



**SEPTEMBER 23<sup>RD</sup>-24<sup>TH</sup>, 2023**

**SMITH MOUNTAIN LAKE, VA**



# 2023

## EAST COAST OPEN WATER FESTIVAL

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Smith Mountain Lake, VA | September 23rd-24th, 2023

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[Smith Mountain Lake State Park](#)  
1235 State Park Rd. | Huddleston, VA 24104

<p><b><u>APPROVAL:</u></b></p>	<p>Held under the Approval of USA Swimming/Virginia Swimming, Inc., _____  <b>USA Swimming Inc., Virginia Swimming, Inc. ISCA, and the Smith Mountain Lake State Park shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.</b></p> <ul style="list-style-type: none"> <li>• 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 of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., and ISCA cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia 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/Virginia Swimming approved event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</li> <li>• <b>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 VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS 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 THEREWITH.</b></li> </ul>
<p><b><u>COURSE DESCRIPTION:</u></b></p>	<p><b>Open water:</b> The race course will consist of a mile loop marked with large colored buoys. There will be an in water start at the start/finish line. Finish Banner marks finish line. Automatic Timing will be used and video will be used for back up timing.</p> <ul style="list-style-type: none"> <li>• All swimmers who have not completed the course during the prescribed time limit will be asked to retire.</li> <li>• Details of race course with landmarks will be available at check-in.</li> <li>• Expected water temperature is 78- 80 degrees. Water depth is from 0-60 feet.</li> </ul>

<p><b><u>LOCATION:</u></b></p>	<p><a href="#"><u>Smith Mountain Lake State Park</u></a>  1235 State Park Road  Huddleston, VA 24104  <i>Facility Phone: (540) 297-6066</i></p>
<p><b><u>FACILITY SPECS:</u></b></p>	<p>This is less than a quarter of a mile from Mariners Landing (where we've had for the last six years). We have moved to a new location to accommodate for the growth of our event. Please make sure you take a moment to familiarize yourself with this location (see website above) and plan accordingly. The start location is on the beach directly behind the Smith Mountain Lake State Park.</p>
<p><b><u>WARM-UPS:</u></b></p>	<ul style="list-style-type: none"> <li>• 30 Minutes prior to scheduled start of each race.</li> <li>• There will be continuous warm up and warm down available.</li> </ul>
<p><b><u>SAFETY:</u></b></p>	<p>The meet is an IN-WATER start with swimmers held in a closed area marked by numbers on swim cap, shoulders, back and front of one leg. They will hold a card with the same number and will give this card to the chief sweep judge prior to the start of the race. The number of each swimmer will be recorded and delivered to each stroke and turn judge prior to the start of race. There will be instructions of the course and rules of play to swimmers, then the start. At each turn, there will be an accounting of the swimmers by Stroke and sweep judge (<i>3 on the water and 2 on land</i>). Anyone leaving the course will be accounted for and communicated to the chief sweep judge. When the swimmers finish it will be a beach finish and the swimmers will again be held in the closed starting area until the cards are returned to each swimmers</p> <p>Monitoring Swimmers During Race.</p> <ul style="list-style-type: none"> <li>• Safety boats will monitor the entire course.</li> <li>• Lifeguards will be on location</li> <li>• Medical Services</li> <li>• There will be a First Aid station/ tent available at start/finish area.</li> <li>• The Smith Mountain Lake Rescue Squad will be on site</li> <li>• Dive team on call</li> <li>• Safety Communications Plan</li> <li>• The Safety Officer will be in charge of all safety at the event, overseeing life guards, EMT's and swims safety. The safety officer will be in contact with officials, life guards and EMT's by radio.</li> <li>• Safety Officer</li> <li>• Accounting for swimmers</li> <li>• Each swimmer will be given a numbered card with their information that they must have to enter the water.</li> <li>• There will not be escort boats for swimmers.</li> <li>• There will be safety stations viewing each swimmer</li> <li>• This is the most important duty of the safety team.</li> <li>• Technical Meeting</li> </ul> <ul style="list-style-type: none"> <li>• The technical meeting will be held 30 minutes before each race. This technical meeting will be posted and emailed to each team prior to meet day. There will also be a review with each heat prior to start of each race number card to the marshal prior to entering the warm-up area and pick their card up when leaving the warm-up area.</li> <li>• Officials will notify swimmers of yellow card and red card infractions on the course. Red card infractions will disqualify the swimmer and they must exit the course.</li> </ul>
<p><b><u>GENERAL INFO:</u></b></p>	<ol style="list-style-type: none"> <li>1. Rest rooms and dressing rooms are available at the site.</li> <li>2. Water temperature averages approximately 80 degrees.</li> <li>3. Wetsuits are permitted.</li> <li>4. Cancellation due to weather is always possible. <b>NO REFUNDS.</b></li> </ol>

	<p>5. Extra Meet Event T-shirts will be available for \$20 each.</p> <p>6. Hospitality tent will be set up by the lake with water coolers available for swimmers.</p> <p style="text-align: center;"><i>(We've never had to cancel an event in the last 20 years!)</i></p>
<b><u>ELIGIBILITY:</u></b>	<ul style="list-style-type: none"> <li>• Open to all athletes age 7 and older.</li> <li>• Age on September 24th, 2023 will determine age for the entire meet.</li> <li>• Race day entries will be accepted</li> </ul>
<b><u>MEET DIRECTOR:</u></b>	<p><b>Doug Fonder</b>  <b>Email:</b> <a href="mailto:Dougfonder@gmail.com">Dougfonder@gmail.com</a>  <b>Phone:</b> 540-397-0505</p>
<b><u>PARKING:</u></b>	<p>Parking at Smith Mountain Lake State Park is \$7.00 per vehicle.</p>
<b><u>EVENTS:</u></b>	<p><b>Saturday, Sept 23<sup>rd</sup> 5K Paddleboard Race</b> –Open to All Ages  Registration 9:00am to 9:45am  Race Starts at 10:00am</p> <p><b>Saturday, Sept 23<sup>rd</sup> One Mile Dash/ One Mile Splash</b> – Open to All Ages  Registration 10:45am to 11:30am  Race Starts at 12:00pm (<i>noon</i>)</p> <p><b>Saturday, Sept 23<sup>rd</sup> 5K Swim Race</b> -Open to All Ages  Registration 1:00pm to 1:45pm  Race Starts at 2:00pm</p> <p><b>Sunday, Sept 24<sup>th</sup> Half Mile Race</b> –Open to 9&amp; Under  Registration 10:00am to 10:45am  Race Starts at 11:00am</p> <p><b>Sunday, Sept 24<sup>th</sup> One Mile Race</b> -Open to All Ages  Registration 10:30am to 11:45am  Race Starts at 12:00pm</p> <p><b>Sunday, Sept 24<sup>th</sup> Half Mile Dash/ Half Mile Splash</b> –Open to All Ages  Registration 12:30pm to 1:15pm  Race Starts at 1:30pm</p>

<p><b><u>RULES:</u></b></p>	<p>The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet.</p> <ul style="list-style-type: none"> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is not permitted.</li> <li>• Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is <b>PROHIBITED</b>.</li> <li>• An athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</li> </ul>
<p><b><u>DISABILITY SWIMMERS:</u></b></p>	<p>Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.</p> <p>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</p>
<p><b><u>AWARDS:</u></b></p>	<p style="text-align: center;"><b>Open Awards:</b></p> <p style="text-align: center;">5K Open Water Swim Winners: Top Male and Female: Backpacks.</p> <p style="text-align: center;">All Events will be Awarded 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Place Plaques</p>
<p><b><u>AGE DIVISIONS:</u></b></p>	<p><b><u>1/2 Mile:</u></b> 9 &amp; Under Only</p> <p><b><u>1 Mile:</u></b> 10-11, 12-13, 14-15, 16-19, 20-29, 30-39, 40-49, 50 &amp; Over</p> <p><b><u>5K:</u></b> 11 &amp; Under, 12-13, 14-15, 16-19, 20-29, 30-39, 40-49, 50 &amp; Over</p> <p><b><u>Half Mile Dash/ Half Mile Splash:</u></b> 9 &amp; Under, 10-11, 12-13, 14-17, 18 &amp; Over</p> <p><b><u>One Mile Dash/ One Mile Swim:</u></b> 11 &amp; Under, 12-13, 14-15, 16-19, 20-29, 30-39, 40-49, 50 &amp; Over</p> <p><b><u>5K Paddle Board:</u></b> 13 &amp; Under, 14-16, 17-29, 30 &amp; Over</p>



<p><b><u>ENTRY FEES:</u></b></p>	<p><b>REGULAR FEES</b>  Fee for one individual event.....\$ 75.00  Two Events .....\$ 95.00  Three Events.....\$100.00  (Including cap, T-Shirts, and Entrance to State Park which is normally \$7.00 per car fee)</p> <p>T-Shirts will be given out at registration. T-shirts are included with the registrations which have been sent in by the preregistrations deadline of <b><u>Monday, September 18, 2023.</u></b></p> <p><b>PENALTIES:</b>  A fine of up to \$100 per event may be assessed for any illegal participation in the meet.</p> <p><b>Illegal participation is defined as:</b></p> <ol style="list-style-type: none"> <li>1. Athlete competed in the incorrect age group.</li> <li>2. Any event in which an athlete participated illegally will be re-scored and re-awarded.</li> </ol> <p>Checks should be made payable to: <b>ISCA</b></p> <p style="text-align: center;"><b><u>Checks should be sent to:</u></b>  <b>Doug Fonder</b>  <b>2721 Brambleton Ave. SW</b>  <b>Roanoke, VA 24015</b></p> <p>Payment must be received by September 20, 2023 for email entries. Payment may be made online or through mail by check made out to <b>ISCA</b>.</p> <p><b>IMPORTANT:</b> If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is <b>NOT</b> required for delivery as this will delay the receipt of your entries.</p> <p>Failure to pay entry fees by this deadline could result in teams being barred from the meet.</p>
<p><b><u>ENTRY DEADLINE:</u></b></p>	<p>On site entries are welcome, but must be submitted no later than 30 minutes before the start of event. On both September 24<sup>th</sup> &amp; 25<sup>th</sup>.</p> <p><b>**Absolutely no entries will be accepted after these times on race days!**</b></p> <p><b>All entries must be received by midnight, Monday, Sept. 18, 2023.</b></p>

<b><u>OFFICIALS:</u></b>	<b>Meet Referee:</b> Officials that are comfortable and want to be out on the water, please state so in your request.
<b><u>MEET VOLUNTEERS:</u></b>	Anyone wishing to help with registration check-in, body marking, on the water drink station, event check-in, water safety personnel or first aid station, please contact <b>Doug Fonder</b> at <a href="mailto:DougFonder@gmail.com">DougFonder@gmail.com</a>



**Entry forms must be signed and mailed to:**

**Doug Fonder**  
2721 Brambleton Ave. SW  
Roanoke, VA 24015

Or electronically: [dougfonder@gmail.com](mailto:dougfonder@gmail.com)

**One needed for each swimmer. Do not wait on your coach to mail in your form unless doing a team entry.**

Name: \_\_\_\_\_

First

Middle

Last

Date of Birth: \_\_\_\_\_ Age as of Sept 24, 2023 \_\_\_\_\_ Gender: Male Female

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Make checks payable to: **ISCA**

T-Shirt Size (**Adult sizes**): S M L XL 2XL

If no t-shirt size is clearly marked, competitor will receive an Adult L.

**EVENTS:**

**Date: Saturday, Sept 23<sup>rd</sup>**

- \_\_\_\_\_ 5K Paddleboard Race
- \_\_\_\_\_ One Mile Run/ One Mile Swim
- \_\_\_\_\_ 5K Swim Race
- \_\_\_\_\_ One Mile Dash/One Mile Splash Race

**Date: Sunday, Sept 24<sup>th</sup>**

- \_\_\_\_\_ Half Mile Race
- \_\_\_\_\_ One Mile Race
- \_\_\_\_\_ Half Mile Dash/ Half Mile Splash

\_\_\_\_\_ Total Events Signed Up For

**Please read and sign the liability release:**

**Liability Release**

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Age Group Swimming (Training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the USA Swimming or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages caused by the negligence, active or passive, of the following: USA Swimming, Virginia Swimming, Inc, ISCA, Meet Sponsors, Meet Committees, and or any individuals officiating at the meet or supervising such activities. In addition, I agree to abide by and be governed by the rules of USA Swimming. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Swimmer's Signature \_\_\_\_\_

Parent's Signature if under 18: \_\_\_\_\_ Date: \_\_\_\_\_

A reproduced copy of this form is considered acceptable so it can be transmitted electronically.