



SEPTEMBER 28TH-29TH

SMITH MOUNTAIN LAKE, VA



2024

East Coast Open Water Festival

Smith Mountain Lake, VA | September 28th-29th, 2024

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

<u>APPROVAL:</u>	Held under the Approval of USA Swimming/Virginia Swimming, Inc., _____ 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.
<u>COURSE DESCRIPTION:</u>	Open water: The racecourse 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. <ul style="list-style-type: none">• All swimmers who have not completed the course during the prescribed time limit will be asked to retire.• Details of racecourse with landmarks will be available at check-in.• Expected water temperature is 78- 80 degrees. Water depth is from 0-60 feet.
<u>LOCATION:</u>	Smith Mountain Lake State Park 1235 State Park Road Huddleston, VA 24104 <i>Facility Phone: (540) 297-6066</i>
<u>FACILITY SPECS:</u>	The event will occur at the Smith Mountain Lake State Park, where we have been for the last 3 years. 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.
<u>WARM-UPS:</u>	<ul style="list-style-type: none">• 30 Minutes prior to scheduled start of each race.• There will be continuous warm up and warm down available.

<p><u>SAFETY:</u></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 (3 on the water and 2 on land). 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 Monitoring Swimmers During Race.</p> <ul style="list-style-type: none"> ● Safety boats will monitor the entire course. ● Lifeguards will be on location ● Medical Services ● There will be a First Aid station/ tent available at start/finish area. ● The Smith Mountain Lake Rescue Squad will be on site ● Dive team on call ● Safety Communications Plan ● The Safety Officer will be in charge of all safety at the event, overseeing lifeguards, EMT's and swims safety. The safety officer will be in contact with officials, lifeguards, and EMT's by radio. ● Safety Officer ● Accounting for swimmers ● Each swimmer will be given a numbered card with their information that they must have to enter the water. ● There will not be escort boats for swimmers. ● There will be safety stations viewing each swimmer ● This is the most important duty of the safety team. ● Technical Meeting ● 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. <p>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.</p>
<p><u>GENERAL INFO:</u></p>	<ol style="list-style-type: none"> 1. Restrooms and dressing rooms are available at the site. 2. The water temperature averages approximately 80 degrees. 3. Wetsuits are permitted. 4. Cancellation due to weather is always possible. NO REFUNDS. 5. Extra Meet Event T-shirts will be available for \$20 each. 6. Hospitality tent will be set up by the lake with water coolers available for swimmers. <p style="text-align: center;"><i>(We've never had to cancel an event in over 30 years!)</i></p>
<p><u>ELIGIBILITY:</u></p>	<ul style="list-style-type: none"> ● Open to all athletes age 7 and older. ● Age on September 28th, 2024 will determine the age for the entire meet. ● Race day entries will be accepted.
<p><u>MEET DIRECTOR:</u></p>	<p>Doug Fonder Email: Dougfonder@gmail.com Phone: 540-397-0505</p>
<p><u>PARKING:</u></p>	<p>Parking at Smith Mountain Lake State Park is \$7.00 per vehicle.</p> <p>Pre-paid Parking tickets are available with online registration for \$5.00 per vehicle.</p>

<p><u>EVENTS:</u></p>	<p>Saturday, Sept 28th 5K Paddleboard Race –Open to All Ages Registration 9:00am to 9:45am Race Starts at 10:00 am</p> <p>Saturday, Sept 28th One Mile Dash/ One Mile Splash – Open to All Ages Registration 10:45am to 11:30am Race Starts at 12:00 pm (noon)</p> <p>Saturday, Sept 28th 5K Swim Race -Open to All Ages Registration 1:00 pm to 1:45 pm Race Starts at 2:00 pm</p> <p>Sunday, Sept 29th Half Mile Race –Open to 9& Under Registration 10:00am to 10:45am Race Starts at 11:00 am</p> <p>Sunday, Sept 29th One Mile Race -Open to All Ages Registration 10:30am to 11:45am Race Starts at 12:00 pm</p> <p>Sunday, Sept 29th Half Mile Dash/ Half Mile Splash –Open to All Ages Registration 12:30 pm to 1:15 pm Race Starts at 1:30 pm</p>
<p><u>RULES:</u></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"> ● 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. ● Changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. ● 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.
<p><u>DISABILITY SWIMMERS:</u></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 before the competition.</p>
<p><u>AWARDS:</u></p>	<p style="text-align: center;">Open Awards: 5K Open Water Swim Winners: Top Male and Female: Backpacks. All Events will be Awarded 1st, 2nd, 3rd Place Plaques</p>
<p><u>AGE DIVISIONS:</u></p>	<p><u>1/2 Mile:</u> 9 & Under Only</p> <p><u>1 Mile:</u> 10-11, 12-13, 14-15, 16-19, 20-29, 30-39, 40-49, 50 & Over</p> <p><u>5K:</u> 11 & Under, 12-13, 14-15, 16-19, 20-29, 30-39, 40-49, 50 & Over</p> <p><u>Half Mile Dash/ Half Mile Splash:</u> 9 & Under, 10-11, 12-13, 14-17, 18 & Over</p> <p><u>One Mile Dash/ One Mile Swim:</u> 11 & Under, 12-13, 14-15, 16-19, 20-29, 30-39, 40-49, 50 & Over</p> <p><u>5K Paddle Board:</u> 13 & Under, 14-16, 17-29, 30 & Over</p>

<p><u>ENTRY FEES:</u></p>	<p>REGULAR FEES Fee for one individual event.....\$ 75.00 Two Events\$ 95.00 Three Events.....\$100.00 (Including cap and T-Shirts)</p> <p>T-Shirts will be given out at registration. T-shirts are included with the registrations which have been sent in by the preregistration deadline of Monday, September 23, 2024.</p> <p>PENALTIES: A fine of up to \$100 per event may be assessed for any illegal participation in the meet.</p> <p>Illegal participation is defined as:</p> <ol style="list-style-type: none"> 1. Athletes competed in the incorrect age group. 2. Any event in which an athlete participated illegally will be re-scored and re-awarded. <p>Checks should be made payable to: ISCA</p> <p style="text-align: center;"><u>Checks should be sent to:</u> Doug Fonder 2721 Brambleton Ave. SW Roanoke, VA 24015</p> <p>Payment must be received by September 25, 2024, for email entries. Payment may be made online or through mail by check made out to ISCA.</p>
<p><u>ENTRY INFORMATION:</u></p>	<ol style="list-style-type: none"> 1. Individuals are encouraged to use RunSignup. 2. Teams can request a coupon code which would permit either individuals on a team to register without having to pay at that time or a coach can enter all of their athletes and then be sent a single invoice and would be payable at check-in. 3. Large Teams can request a preformatted spreadsheet to complete their entries. This option would bypass the online platform and allow for a team leader to enter all information on the spreadsheet. Please contact the meet director if you are interested in this option. This should be for teams 20 or greater.
<p><u>ENTRY DEADLINE:</u></p>	<p>On-site entries are welcome but must be submitted no later than 30 minutes before the start of the event, on both September 28th & 29th.</p> <p>**Absolutely no entries will be accepted after these times on race days!**</p> <p>All entries must be received by midnight, Monday, Sept. 23, 2024.</p>
<p><u>OFFICIALS:</u></p>	<p>Meet Referee: Officials that are comfortable and want to be out on the water, please state so in your request.</p>
<p><u>MEET VOLUNTEERS:</u></p>	<p>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 Doug Fonder at DougFonder@gmail.com</p>

