

2022 ISCA East Coast Open Water Festival

SMITH MOUNTAIN LAKE STATE PARK
September 24th-25th, 2022





**2022 ISCA EAST COAST
OPEN WATER FESTIVAL
September 24th-25th, 2022**

Hosted by



APPROVAL:	<ul style="list-style-type: none"> ● 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. ● 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. ● 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. ● 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.
LOCATION:	Smith Mountain Lake State Park : 1235 State Park Road, Huddleston, VA 24104. Phone: (540)297-6066
COURSE DESCRIPTION	<p>Open water: 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"> ● All swimmers who have not completed the course during the prescribed time limit will be asked to retire. ● Details of race course with landmarks will be available at check-in. ● Expected water temperature is 78- 80 degrees. Water depth is from 0-60 feet.
MEET DIRECTOR:	<p>Doug Fonder Email: dougfonder@gmail.com Phone: 540-397-0505</p>
ELIGIBILITY:	<ul style="list-style-type: none"> ● Open to all athletes age 7 and older. ● Age on September 24th, 2022 will determine age for the entire meet. ● Race day entries will be accepted
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> ● Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. ● The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
EVENTS:	<ul style="list-style-type: none"> ● SATURDAY, SEPT 24TH 5K Paddleboard Race – Open to All Ages. Registration 9am to 9:45am. Race Start 10am ● Saturday, Sept 24th 5K <u>Swim Race</u> -Open to All Ages. Registration 1pm to 145pm. Race Start 2pm ● Saturday, Sept 24th <u>Splash and Dash Race</u> – Open to All Ages. Registration 230pm to 330pm. Race Start 4pm. ● SUNDAY, SEPT 25TH Half Mile Race – Open to 9 & Under. Registration 10am to 1045am. Race Start 11am. ● Sunday, Sept 25th <u>One Mile Race</u>-Open to All Ages. Registration 1030am to 1145am. Race Start at 12pm.

WARM-UPS:	<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.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, SEPTEMBER 19, 2022</p> <ul style="list-style-type: none"> • Swimmers may enter a maximum of 3 <i>individual events</i>. • Race Registration will be available on www.swimisca.org • Email entries to: dougfonder@gmail.com Mail entries to: Doug Fonder 2721 Brambleton Ave. SW Roanoke, VA 24015 • Race day entries will be accepted in the order received for swimmers to the extent that they can be processed prior to check-in. • Signed entry forms must be received either electronically or by September 16th.
FEES:	<p>Individual events: \$ 70.00 for One Event, \$90 for Two Events, \$100 for Three Events (includes cap t-shirt, and entrance to State Park which is normally a \$7 per car fee.)</p> <ul style="list-style-type: none"> • All entries received after SEPTEMBER 19, 2022 may require a \$5 late fee per swimmer. • Those entering after SEPTEMBER 19, 2022, may not receive a T-shirt. THERE WILL BE NO REDUCTION IN FEE • Checks should be made payable to: ISCA • Checks should be sent to: Doug Fonder 2721 Brambleton Ave. SW Roanoke, VA 24015 • Payment must be received by September 19, 2022 for email entries. Payment may be made online or through mail by check made out to ISCA. • IMPORTANT: If entries are sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery as this will delay the receipt of your entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
SEEDING:	<ul style="list-style-type: none"> • All like-distances will be seeded as a single event, without regard to a swimmer's age or gender. Places, awards, and published results will be separate for each event, age group, and gender. • Positive check-in for each event is listed on the Description of Events & Schedule page (page #6). SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
PENALTIES:	<ul style="list-style-type: none"> • A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as: • Athlete competed in the incorrect age group. • Any event in which an athlete participated illegally will be re-scored and re-awarded.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet. • 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 <u>not permitted</u>. • 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 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.

OFFICIALS:	Meet Referee: <ul style="list-style-type: none"> Officials that are comfortable and want to be out on the water, please state so in your request.
SAFETY:	<p><u>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 swimmer</u></p> <p><u>Monitoring Swimmers During Race</u></p> <ul style="list-style-type: none"> Safety boats will monitor the entire course. Lifeguards will be on location <ul style="list-style-type: none"> <u>Medical Services</u> 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 <ul style="list-style-type: none"> <u>Safety Communications Plan</u> 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. Safety Officer: <ul style="list-style-type: none"> <u>Accounting for swimmers</u> 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. <ul style="list-style-type: none"> <u>Technical Meeting</u> <p>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.</p>
GENERAL:	<ul style="list-style-type: none"> This event will be held rain or shine. Event may be delayed or cancelled due to lightning. No refunds. Average water temperature is expected to be in the High 70s- low 80s. Extra Meet Event T-shirts will be available for \$20 each. Hospitality tent will be set up by the lake with water coolers available for swimmers.
FACILITY RULES:	<p>Traffic in and out of the State Park will be maintained by the State Park Staff</p>
VOLUNTEERS	<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>
DIRECTIONS:	<p>Smith Mountain Lake State Park 1235 Huddleston, VA 24104 540-297-6066</p> <p>https://www.dcr.virginia.gov/state-parks/smith-mountain-lake</p>

LODGING:

1.) Mariners Landing Hospitality & Resort
1217 Graves Harbor Trail
Huddleston, VA 24104
(540)-297-4100

2.) Westlake Waterfront Inn
2050 Morewood Rd
Hardy, VA 24101
540-721-3307

3.) Hampton Inn - Gretna
200 McBride Lane
Gretna, VA 24557
434-656-9000

4.) Holiday Inn Express Hotel & Suites
395 Old Franklin Tpke
Rocky Mount, VA 24151
540-489-5001

Also other areas of Roanoke and Lynchburg



Entry forms must be signed and mailed to:

Doug Fonder
2721 Brambleton Ave. SW
Roanoke, VA 24015



Or electronically: 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, 2022 _____ 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.

Circle Events: 5K Paddleboard; - 5K Swim; - Splash & Dash; Half-mile swim; - One-mile swim.

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.