning if in his opinion the action of the swimmer is deemed to be unsportsmanlike.

TIME LIMITS:

All swimmers must finish within 30 minutes of the first swimmer in their heat in order to place or score points.

ABANDONMENT:

Where emergency conditions require a race to be halted before it is completed, the race shall be restarted at the earliest possible time and the full distance completed. A Meet Committee will be convened if indicated.

SCORING:

Open Water events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
(scored separately from the Pool events)

AWARDS:

- A. Individual Open Water events: 1-8 place: medals with neck ribbons
- B. Team Awards: Open Water events: 1st place combined female/male points.

AWARDS CEREMONY:

The awards ceremony for the open water events will be conducted immediately after the conclusion of the final open water event at BSC Aquatic and Wellness Center.

ADDITIONAL DIRECTIONS TO THE POOL:

Approaching Bismarck from the West on Highway I-94 take Exit 157. Go to the exit stop light and proceed directly through the intersection on Schafer Street until you come to Canary Avenue (approximately 2 blocks) then take a right and proceed

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until you arrive at the parking lot entrance which will be on your left (approximately 3 blocks). If you are coming from the East on Highway I-94 take exit 157, turn left at the exit stop light onto West Divide Avenue. Proceed to the next set of stop lights and turn right on Schafer Street, Travel to Canary Avenue (approximately 2 blocks) take a right and proceed until you arrive at the parking lot entrance which will be on your left (approximately 3 blocks). If you are coming from the North or South on US Highway 83 turn West on I-94 (Exit 159) and follow the above directions coming in from the East. Entrance to the pool on competitive days is on the SOUTHWEST corner of the building. PARKING WILL BE IN THE PARKING LOT SOUTHWEST OF THE FACILITY!!!

- PROGRAMS:** Cost for Programs: Open Water Psych Sheet - \$2.00
- ATHLETE ENHANCEMENTS:** List available food for athletes prior/after the race. Athlete refreshments available on site will follow the National protocol to insure safety.
- CONCESSIONS:** Concessions will be available upstairs at the facility. A variety of items including healthy choices will be available.
- MEET APPEAL:** Merchandise will be available upstairs at the facility. A variety of items including Speedo choices will be available.
- SPECTATORS:** Spectator viewing is located upstairs in the bleacher area.
- HOTEL INFORMATION** Please visit the www.bismarckaquatics.com site for all updated information pertaining to hotels, restaurants and things to do while in the Bismarck/ Mandan community. Also, located at www.bismarckaquatics.com please find a map of the Bismarck/Mandan area.
- OTHER INFORMATION:** Please visit these sites for more things to do while you enjoy your stay in Bismarck/Mandan.
Bismarck/Mandan Convention & Visitors Bureau
www.discoverbismarckmandan.com
Bismarck Parks & Recreation www.bisparks.org

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**CENTRAL ZONE CHAMPIONSHIP PROCEDURES
FOR
INCLUSION OF SWIMMERS WITH DISABILITIES**

1. Swimmers with disabilities may compete without having achieved the qualifying standard. However, they must provide a time for each event they enter. Swimmers with disabilities shall be highlighted on the hard copy of the Club's meet entry. Classification of a swimmer with a disability is irrelevant. Clubs must use the attached form to enter a swimmer with a disability.
2. Examples of selection criteria and procedures are available from the Central Zone Director.
3. Swimmers with disabilities may compete in finals, earn awards and score points for their club in the same manner as the able bodied swimmers. No special awards are necessary.
4. It is the responsibility of the swimmer, or his/her coach, to inform the Meet Referee of any disability-related accommodations he/she may need to compete. This information must be given in advance of the meet. The Meet Referee shall inquire about the swimmer's needs and determine any modifications that may be required. This information shall be relayed to the starter and stroke and turn judges. Visually impaired swimmers who require tappers must bring their own devices and individuals to use them.
5. Aside from the norm, the Meet Referee has the ability to seed the swimmer with a disability in a number of ways. These options include: seed the swimmer with others of the appropriate gender or allowing the swimmer to complete half the distance of their age group (swim the 100m backstroke during the 200m race). The final meet results should show the swimmer with a disability listed in the correct age and event, regardless of where he/she actually competed. The Meet Referee may reassign the lane of a deaf swimmer if a required view of the strobe light is obscured, and the light cannot be repositioned.
6. It is the responsibility of the USA Swimming Disability Chair to provide the Meet Referee with current American Records for swimmers with disabilities. It is the swimmer's responsibility to complete and submit an application for an American Record should one be set.

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CLUB _____

I hereby give my permission for _____
(Please Print Name of Swimmer)

to accompany the _____ Club to: _____
on the following dates: _____

I further waive all claims for injury, accident, or liability of any kind for the above-mentioned swimmer, and in case of an accident or injury in any way resulting, directly or indirectly from participation in such program, hold harmless from any liability therefore the _____, its officers, coaches, chaperones, managers, or any other person or persons in any way connected or associated with the program.

Furthermore, in case of emergency medical attention which may be required, I authorize the adult coaches, chaperones, and/or other adults traveling in an official capacity with the team to act for me according to their best judgment and ability.

(Signature of Parent or Guardian) Date: _____

MEDICAL INFORMATION:

List medication and dosage the swimmer is taking now _____

Pre-existing conditions (asthma, epilepsy, etc.): _____

Allergies (include medicines needed): _____

Other pertinent information the coach, and others in charge, should know about the swimmer:

Physician's Name: _____ (_____) _____
(Please Print) Phone Number

Name of Parent or Guardian: _____
(Please Print)

Address: _____
Street City State Zip

Telephone Day: (_____) _____ Evening: (_____) _____

Phone during meet competition: (_____) _____ (cell/pager/etc)

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GUIDELINES FOR CODE OF CONDUCT VIOLATIONS

All athletes, coaches and Club staff members must have signed a "Code of Conduct." This must be on file with the designated Club Representative while attending the Central Zone Championship Meet.

The Meet Host shall enclose a copy of the "sample" Club Code of Conduct with the Meet Information when it is distributed to participating teams for use if there is no Club Code of Conduct.

Article 401.1 of Part Four (USA Swimming Rules and Regulations) states "...USA Swimming may censure, place on probation, suspend for a definite or indefinite period of time with or without terms of probation, fine, or expel any member of USA Swimming, including any athlete, coach, manager, official, member of any committee, or any person participating in any capacity whatsoever in the affairs of USA Swimming, who has violated any of its rules or regulations, or who aids, abets, and encourages another to violate any of its rules or regulations, or who has acted in a manner which brings disrepute upon USA Swimming or upon the sport of swimming. USA Swimming may also conduct hearings on any matter affecting USA Swimming as the National Governing Body for swimming."

In the instance of any violations, this procedure shall be followed:

1. Report, in writing, the violation or offense to the Meet Referee and the Zone Observer.
2. The offense must be verified and the report must include:
 - A. The name and Club of the person(s) who committed the offense;
 - B. The name and means of contacting the person(s) who were affected by the violation;
 - C. The nature and details of the violation;
 - D. The name of the Club Representative of the person(s) who committed the offense.
3. The Zone Championship Meet Coordinator will contact the person(s) charged with the offense and their Club Representative.
4. If the situation does not have legal implications and can be resolved to the satisfaction of all persons involved, the matter will simply be reported, in writing, to:
 - A. The Representative of the host Club;
 - B. The person(s) who committed the offense;
 - C. The Club General Chairman of the person(s) who committed the offense;
 - D. The Club Representative of the person(s) who committed the offense;
 - E. The person(s) whom the violation affected;
 - F. The Zone Directors and Coordinators.
5. If the situation has legal implications and/or cannot be resolved to the satisfaction of all persons involved, the matter shall be officially reported to the Club of the person(s) charged with the offense, with a request or recommendation from the Zone Directors and Coordinators for suitable disciplinary action.
6. Within 30 days of the official report, the Club must advise the Zone Directors, in writing, that the review process has been initiated. The Club must also advise the Zone Directors of the final action taken. If the consensus of the Zone Directors and Coordinators is that the Club of the person(s) charged did not take appropriate action, the matter may be referred to the National Board of Review for hearing and decision.

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CODE OF CONDUCT

CLUB _____

SAMPLE: The Team shall use this form if there is no “Code of Conduct” form used by your team.

PURPOSE: The purpose of this Code is to promote the best possible Club and individual impression at all times and to acknowledge each individual’s responsibilities as members of our team.

PART I – GENERAL CONDUCT:

1. All participating Club members shall abide by this Code of Conduct.
2. Curfews will be strictly obeyed unless participant has contacted the coach for an extension.
3. The use of alcoholic beverages is forbidden.
4. The use of drugs, other than those prescribed by your physician, is forbidden.
5. The use of tobacco products is forbidden.
6. The use of fireworks is forbidden.
7. Indiscreet or destructive behavior will not be tolerated. Every effort should be made to avoid guilt by association with such activities.
8. Swimmers will treat their membership on the Club as a privilege and personally acknowledge those responsibilities associated with it.

PART II – VIOLATION OF THE CODE: The coach and chaperone have the power to impose penalties for violation of the Code. The penalties include, but are limited to the following:

1. The Swimmer will be scratched from the Championship Meet.
2. The Swimmer will be sent home immediately, at his/her own expense.
3. The Swimmer will forfeit his/her privilege of being a member of Club Team.

I hereby agree to abide by the rules of conduct set forth in Part I above and acknowledge that, should I violate any provision of Part I, I will be subject to disciplinary actions as set forth in Part II, including suspension.

Swimmer: _____ Date: _____
Signature

Please Print Name

Parent/Guardian _____ Date: _____
Signature

Please Print Name