



2024 Southern Zone Open Water Championships
Hosted by: Kentucky Swimming and the Swimchester Sailfish
May 31-June 2, 2024
Barren River Lake – Sunset Cove Beach
Sanction: KYOW24-SZ



SANCTION	Held under the Sanction of USA Swimming, Inc., and issued by Kentucky Swimming Inc		
HOST CLUB	Kentucky Swimming	HOME TEAM: Swimchester Sailfish	
LOCATION	Barren River Lake State Park, Sunset Cove Beach – 1149 State Park Road, Lucas, KY 42156		
MEET REFEREE	Becky Gilpatrick	becky.jo.gil@gmail.com	502.321.6750
MEET DIRECTOR	Kevin Ryan	CoachKevinSWSF@gmail.com	513.780.4866
ENTRY CHAIR	Terri Tonges	entries@kylsc.org	859.492.5028
INDEPENDENT SAFETY MONITOR	Clifton Cox	cox.clifton@gmail.com	859.893.7946
COVID-19	<p>We have taken enhanced health and safety measures for the swimmers, coaches, volunteers, spectators, and other meet workers. You must follow all posted instructions while attending this event. 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 individuals with underlying medical conditions are especially vulnerable.</p> <p>Neither USA Swimming, Inc. nor Kentucky Swimming, Inc., can 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.</p>		
TIMING SYSTEM	Interval 2000XC® Stopwatches & Keyspan by Tripp Lite USA-19HS Hi-Speed USB Serial Adapter. Ankle chips may also be used.		
ELIGIBILITY	<p>Swimmer(s) must be registered with USA Swimming to be accepted into this meet. Age as of May 31, 2024, shall determine the swimmer's age for the Southern Zone Open Water Championships.</p> <p>Each LSC must have a representative to act as a liaison between the LSC, Meet Director, and Independent Safety Officer. This individual must be a fully registered USA Swimming Non-Athlete member. It's strongly encouraged that they be from their respective LSC. That person must be identified to the meet host at Registration/Check-In in order to receive the credentials. Please also email ahead of time to the Meet Director who this contact will be.</p>		
FORMAT			
RULES	<p>The current USA Swimming open water rules will govern the meet as outlined in Part Seven of the USA Swimming Rules and Regulations Handbook.</p> <p>Per USA Swimming Rule 202.3.2 - At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down.</p> <p>Athlete members who attend the meet without a USA Swimming member coach should contact the Meet Referee for assistance with making arrangements for supervision.</p>		
4x300m RELAY	AGE	DISTANCE	



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	14 & Under	4x300m
	Open	4x300m
	This will be a scoring event ONLY if all participating teams are present.	
	The first swimmers will have an in-water start at approximately waist-deep depth. They will proceed counter-clockwise around the course making a left-shoulder turn around the turn buoy and returning toward shore. The second swimmer will be standing in the exchange zone (about waist-deep water, just off the beach). The lead swimmer will tag the 2 nd swimmer, who will complete their leg. This will repeat for the 3 rd and 4 th swimmers, except the 4 th swimmer will run onto the beach and across the finish line.	
INDIVIDUAL EVENTS	AGE	DISTANCE
	11-12	2-km
	13-14	5-km
	15-16	5-km
	Open	5-km
Team Pursuit	AGE	DISTANCE
	14 & Under	2-km
	Open	2-km
	Teams with a minimum of 3 and a maximum of 6 same-gendered athletes may participate. Teams will start in a time trial fashion in an order determined by random following the Saturday events. All athletes on a team will start together and make a reasonable effort to complete the course without deliberately interfering with other team's relays. Each team's time IS the time of their 3 rd swimmer to finish the course. Only 3 swimmers per team are required to finish for the relay to be legal.	
MEETINGS		
TECHNICAL MEETING	There will be no in-person technical meeting for this event. There will be a mandatory virtual (Zoom-based) technical meeting for the event weekend. Details will be sent to each LSC's coach. Participating coaches and swimmers are responsible for having knowledge of all information in the meet document, information shared during the Zoom meeting, and posted on the KYLSC event website. https://www.gomotionapp.com/team/szkylsc/page/events/open-water-champs	
PRE-RACE MEETINGS	In addition to the technical meeting, all swimmers must be present for the mandatory pre-race briefing prior to each race. At this meeting, race officials will distribute last minute information on weather and water conditions, emergency procedures, and review race procedures. Swimmers failing to attend will not be permitted to race.	
SCHEDULE – ORDER OF EVENTS		
RACE DAY SCHEDULES	Schedules are subject to change depending on the number of entries and local conditions.	



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FRIDAY, May 31	<p>Check-in location is at the beach, starting ~2:30pm. Participant numbering - assignment and inspection Ticket pick-up Nail inspection Uniform inspection</p>
	<p>5:00pm Course is Open for Warmups 6:15pm Course is Closed for Warmups 6:30pm 4x300m relays begin</p>
SATURDAY, June 1	<p>6:30am Check-In and Inspection 6:45am Course is Open for Warmups 7:10am Course Closed for Warmup 7:15am Roll Call and Pre-Race Briefing for Girls' 5k events 7:30am 13-14, 15-16, Open Girls 5k START 9:15am (estimated) Roll Call and Pre-Race Briefing for Boys' 5k events 9:30am (estimated) 13-14, 15-16, Open Boys 5k START 11:00am (estimated) Roll Call and Pre-Race Briefing for 11-12 2k events 11:15am (estimated) 11-12 Boys and Girls START</p>
SUNDAY, June 2	<p>6:30am Check-In and Inspection 6:45am Course is Open for Warmups 7:10am Course is Closed for Warmups 7:15am Roll Call and Pre-Race Briefing for ALL Pursuit teams 7:30am Girls Pursuits Start 8:30am (estimated) Roll Call and Pre-Race Briefing for all Boys Pursuit teams 8:45am (estimated) Boys Pursuits Start</p>

COURSE DESCRIPTION



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4x300m RELAY COURSE

The relay course will be a straight line of buoys 150m long. Fluorescent green pyramid buoys will be turn buoys, placed at the nearest and farthest points of the course. Smaller, orange intermediate buoys will serve as guide buoys. Swimmers will move counterclockwise around the course, remaining to the right of the orange guide buoys and making left turns around the green turn buoys. The second swimmer will be standing in the exchange zone (about waist-deep water, just off the beach). The lead swimmer will tag the 2nd swimmer, who will complete their leg. This will repeat for the 3rd and 4th swimmers, except the 4th swimmer will run onto the beach and across the finish line.





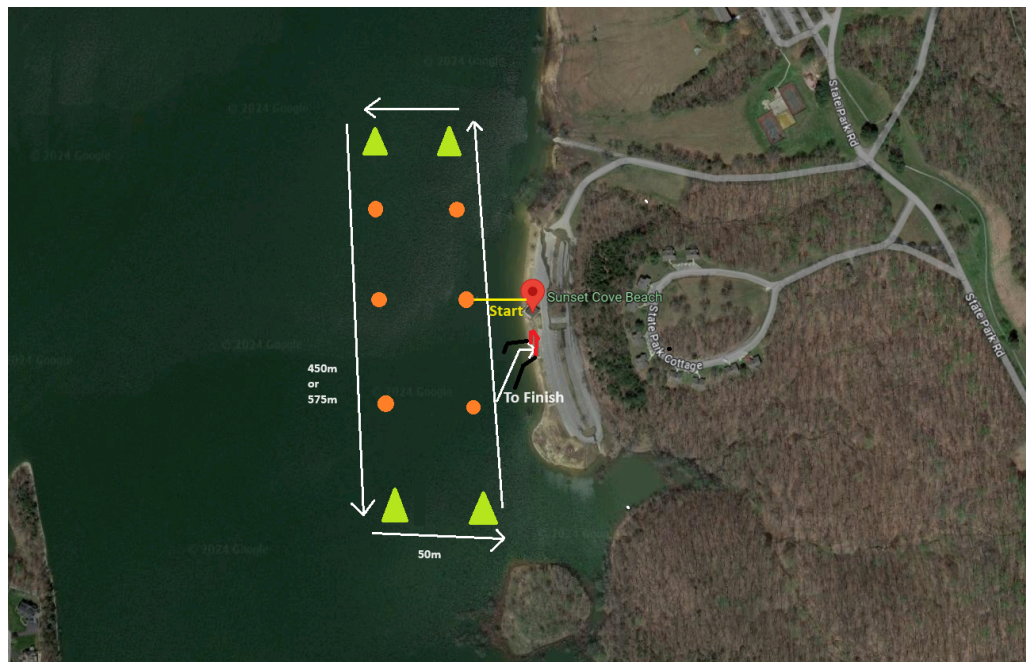
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INDIVIDUAL COURSE

The dimensions of the course are a rectangle ~450m x 50m for the 11-12 2-km and 575m x 50m for the 5-km events. All turns will be marked by large fluorescent green pyramid buoys. Smaller, orange intermediate buoys will serve as guide buoys. Swimmers will move counterclockwise around the course, making only left turns. 11-12s will complete two (2) laps, 13-14s, 15-16s, and Open swimmers will complete four (4) laps.

Swimmers will have an in-water start. After completing the required number of laps, swimmers will finish the race by running up the beach and across the finish line. The start may be modified per the discretion of the Meet Referee dependent upon local conditions.



PURSUIT COURSE

The pursuit course will use the same rectangular course as the individual races, measuring ~450m x 50m. Teams will have an in-water start. They will finish by running up the beach and across the finish line.

MEET DAY INFORMATION

CHECK-IN

Swimmers must report to the check-in area for pre-race inspections of their nails, uniform, and numbering each day of the meet. Swimmers will receive their tickets for entry into the race once all check-in inspections are successfully completed.

NUMBER MARKING

Numbering will be done at the check-in area. Swimmers shall be marked with their race numbers on both upper arms, both hands, and their upper backs. The swimmers shall be numbered vertically down the arms and horizontally across the upper backs. Any swimmer failing to mark their body correctly will not be permitted to race.

TEAM CAPS

Athletes must wear his/her LSC-designated team cap as their outermost cap during races.



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WARMUP PROCEDURE

WARMUP/WARMDOWN A designated area adjacent to the competition will be available for continuous warm-up and warm-down prior to and during the competition.

MEET PROCEDURE

START/FINISH Athletes may ONLY enter or exit the course from the beach in the designated start/finish area. This area will be blocked off from spectators and any athletes not in the current heat.

All races will have an in-water start.

The finish line will be a clearly marked line on the beach. All finishes will be monitored with a finish line camera (iPad using SprintTimer app) mounted above and aligned with the finish. All finishes with two (or more) swimmers finishing within 0.50 seconds of each other will be deemed a “PHOTO FINISH” in which the officials will review the finish line video to determine the correct order of finish. A swimmer will not be considered as having finished the race until his/her entire torso (shoulders to hips) has crossed the finish line, NOT an arm, hand, neck, head, leg, or foot.

TIME LIMITS Swimmers must finish within 30 minutes of the first swimmer to finish in their event to be eligible for scoring and an award. Any swimmer who does not complete the course within 30 minutes of the first finisher in the event may be asked to retire from the race.

SAFETY CONDITIONS In the event of adverse conditions that cause the meet to be deemed unsafe, the following re-scheduling priorities will be used based on weather predictions, and at the discretion of the Meet Referee.

Priority 1 – Starting the meet later on the same day
 Priority 2 – Attempting to reschedule for the following day
 Priority 3 - Cancellation

ESCORT SAFETY CRAFT The course will be patrolled by qualified safety personnel. Coaches, parents, and spectators are not allowed on the course with any escort safety craft. Only the Meet Referee can designate who is on the course at any given time.

Lifeguards reserve the right to remove any swimmer from the course if needed. Safety watercraft and lifeguards on paddleboards and kayaks will monitor the entire course.

The following have the authority to stop the meet at any time for safety reasons: the Meet Referee, the Meet Director, or the Independent Safety Monitor.

SAFETY PROCEDURES The safety of swimmers is our primary concern. For this reason, participants should be adequately trained for open water competition.

For additional information, see the event safety plan document.

MEDICAL FACILITY Barren County EMS delivers trauma victims to Western Kentucky University Medical Center, 700 E. First Avenue, Bowling Green, KY 42103. 270.745.3391

SAFE SPORT



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MAAPP	<ul style="list-style-type: none"> • The USA Swimming Safe Sport program is USA Swimming’s comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations. • The Minor Athlete Abuse Prevention Policy (MAAPP) prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet. • Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. • All athletes aged 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after the first day of the start of competition, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after the first day of competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay. All participants and competitors shall follow the US Center for SafeSport rules for bullying found on USA Swimming and Kentucky Swimming sites. A violation will be grounds for removal of member from the facility.
RECORDING DEVICES	The use of audio or video recording devices, including cell phones, is not permitted in changing areas or restrooms.
CHANGING AREAS	<p>Changing into or out of swimsuits other than the designated changing areas is PROHIBITED.</p> <p>Private, separate changing areas will be provided.</p>
DRONES	Operation of a drone, or any other flying apparatus, is prohibited over the venue (beach, athlete/coach areas, spectator areas and open ceiling changing areas) any time athletes, coaches, officials and/or spectators are present.
ATHLETES 18 & OVER	<p>Athletes 18 & over must complete or maintain a current USA Swimming Athlete Protection Training course credential.</p> <p>https://www.usaswimming.org/resource-center/athlete-protection-training</p>

SCORING & AWARDS



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SCORING	Individual events Top 24 Finishers per Event Score: 32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
	Relay events Top 16 Relays per Event Score: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
AWARDS	Individual Awards Medals for Top 8 Individual Scorers for each gender of each age group.
	Relay and Pursuit Awards Plaque for the Top 3 Relays in each gender and age group for each relay event
	Team Awards
	Trophy for Top 3 Combined Teams. Presented at the conclusion of the meet. The combined points scored by attached members of the team at in Southern Zone Open Water Championship events shall determine the team score.

ENTRIES	
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ENTRY FEES	\$85 per individual event. \$15 per relay team and pursuit teams.
	Please make checks payable to “Swimchester Sailfish”.

ENTRY PROCEDURES & DEADLINE	The entry deadline is Sunday, May 5, 2024 at 11:59 p.m. Eastern time. HYTEK entries only. The HYTEK entries must be sent via email to entries@kylsc.org .
	Entering LSC teams need to check all data BEFORE submitting. An Entry Report and Exception report (if any) will be sent back to the LSC representative by Sunday, May 12 at 8:00 p.m. Eastern time via e-mail. The e-mailed Entry Report sent to you confirming your entries, along with all subsequent Entry Reports notifying you of changed or updated entries, shall be the official record of your entry. No other information will be considered if there is an entry error or discrepancy. The attached “Entry Summary and Waiver”, “USA Swimming Membership Meet Entry Form”, entry fees, and a hard copy of your LSC’s entry report must be submitted by the start of the meet. If any team has unpaid fees at the start of competition, the entire team will be scratched.

**REGARDLESS OF ENTRIES SUBMITTED AND/OR INPUT ERROR,
IT IS THE COACHES’ RESPONSIBILITY TO ENSURE THE SWIMMERS ARE IN THE CORRECT EVENTS**

DECK ENTRIES	IMPORTANT REMINDER - No deck entries will be permitted.
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DISABILITY ATHLETES	<p>KYLSC welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets.</p> <p>Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice by completing the attached “Swimmers with a Disability Coach and Meet Referee Communication” form to the Meet Referee by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals.</p> <p>Failure to provide advance notice may limit the Meet Referee’s ability to accommodate any requests.</p>
ATHLETE CONDUCT	
ATHLETE CONDUCT	<p>Athlete conduct will be governed by Part Seven of the USA Swimming Rules and Regulations Handbook. It is the athlete’s responsibility to be familiar with the rules for open water swimming. Intentional obstruction, interference or intentional contact with another swimmer may be deemed "Unsporting Impedance" and lead to disqualification. Swimmers shall maintain clearance from other swimmers except at the start, turn, and the finish or where the course or race conditions dictate otherwise. Parents and swimmers should be advised there may be inadvertent contact with other swimmers when there are a significant number of entrants. It is important that swimmers keep a cool head while in the water.</p>
SWIMWEAR	<p>All swimwear must comply with USA Swimming 701.4. Specifically, suits may not cover the neck, extend past the shoulder, extend below the ankle, or have zippers or other fastening devices. Tie-back suits are not permitted. It is unlikely that water temperatures will allow for the use of wetsuits.</p>
OFFICIALS	
OFFICIALS	<p>We welcome all certified USA Swimming officials to work at this Championship This is an excellent opportunity to achieve sessions as an Open Water Judge (OJ) and/or Open Water Referee (OR) for recertification, or sessions for apprentices.</p>
OFFICIALS APPLICATION	<p>An online application for officiating is available at https://forms.gle/ki3tqh8gajUvJxdL8. Officials are encouraged to apply as soon as possible, but no later than Sunday, May 12.</p>
OFFICIALS UNIFORM	<p>White polo shirt over khaki bottoms. Footwear (of any color) that is appropriate for water submersion is recommended.</p>
OFFICIALS BRIEFING	<p>An in-person officials briefing will be held at Barren River Lake State Park on Friday, May 31. Time to be determined.</p>
OTHER INFORMATION	
PROGRAMS	<p>If possible, psych sheets will be posted on MeetMobile as well as emailed, and posted at the venue.</p>
FINAL RESULTS	<p>Final results will be posted on MeetMobile and Hy-tek Team Manager Results file will be posted www.kylsc.org. The Southern Zone website, as well as emailed to the coaches of participating teams.</p>



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SPECTATORS	Admission is free. Restroom facilities will be available at the venue. Spectators may bring their own lawn chairs or blankets to sit on. Concessions may be available on site.
HOSPITALITY	Hospitality will be offered for coaches and officials during the meet. Per tradition, lunch will be provided at the Barren River Lodge for all athletes, coaches, and officials.
PARKING	Free, ample parking available at the beach.
HOTELS	<p>Lucas, KY (0 min to venue) Barren River Lake State Park Lodge and Cabins</p> <p>Glasgow, KY (24 min to venue) Holiday Inn Express Days Inn by Wyndham Quality Inn</p> <p>Bowling Green, KY (39 min to venue) Ramada Inn Best Western Days Inn Baymont by Wyndham Hampton Inn Holiday Inn Express Drury Inn and Suites</p>

BOYS EVENT #	GIRLS EVENT #	AGE	DISTANCE	TYPE
1	2	14 & U	4x300m	Relay
3	4	Open	4x300m	Relay
5	6	11-12	2.5-km	Individual
7	7	13-14	5-km	Individual
9	10	15-16	5-km	Individual
11	12	Open	5-km	Individual
13	14	14&U	2-km	Pursuit
15	16	Open	2-km	Pursuit



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ENTRY SUMMARY and WAIVER

Please fill out the information requested below and submit with your payment. Payment and waiver must be received by the start of the meet.

Make checks payable to "Swimchester Sailfish".

NAME OF CLUB	CODE
=	
Number of individual entries _____ x \$85	_____
=	
Number of relay entries _____ x \$15	_____
=	
Number of pursuit entries _____ x \$15	_____
=	
TOTAL AMOUNT ENCLOSED _____	

NAME _____

ADDRESS _____

CITY - STATE - ZIP _____

HEAD COACH EMAIL ADDRESS _____

HEAD COACH CELL PHONE _____

LSC REP NAME & EMAIL ADDRESS _____

ASST. COACH NAME AND CELL _____

ASST. COACH NAME AND CELL _____

ASST. COACH NAME AND CELL _____

Release and Hold Harmless Agreement

In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned, for himself, his successors and assigns, hereby releases and forever discharges Swimchester Sailfish, Kentucky Swimming Inc, and its Board of Directors, Southern Zone Swimming, USA Swimming Inc., and the Barren River Lake State Park and each of their respective officers, agents, employees, members, successors, and any other persons in any way connected with this meet, from any and all liabilities, claims, demands, actions, or causes of action of whatever kind of character arising out of or in connection with said event.

Further, the undersigned shall indemnify and hold harmless Swimchester Sailfish, Kentucky Swimming Inc, Southern Zone Swimming, USA Swimming Inc., and the Barren River Lake State Park and the officers, trustees, agents, employees, and members of the foregoing and all other persons in any way and claims arising out of or in connection with any injury, including death, or alleged injury of damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.



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Signature of LSC Official/Coach _____ **Date** _____

Did you include?

- Entries Printed
- Check for entries
- This completed form and (below) membership meet entry form

USA SWIMMING MEMBERSHIP MEET ENTRY FORM

Meet Name: 2024 Southern Zone Open Water Championships
Location: Barren River Lake State Park, Sunset Cove Beach- 1149 State Park Road, Lucas, KY 42156
Date: May 31-June 2, 2024

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, SOUTHERN ZONE SWIMMING, KENTUCKY SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING 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.

PLEASE RETURN THIS FORM WITH YOUR ENTRY FORMS

The undersigned LSC representative certifies by his/her signature that all athletes participating for or entered by the team in this sanctioned swim meet are currently member athletes of USA Swimming, Inc. The undersigned further certifies that any person appearing in the capacity of coach is currently a coach member of USA Swimming, Inc.

LSC: _____ **DATE:** _____

PRINTED NAME: _____

SIGNATURE: _____



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SWIMMERS WITH A DISABILITY COACH AND MEET REFEREE COMMUNICATION

MEET _____ DATE _____

LSC _____ COACH _____ EMAIL and PHONE# _____

Swimmer	Age Group	Event	Session

Necessary Accommodation _____

Swimmer	Age Group	Event	Session

Necessary Accommodation _____

Swimmer	Age Group	Event	Session

Necessary Accommodation _____

Swimmer	Age Group	Event	Session

Necessary Accommodation _____

Examples of Necessary Accommodations (but not limited to)

- Special accommodations at the start - explain



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- Special accommodations at the finish - explain
- Hand signals for the start