



**2019 Eastern Zone Open Water Championship
and the
CT Swimming**



Dave Parcels Open Water Festival

Saturday, June 29, 2019

Lake Quassapaug in Middlebury, CT

Hosted by: Shoreline Aquatic Club



SANCTION	<p>Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L19-38 and L19-39</p> <p><i>USA Swimming, Eastern Zone Swimming, Connecticut Swimming, Shoreline Aquatic Club, Meet Director, Officials, Race organizers, Committee members, Volunteers and Quassy Amusement Park shall be held free and harmless from all liabilities or claims for damages arising because of injuries to anyone during the conduct of this event.</i></p>
FACILITY	<p>Lake Quassapaug is a 296 acre lake situated in Middlebury, CT.</p> <p>Quassy Amusement Park, Lake Quassapaug, Rt. 64 (2132 Middlebury Road) Middlebury, CT 06762 P.O. Box 887 1-800-FOR-PARK or 203-758-2913 Fax: 203-598-7261 info@quassy.com www.quassy.com</p> <p>Quassy was founded as an amusement park in 1908, sitting on the south shore of Lake Quassapaug in Middlebury, Connecticut. On 20 plus acres, it boasts 22 amusement rides, a new Splash Away Bay Water Park and the beautiful Quassy beach. Discounted ride ticket code: swim2019</p> <p>Water Quality Information: http://www.ct.gov/caes/cwp/view.asp?a=2799&q=488556</p> <p>Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</p> <p>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.</p>
COURSE DESCRIPTION	<p>This is an open water freshwater lake swim. <i>The weather and water conditions are unpredictable; please use good judgement if you are uncertain about swimming in open water.</i></p> <p>The 5K should not be an athlete's first open water experience.</p> <p>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. The details of race with landmarks are attached. Any questions about the course will be addressed at the pre-race meeting.</p> <p>The water temperature is expected to be in the range of 70 – 75 F. Wetsuit rules for 2018: For open water swimming competitions in water with temperature below 20°C (68°F), men and women may use either swimsuits or wetsuits. When the water temperature is below 18°C (64.4°F), the use of wetsuits is compulsory. Wetsuits for both men and women shall completely cover the torso, back, shoulders and knees and shall not extend beyond the neck, wrists or ankles. The thickness of material/s used shall be minimum 3 mm and maximum 5 mm. In addition, the outer surface of the wetsuit shall not include outstanding shapes, such as ridges, fins, etc.</p> <p>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.</p>
MEET DIRECTOR	<p>Jen Lyman, Shoreline Aquatic Club, coachlyman@hotmail.com (203) 464-6903</p>

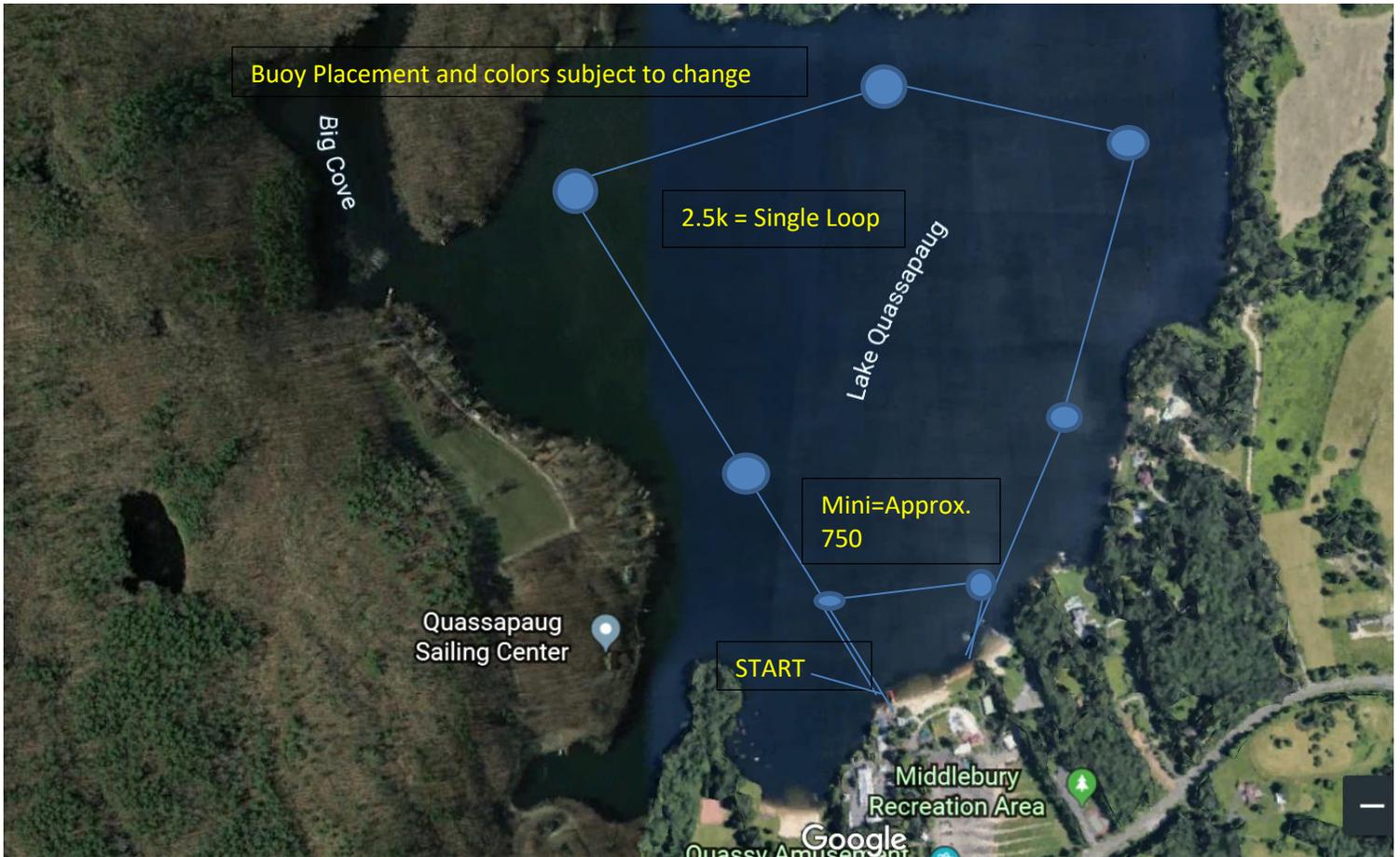
ELIGIBILITY	<p>Open to all USA Swimming member athletes registered prior to first day of the meet.</p> <ul style="list-style-type: none"> • Must be registered USA Swimming athlete to enter. • A one-day CT Swimming/USA Swimming Membership registration is available for this event, but it MUST be completed prior to event day. No event-day USA/CT Swimming registrations will be permitted. See “Individual Entries” below. 1-day registration is not valid for the 5K. • Age on June 29, 2019 will determine age for the meet. <p>Recommended entry standards:</p> <ul style="list-style-type: none"> • For 12 and under events, Minimum of BB time standard in the 500yd freestyle or the 400M freestyle or successfully completed a minimum of a 500M open water swim in a bay, river, lake or at a beach. • For 13 - 14 and 15-18 events: Minimum of an A time standard in the 1000yd, 1650yd, 800M, or 1500M freestyle or successfully completed a minimum of a 1K open water in a bay, river, lake or at a beach. • For Senior/Open Event: Minimum of a AA time standard in the 1000yd, 1650yd, 800M, or 1500M freestyle for 15-18 Age Group or successfully completed a minimum of a 1K open water in a bay, river, lake or at a beach. • Athletes not completing the 5K within 1 hour and 30 minutes may be removed from the course at the discretion of Meet Management. 	
DISABILITY SWIMMERS	<p>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.</p>	
FORMAT (See Race Schedule For Wave Information)	5K (Open) #L18-##	<p>The 5K race will be a 2.5 K double loop. (<i>see 2.5K/5K map below</i>). Athletes will start at the edge of the water on the Quassy recreational beach. The swim is planned for a clockwise swim on the outside of the turn buoys (buoys to the swimmer’s right). The finish will be a beach finish at the eastern end of the Pavilion Beach. Athletes not completing the 5K within 1 hour and 30 minutes may be removed from the course at the discretion of Meet Management.</p>
	Mini (12 & Under) #L18-##	<p>The Mini Championship race will be a single, two buoy loop of approximately 750 meters. Athletes will start on the beach at the edge of the water on the Quassy recreational beach. Swimmers will turn right at the first buoy and right again at the last buoy to a beach finish at the Pavilion Beach.</p>
	2.5K (11 & Over) #L18-## and #L18-##	<p>The 2.5K race will be a 2.5K single loop (<i>see 2.5K/5K map below</i>). Athletes will start at the edge of the water on the Quassy recreational beach. The swim is planned for a clockwise swim on the outside of the turn buoys (buys to the swimmer’s right). The finish will be a beach finish at the eastern end of the Pavilion Beach.</p>
WARM-UPS & WARM-DOWNS	<p>Warm-up will be available on the portion of the race course closest to the finish area. 6:00am-7:20am Warm-downs will be adjacent to the left (west) of the finish area.</p>	
TEAM ENTRIES	<p>USA Swimming clubs can enter as a group by emailing Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format emailed as an attachment to the entry chair at coachlyman@hotmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Meet files are posted on ctswim.org. Mail the print-out and club check to (checks payable to MRSC):</p> <p style="text-align: center;">Jen Lyman 4B Hamre Lane Branford, CT 06405</p> <p>Entries must be received via email or TM file (teams) by 11:59 PM on 06/11/19.</p>	
INDIVIDUAL ENTRIES	<p>NO ON-SITE OR SAME DAY MEMBERSHIP REGISTRATION WILL NOT BE PERMITTED! Individual swimmers can register online through www.active.com. A one-day CT Swimming/USA Swimming registration is available for this event, but MUST be completed prior to event day. The 1-day registration form is available and must be completed and emailed to the meet director coachlyman@hotmail.com</p>	

REGISTRATION FEES	<p>USA Swimming Members: \$50.00 for 5K and 2.5K (includes t-shirt) USA Swimming Members: \$39.00 for 750 (Mini) Championship (includes t-shirt) Non-USA Swimming members are required to purchase a One-day membership in advance of the event and must register through www.Active.com No refunds will be given. All payments must be received by 11:59 PM on 06/11/19.</p>
OFFICIALS	<p>Meet Referee: Mike Huffman, mhuffman99@gmail.com</p> <p>Volunteer Open Water Officials are welcome and encouraged to officiate. To sign-up please visit: https://fast.ctswim.org/CTNet/CFPaintForm.aspx?f=181</p>
RULES Revised	<p><i>Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy, will govern all competition.</i></p> <p>Any swimmer not turning properly at the buoys will be asked to return to the buoy to take the turn properly. Failure to do so will result in the swimmer being disqualified.</p>
SCORING	<p>The meet will be scored. Awards will be given to Eastern Zone LSC and Eastern Zone participants only.</p> <ol style="list-style-type: none"> Age group (2.5K) and senior (5K) scoring will be combined to determine over-all team championships – men’s, women’s and combined. Points: 1st Place- 20 Points, 2nd-17, 3rd- 16, 4th-15, 5th-14, 170 6th-13, 7th-12, 8th-11; 9th-9, 10th-7, 11th-6, 12th-5, 13th-4, 14th-3, 15th-2, and 16th-1. For LSC team scoring, only the points awarded to the top three swimmers from each LSC will be used in team scoring. If any subsequent swimmers from a LSC place ahead of swimmers of other LSCs they will not be included in the scoring and swimmers from the other LSCs move up in the scoring system. For example if an LSC would have swimmers that finish in the top five positions, they would score for only the first three positions (83 Points) the next swimmer in (6th Place) would be awarded the 4th place finish points (15) etc. <p>ZONE TEAM SCORING: The scoring for the Individual events will be combined to determine the Male, Female and Combined Eastern Zone Champion teams.</p>
AWARDS Revised	<p>AWARDS for Eastern ZONE Selection Events: Shall be the same as those used in the Eastern Zone Pool Championships.</p> <ol style="list-style-type: none"> Medals will be awarded to individuals placing 1st through 8th places A championship banner will be awarded to the winning Girls', Boys' and Overall EZ OWS Champion teams. This is a traveling award which will be comparable to the “Pool” one provided by the EZ. <p>Mini Championship AWARDS: Mini Championship: Top three Male and Female in the following age groups (10&under, 11-12)</p> <p>2.5k Awards: 1st-3rd Place Male and Female in each of the following age groups (11-12, 13-14, 15-16, 17-18)</p> <p>CT SWIMMING CHAMPIONSHIP AWARDS: Team Awards for the CT LSC will be presented to the top Male, Female, and Combined Team scores. Scoring will be among CT Teams with the scoring indicated above.</p>

<p>NATIONAL QUALIFICATION EVENT <i>Revised</i></p>	<p>2020 Open Water Nationals 5K Qualification Finished in the top 3 at a 2019-2020 USA Swimming Open Water Zone Championship (in the open age group)</p> <p>2020 Open Water Junior Nationals The Zone Championship Qualifying period is April 1, 2019 - March 31, 2020. A Zone may send 5 athletes of each gender to the 7.5k Junior National Championships and 5 athletes of each gender to the 5k Junior National Championships.</p> <p>7.5K Qualification (16-17 Age Group)</p> <ul style="list-style-type: none"> ➤ Finished in top 5 in the 15-16 Age Group at a 2019-2020 USA Swimming Open Water Zone Championship (5K or greater) <p>5K Qualification (14-15 Age Group)</p> <ul style="list-style-type: none"> ➤ Finished in the top 5 in the 13-14 Age Group at the 2019-2020 USA Swimming Open Water Zone Championship (2.5K or greater) <p>Age will be defined by the athlete’s age as of December 31, 2020</p>
<p>SAFETY</p> <p>RACE DAY EMERGENCY Number 203-464-6903</p>	<p>Independent Safety Monitor: Dave Kunces</p> <ol style="list-style-type: none"> 1. Finger and Toe nails should be neatly trimmed and not extend past the finger/toe, in order to prevent injury to others. Race Officials may require nail trimming in order to compete. 2. No shaving is permitted at the competition site. 3. No glass containers are permitted within the facility. 4. Swimmers (Under 18) must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups. 5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. 6. All participants will be recorded by meet management on the entry to the race course and exit of the race course. <p>PHOTOGRAPHY AND VIDEO RECORDING: Meet Management has the full authority to restrict any and all photography and visual recording at the event by spectators. Photography or video recording (using cameras, video cameras, iPads, cell phones, etc) is prohibited in any “Non-Camera Zones” as designated by Meet Management. Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.</p> <p>DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA Swimming Vice President of Program Operations.</p>
<p>VOLUNTEERS</p>	<p>Open Water Officials with certification card are welcomed and encouraged to assist (See OFFICIALS)</p> <p>Each CSI team entering athletes is required to provide one adult volunteer to help with the event. Participating clubs will be notified of work assignments by the Monday before the meet. Additional volunteers are welcome and encouraged. Please contact the Meet Director</p>

DIRECTIONS	<p>From I-84 heading West: (From Boston, Hartford, Bristol, Cheshire, Waterbury) I-84 West to exit 17. Go straight off the exit onto Rt. 64. Continue on Rt. 64 for approximately four miles and the park will be on the right.</p> <p>From I-84 heading East: (From Pennsylvania, Westchester, Danbury, Newtown) I-84 East to exit 16 take a right off the exit and follow Rt. 188 to the Rt. 188 / Rt. 64 intersection (approximately two miles). Take a Left turn onto Rt. 64 and continue for approximately one mile and the park will be on the right.</p> <p>From Rt. 8 North: (Bridgeport, Stratford, Seymour) Rt. 8 North to I-84 West and then follow the directions from I-84 West.</p> <p>From Rt. 8 South: (From Torrington, Winsted, Litchfield) Rt. 8 South to I-84 West and then follow the directions from I-84 West.</p> <p>From New Haven: Take Whalley Avenue. It turns into Rt. 63. Follow Rt. 63 all the way to Middlebury. At the intersection of Rt. 63 and Rt.64 take a left onto Rt. 64 heading West. Continue on Rt. 64 for approximately four miles and the park is on the right side.</p> <p>From New London, Groton, Mystic Rhode Island: 95 South to Rt. 9 North. In Middletown take Rt. 66 West to I-691 West. Then take I-84 West. Follow the directions from I-84 West to the park.</p> <p>From Stamford, Norwalk: 1.) Take Rt.7 North to Danbury. Then follow the directions from I-84 East to the park. 2.) I-95 North to Bridgeport. Then follow the directions from Bridgeport (Rt. 8 North) to the park.</p> <p>From New York City and points south: Hutchinson River Parkway North to I-684 North. Pick up I-84 East toward Danbury. Once on I-84 follow the directions from I-84 East</p>
PARKING	There is ample parking at the amusement park. Please follow Quassy staff instructions when arriving.
LODGING	<p>Wyndham Southbury 1284 Strongtown Road , Southbury, CT 06488 Quassy Amusement Park-2.1miles away</p> <p>Heritage Hotel Golf, Spa and Conference Center 522 Heritage Road, Southbury, CT 06488 Quassy Amusement Park-4.5 miles away</p> <p>Hampton Inn Waterbury 777 Chase Parkway, Waterbury, CT 06708 Quassy Amusement Park-4.3 miles away</p> <p>Courtyard Waterbury Downtown 63 Grand Street , Waterbury, CT 06702 Quassy Amusement Park-6 miles away</p> <p>Comfort Inn Naugatuck 716 New Haven Road, Naugatuck, CT 06770 Quassy Amusement Park-6.6 miles away</p>

RACE MAP **revised**



RACE SCHEDULE

Revised 6/17/19

5k

- RACE REQUIRE REGISTRATION in BY 6:30a.m. (participation will be revoked without refund if late to registration).
- Pre-Race briefing Mandatory meeting will be held at 7:00am held outside the entry to the race course

2.5k and Mini Championship

- RACES REQUIRE REGISTRATION in BY 7:30am. (participation will be revoked without refund if late to registration).
- Pre-Race briefing Mandatory meeting will be held at 8:00am held outside the entry to the race course

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

5K Championship (Eastern Zone National Selection Event)

Wave 1: 7:30 am – Male Swimmers Ages

Wave 2: 7:35 am – Female Swimmers Ages

750 Mini Championship

Wave 1: 9:00 am-Female Ages 12 and Under

Wave 2: 9:15 am- Male Ages 12 and Under

2.5K EZ Championship and CT Championship

Wave 1: 9:45 am – Male Swimmers Ages 15 to 29

Wave 2: 9:55am – Female Swimmers Ages 15 to 29

Wave 3: 10:05 am – Female Swimmers Ages 11 to 14

Wave 4: 10:15 am – Male Swimmers Ages 11 to 14

Wave 5: 10:20 am – Female & Male Swimmers Ages 30 +