**2021 CO CSI Open Water Championship**

**Saturday, August 14th , 2021**

**5K Open Water Competition**

Women’s and Men’s Combined Masters 15&Over Race\* 9:00-11:00am

Women’s (15-18 Age Group) Race\* 11:30-1:00pm

Men’s (15-18 Age Group) Race\* 1:30-3:00pm

**Sunday, August 15th , 2021**

**1 Mile Competition**

Women’s and Men’s 19&Over Masters Race 9:30-10:30am

Women’s 15&Over Race\* 10:45-11:45am

Men’s 15&Over Race\* 12:00-1:00pm

Women’s and Men’s 14&Under Race\* 1:15-2:15pm

**One-half Mile Competition**

Men’s and Women’s 11-14\* 2:30-3:15pm

Each Race may be run in waves based on entry numbers

**The Technical Meetings** for this event will be provided on Zoom as follows:

Coaches Technical Meeting: Friday, August 13, 2021 at 5:30 PM

Swimmer Technical Meeting: Thursday, August 12, at 6:00 PM and Friday, August 13 at 7:00 PM

These meetings are required, and attendance will be taken. Anyone who cannot attend, please check in with the Meet Referee upon arriving at the venue. The Zoom link will be sent to coaches for distribution.

\*USA Swimming Athletes: Age is determined as of August 14th, 2021

Nottingham Lake Avon, CO

Hosted by Avon Swim Club

Elevation 7,431’

**Entry Deadline is August 6th, 2021**

For all other open water competitions with water temperature below 20.0°C (68.0°F), participants may use either swimsuits or wetsuits (refer to 701.4.5). In accordance with FINA Rules the water temperature shall be monitored as provided above at one-hour intervals during the race. If the water temperature drops below 16°C (60.8°F) or exceeds 29.45°C (85°F) at anyone of the measuring intervals, the water temperature shall be measured again in 30 minutes and if that measurement is also below 16°C or exceeds 29.45°C, the race must be stopped.

**Sanction** This event is held under the sanction of USA Swimming number 2021-106. In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. In applying for this sanctioned event, the Host, Avon Swim Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Colorado Swimming, the State of Colorado, Eagle County, and the Town of Avon that are in place at the time of the meet. Any 18 or older USA Swimming athlete entered in the CSI Open Water Championship, must have met the USA Swimming Athlete Protection Training requirement. It is the responsibility of the athlete to complete the APT course prior to swimming in this meet or his/her USA Swimming membership will be invalid and the times achieved will not be entered in the SWIMS database.

**Rules**

Current USA Swimming Rules *&* Regulations*,* including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this event. Please see Part Seven of the USA swimming Rules & Regulations for complete list of Open Water Rules.

**Parents/Guardians**

**Only one parent/guardian will be allowed to accompany the athlete to the event corridor. The event corridor is for athletes only.** There will be ample space available to spread out around the lake for families/swimmers to sit. Please bring your own chairs, blankets, tents, etc. When swimmers are within an hour of their race slot, they should report to the Swimmer Check-In area/event corridor.

**Selected Open Water Rules**

**Water/Air Temperature** — The race shall not begin if the following conditions are not satisfied:

* The water temperature shall not be less than 16° C (60.8° F).
* For races of 5k and above, the water temperature shall not exceed 29.45° C (85° F).
* The air temperature and water temperature when added together shall not be less than 30° C (118° F) nor greater than 63° C (177.4° F).
* The water temperature shall be checked the day of the race, two (2) hours before the start, on the course at a depth of 40 cm (15.75 inches).

**Weather Contingency**

* In the event of adverse conditions, the following re-scheduling 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)
* Priority 3-The event shall be cancelled

**Eligibility**

This event is open to all USA Swimming/Colorado Swimming swimmers registered for 2021. Non-USA Swimming registered swimmers will have the option to pay the one-day membership registration fee ($15.00) to compete for that day. The one-day registration form and online payment can be found on <https://form.jotform.com/201984061169155>. Deck Pass is an acceptable proof of membership. Any 18 or older USA Swimming athlete entered in this meet must have met the USA Swimming Athlete Protection Training requirement. It is the responsibility of the athlete to complete the APT course prior to swimming in this meet or his/her USA Swimming membership will be invalid and the times achieved will not be entered in the SWIMS database.

**Qualifications**

14&Under swimmers participating in the 1 Mile Open Water competition must be able to complete a 500 SCY Freestyle in under 8 minutes. 12&Under swimmers participating in the One-half Mile Open Water competition must be able to complete a 500 SCY Freestyle in under 15 minutes.

**Entries**

All entries must be received by August 6th, 2021. Entries will be accepted on a first come first serve basis. Please send entries in an electronic file (Hytek/Team Unify preferred) to mhershey@avon.org. Email is acceptable for less than 3 swimmers’ entries.

**Late Entries**

Any team or athlete missing the entry deadline may be permitted to enter late at the discretion of the Meet Director and Meet Referee.

**Contacts**

 **Meet Director/Entry Chair**: Meghan Hershey

 Phone: 970-748-4054

 Email: mhershey@avon.org

 Mail: Meghan Hershey

 Town of Avon- Rec Dept

 PO Box 975

 Avon, CO 81620

 **Meet Referee**: Linda Eaton linda\_eaton@msn.com 303-324-9874

 **Safety Monitor**: Claire Altenau/clairealtenau@gmail.com

**Entry Fees**

 5K competition: $45.00/Individual

 1 Mile competition: $35.00/Individual

 One-Half Mile competition: $25.00/Individual

Entry fee checks should be made payable to the Avon Recreation Center and mailed to the above address. Payment at the time of swimmer Meet Check-In is also acceptable**.**

**Races/Times**

The Meet Referee and Meet Director may combine events and/or age groups depending on entry numbers/entry times and/or may move up the timeline of subsequent events for that day depending on when each race is completed. Start time changes, if any, will be posted at the venue (Lake and Rec Center) and on the Avon Swim Club website <https://www.teamunify.com/Home.jsp?team=coavon>. For any events, depending upon the number of entries, the race may be started in multiple waves. If the W/M Combined 15&Over 5K race has space available and if a swimmer’s 1650/1500 Free entry time is at least as fast as the slowest swimmer in his/her gender’s 15-18 5K event, a swimmer, regardless of age, may be added to the W/M Combined 15&Over 5K at the discretion of the Meet Director/Meet Referee.

**Warm Up/Warm Down**

Athletes will be able to warm up/down in the 50-meter lap lanes in the lake just off the shoreline. This will be under lifeguard surveillance.

**Videotaping**

All swimmers will be videotaped during the final inspection/accounting prior to the start, at the start, and during the finish. By entering this competition, it is understood that permission has been granted to film/photograph any/all participants/spectators, which will be used exclusively by the Town of Avon for promotional purposes. Names of any individuals filmed/photographed will not be published.

**Swimwear, etc.**

* 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, goggles, earplugs, and a nose clip may be used.
* FINA rules for swimwear will be used for all events.
* Deck changing is prohibited. Locker rooms at the Rec Center and bathrooms by the lake will be open. In addition, port-a-pottys at the lake will be available for changing and restroom use. We recommend all participants arrive and leave the event wearing their swimsuit.
* 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, unless otherwise approved by USA swimming.

**Swimmers may be required to wear face masks depending on the CDC and Town of Avon guidelines at the time of the event.**

**Technical Meeting/Pre-Race Meeting**

There will be a coaches technical meeting at 5:30 pm Friday, August 13th, on Zoom. There will be two Swimmer technical meetings offered, Thursday August 12th at 6:00 pm, and Friday August 13th at 7:00 pm. There will be a pre-recorded informational video sent out to all participants and coaches prior to the meet. A pre-race meeting will be held 10 minutes prior to the start of each heat/wave group in the seeding area.

**Meet Check-In Procedures**

If you are arriving at the venue Friday evening you may pick up your site race ticket at the Avon Recreation Center Between 6-8pm. Swimmers may also pick up their site race ticket and number tattoos with instructions for applying upon arrival at check in at the administrative table.

One hour before race time, each swimmer will report to the Swimmer Check-in area for suit check, fingernail/toenail check, and verifying their correctly applied tattooed numbers match their site race ticket. Swimmers fingernails and toenails may be no longer than the tips of their fingers/toes, respectively, before they report for Swimmer Check-In.  It is the swimmer's responsibility to appear at check-in with fingernails and toenails at an acceptable length.

**Awards**

* Individual champions shall be determined and awarded in women’s and men’s competitions.
* Medals shall be awarded to all first through third place finishers in each individual event.
* ***Results will be emailed out. Medals not picked up at the venue will be sent to participating teams.***

**Parking**

Parking will be available on streets around the venue and at the Avon Recreation Center venue.

**Hotels: TBD**

**Important Covid-19 Information:**

We have taken enhanced health and safety measures to reduce the spread of COVID-19; however, we cannot guarantee that you will not be exposed to COVID-19. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. Physical presence at the meet may increase the risk of contracting COVID-19. Meet participants and spectators voluntarily assume all risks related to exposure to COVID-19 and voluntarily accept sole responsibility for any personal injury, illness, permanent disability or death that may result USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS

NCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.