

Connecticut Swimming Dave Parcels Open Water Championship

JUNE 29, 2024

Quassy Amusement Park, Lake Quassapaug, Rt. 64

2132 Middlebury Road

Middlebury, CT 06762

The excitement is building everyone!! Race Day is almost here!!!

We have 27 teams participating in The 23rd annual CT Open Water Championship. There are approximately 250 swimmers entered to compete on Saturday, June 29th. Registration has CLOSED. Find attached the Psych Sheet, Race Schedule, and Check-In Procedure. Please let me know by Tuesday, June 25th, if there are any issues. The Lake Pavilion is no longer there to congregate (it is now a waterslide) as we did in past years. We will be using the beach front for the Start of the race, Finish of the race and spectating. Please make sure you are aware of announcements being made and please make sure swimmers get the right of way since they are competing.

Please read below and find attached important information and updates as we approach Race Day on Saturday, June 29.

- **SWIMMERS DO NOT APPLY SUNSCREEN until after you checked -in and have been body marked.**
- Attached is the Race Schedule
- Attached is the Check-In procedure (swimmers must have lanyard from check-in to enter the race and be permitted on the beach)
- Attached is the most current psych sheet. (the event order isn't the same as the wave order, it is setup for scoring purposes)
- Please note there is a Nail Station at Check-In, USA Swimming Officials will be checking finger and toe nails. Swimmers will be asked to clip nails if they can be a danger to others.
- 2.5k swimmers will have a Bullpen by the restroom/lifeguard building on the beach. Please have them there between 7:00am-7:15am
- 5K swimmers will have a Bullpen by the restroom/lifeguard building on the beach. Please have them there between 7:45am-8:00am
- Mini (1k-750) swimmers will have a Bullpen by the restroom/lifeguard building on the beach. Please have them there between 9:15-9:30am
- Parents and Spectators: Parents and spectators are allowed on the beach to the right of the rock if you're looking at the waters and sand areas. They can view by using the concrete areas of the park or the viewing deck at the restaurant. Meet Management may restrict access to specific competition areas; including the start, competition course, and finish areas. Only athletes, coaches, officials, and official meet staff actively participating in the Meet shall be permitted in these areas. All coaches must present a valid USA Swimming Coach Card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them to enter restricted areas of the race venue.
- We must clear the park by 10:30am.
- USE this link to located additional information: <https://www.teamunify.com/team/cthhac/page/ezct-open-water-champ>
- **Warm-up** will be available on the portion of the race course closest to the finish area, between 6:00am-7:00am **ONLY**. Warm-up swimmers will be allowed to swim out to the first turn buoy and then turn clockwise. The full course is **NOT** open in warm-up.
- ON-SITE OR SAME DAY MEMBERSHIP REGISTRATION WILL **NOT** BE PERMITTED

- All swimmers who do not complete the course during the allotted time limit may be asked to retire from the race. Swimmers must finish within approximately 30 mins of the first finisher for the 2.5K and 5K.
- This is an open water freshwater lake swim. The weather and water conditions are unpredictable; please use good judgement if you are uncertain about swimming in open water. The course is set, however, the race committee reserves the right to change the configuration and/or direction of each event due to race day conditions.
- Meet Referee: Mike Huffman, mhuffman99@gmail.com
- Volunteer Open Water Officials are welcome and encouraged to officiate. To sign-up please use the link below: https://fast.ctswim.org/CTNet/CFPaintForm.aspx?f=181&_ga=2.185729961.1043220765.1655231213-1340098825.1571191261
- Payment: If payment hasn't already been mailed out, please Mail check to (checks payable to P.A.T):

Jen Lyman
PO Box 185051
Hamden, CT 06518

Looking forward to Race Day!

Jennifer Lyman
Race Director