

TRAVERSE CITY OPEN WATER CHALLENGE 2010

Hosted by: Traverse City Swim Club
Interlochen, Michigan

Saturday Morning, July 10, 2010

Sanction: Event #4 [the 8:45 AM One Mile **Masters** event], Event #6 [the 10:15 AM Two Mile Masters event] and Event #7 [500m Masters event] are Sanctioned by the Michigan Masters Swimming LMSC as an Open Water Swim Meet on behalf of United States Masters Swimming. (Sanction #1910-02OW).

Events #1,2,3 and 5 are Sanctioned by the Michigan Swimming, Inc LSC as an Open Water Swim Meet on behalf of USA Swimming (Sanction #MI0910051)

Location: Duck Lake, Interlochen State Park. All events will start and end at Interlochen State Park Beach. A map to the park can be found at www.tcbreakers.com or www.3disciplines.com/.

Parking: Parking will be available inside the State Park in the designated parking lots adjacent to the beach. A \$6 day pass for in-state residents will be required or a season pass sticker to all State Parks for \$26.

Times: You must check-in at least 45 minutes prior to the start of race.

Event 1	8:00 a.m.	825m race	(USA 10 & under)
Event 2	8:00a.m.	1 mile race	(USA 11-12 Year Old)
Event 3	8:00 a.m.	2475m race	(USA 13-14 year old)
Event 4	8:45 a.m.	1 mile race	(Masters only 19 & over)
Event 5	9:30 a.m.	2 mile race	(USA 15-18 year old)
Event 6	10:15a.m.	2 mile race	(Masters only 19 & over)
Event 7	TBD	500m sprint	(Masters)

Wet suits may be worn but will be scored in the wet suit division.

Motels: ** Note that this is peak tourist season in TC! Motels can be difficult to book! Camping is available on-site at the park as well. For more information visit the Traverse City Convention and Visitors Bureau or Michigan DNR
<http://www.visittraversecity.com/> <http://bit.ly/95kOPQ>

Great Wolf Lodge 231.941.3600
3575 N US 31 South
Traverse City, MI 49684

Courtyard by Marriot 231.929.1800
3215 S Airport Rd West
Traverse City, MI 49684

Meet

Format: This is an Open Water Event which offers seven events ranging from 500m to 2 miles in length. *You must swim your own age group and swim the event distance listed for your age group.* It is not a gender specific meet – boys and girls/men and women in the same age group swim in the same event. There are no qualifying times – all swimmers are entered without a seed time/NT. All races will begin and finish on the shore at Interlochen State Park Beach. Swimmers will need to run across a start and finish line to record exact times. All participants will be allowed to finish his/her distance regardless of time unless a safety issue exists in the judgment of the Meet Referee or Meet Director. Every swimmer must wear the cap provided at the race through the entire race. No flotation devices will be allowed.

Eligibility: **1)** If you intend to compete in Events 4, 6 or 7 (the One & Two Mile races are for 19 years and over) you must be a currently registered United States **Masters** athlete. As an alternative to annual USMS memberships, USMS **Single Meet** OW athlete registration forms will be available on race day for a cost of \$16 (this is in addition of the event entry fee). *A current USA Swimming membership will not suffice to compete in Event #4 or #6 – if you are 19 and over, you must be a currently registered Masters athlete to compete in Event #4, #6 or #7.*

2) You must be currently registered with USA Swimming to compete in Events 1, 2, 3 and 5. This includes an Annual or Seasonal membership. As an alternative to the full USA Swimming memberships, you may register on race day as a USA **Single Meet** OW Athlete for a cost of \$10 (this is in addition of the event entry fee). USA Swimming Single Meet OW athlete registration forms will be available at the meet.

Questions concerning obtaining annual or seasonal USA memberships should be directed [sufficiently in advance of race day] to your USA Swim Coach or the Michigan Swimming Office c/o Jan Cartmill, <mailto:jbcartmill@hughes.net>. One day USMS Michigan Masters Swimming registration forms are available on Michiganmasters.com website. If you are swimming as a masters swimmer, you must be registered for Masters one-day registration by the entry deadline.

3) In all cases, unless you intend to purchase a Single Meet OW membership at the meet, it is highly recommended that you **bring your current 2010 USA or USMS Athlete card** to the meet in case a question of your current registration status arises.

12 and

Unders: Swimmers 11 and 12 years old must obtain a signature from his/her USA swim coach prior to the race to show that he/she is capable of completing the **1.0** mile race. Swimmers 10 and Under must also obtain a signature from his/her USA swim coach prior to the race to show that he/she is capable of completing the **825m** race. Use the provided Form on page 6 and mail it to the entry chair. If you are swimming USA unattached, in lieu of a Coaches signature, a parent's signature is required.

Entry

Limits: Each athlete may swim one event in their designated age group.

Entry

Fees: Each event is \$25.00 if received by the entry deadline of Saturday, June 26, 2010 at 11:59 P.M. Please make all checks payable to TCSC. Registration using PayPal for TCOWC 2010 is also available on Traverse City Swim Club's website at: www.tcbreakers.com

Deck

Entry: Deck entries accepted are accepted on race day until 30 minutes prior to the start of your event. Deck entries are \$35.00.

Entry

Deadline: The entry deadline for electronic and paper entries is **Saturday, June 26, 2010** at 11:59 P.M. After June 26, 2010, you must enter on race day using the deck entry method.

Entry

Chair: Aimee Bissonette
3171 Lincoln Dr NE
Kalkaska, MI 49646
Cell 231-342-0010 Please no calls after 9 PM.
abissonette@gmail.com

Entry

Procedures: There are two methods for entering this meet by June 26, 2010.

1) Electronic Club entry by USA/USMS Coaches or Club Entry Chair: The Hy Tek Event Entry file is available on Michigan Swimming website, www.uss-michigan.com. If you use this method, it is greatly preferred that your entered athletes are currently registered USA or USMS athletes. If they are not and they plan on purchasing the Single Meet OW Registration on race day, please send an email listing these unregistered athletes to: abissonette@gmail.com. Send your Hy Tek Entry to: abissonette@gmail.com

2) Paper Entry: Send Paper Entry form on page 6 with payment to:
(Mail the entry in time so it is received by June 26, 2010):

TCSC Open Water Challenge 2010

c/o Aimee Bissonette
3171 Lincoln Dr. NE
Kalkaska, MI 49646

**Entry
Waiver &
Release**

In granting this Sanction it is understood and agreed and by virtue of the athlete's entry into this event that USA Swimming, United States Masters Swimming, Michigan Swimming, Inc., Michigan Masters Swimming and Traverse City Swim Club and all their agents and volunteers shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. By virtue of the athlete's entry, the athlete understands that he/she is aware of the risks inherently involved in Open Water Swimming and further certifies that he/she is physically fit to participate in the event.

Refunds: Once an entry has been received by the entry chair, there are no refunds, this includes inclement weather cancellations.

Check In: Check in will be available beginning at 6:30 a.m. on race day. You must check in at least 45 minutes prior to your scheduled race time. Swimmers will need to pick up packets, be marked for the timing system, and be present for rules explanation and participation line-up.

Deck

Entries: Deck entries will be allowed until 30 minutes prior to the beginning of each race for \$35.

Scoring: No individual or team scoring will be kept.

**Meet
Programs/**

Admission: There are no meet programs. There is a day pass fee of \$6 to the State Park unless you have a yearly 2010 State Park vehicle sticker.

Awards: Ribbons will be awarded to all participants. Medals will be awarded to the top 3 male and top 3 female finishers in each age group/event.

Results: Complete meet results will be posted on the Michigan Swimming website at www.uss-michigan.com and at the Michigan Masters website www.michiganmasters.com or www.3disciplines.com following the meet.

Swimming

Safety: As in all Open Water events, safety is paramount. All athletes must remain within the marked warm up and competition areas at all times. Warm ups will be allowed in a designated area near the shore, but off to the side of the race venue. Swimmers must observe caution at all times while swimming in open water. This is a public beach. Meet Patrol vehicles will assure no public boat traffic within the warm up or race venues. Lifeguards will be present for the participants during the race. First aid stations and flotation devices will be placed with lifeguards through out the course as well as on shore.

Swimmers with

Disabilities: All swimmers are encouraged to participate. If any of your swimmers have special needs or requests, please indicate them on the entry form and with the Clerk of Course and the Meet Referee during warm-ups.

Facility

Items: Please help us to keep the beach clean by picking up litter and taking home all personal belongings. Pursuant to applicable Michigan law, no glass will be allowed on the beach. Permanent restrooms are located on premises.

Meet Director: Chad Bissonette, Cell 231-342-0480, crbissonette@gmail.com

Meet Referee: Scott Appleyard, Phone 269-383-0343

Safety Marshall: Jason Moore, set_goals4u@yahoo.com

PAPER ENTRY FORM
TRAVERSE CITY OPEN WATER CHALLENGE
July 10, 2010

Name: _____

Address: _____

City/State: _____

Zip Code: _____

Phone #: _____

Email (Optional): _____

USA or USMS ID #: _____

D.O.B.: _____

Age on Race Day: _____

Event Entered: (Event # and Distance):

[] Check here if you plan to purchase a **Single Meet OW Membership** on Race Day.

If Athlete is age 12 or Under:

"I have witnessed the above athlete swim and I believe that he/she is completely capable of participating in and completing the designated distance of ½ mile for 10 and Unders and 1 mile for 11/12 year olds."

Signature of USA Coach or Parent/Guardian

**TRAVERSE CITY OPEN WATER CHALLENGE 2010
APPAREL ORDER FORM**

Swimmers Name: _____

Team Name: _____

Phone Number:(____) _____

E-Mail: _____

QuickTime™ and a
TIFF (LZW) decompressor
are needed to see this picture.

APPAREL: YL AS AM AL AXL A2X

Short Sleeve T-SHIRT \$15.00

Long Sleeve T-SHIRT \$22.00

TOTAL \$ _____

CHECK # _____

1. Print and complete order form.
2. Attach check payable to **TRAVERSE CITY SWIM CLUB**
3. **Mail completed order form and check to:**

Chad Bissonette

TCOWC 2010

3171 Lincoln Dr. NE

Kalkaska, Michigan 49646

Order Forms and Payment must be received by **June 26, 2010.**

A limited number of long sleeve t-shirts will be available for purchase at the meet.
Apparel will be distributed at the meet.