



We strive to provide all participants with professional guidance while emphasizing: individual and team growth, good sportsmanship, and a healthy lifestyle. It is our goal to encourage and nurture a lifelong appreciation for the sport of swimming

## **GULF Open Water Championships Hosted by RICE Aquatics**

### **Warm Up Reminders**

#### **PARKING/VENUE**

There is a \$5 entry/parking fee per car as you enter the venue. This is paid at the gate. No dogs are allowed in the park.

#### **WARM UP**

The race course will be open for warm up at 8:15 am. Warm up will end at 8:45 am. Only registered swimmers may enter the course. After the first race starts there will be no continuous warm up location, although swimmers will be allowed to loosen up briefly just prior to the start of a race.

#### **CHECK IN**

All swimmers must check in with the clerk of course. All swimmers will be numbered by clerk of course for identification and where their team's swim cap. Tee Shirts are distributed to a coach or team rep/ not handed out individually.

#### **EVENT SCHEDULE**

1. 9:00 am, 800 meter swim, check in 8:00 am to 8:30 am (4 waves- 12 & Under Girls, 13 & Over Girls, 12 & under Boys, 13 & Over Boys)
2. 10:00 am, 1 mile swim, check in 8:00 am to 9:30 am (2 waves Girls , Boys – we will send 13&overs first for each gender with 11-12 following a few minutes back competing for a spot on the All Star Team)
3. 11:00 am, 2 mile swim, check in 8:00 am to 10:00 AM (2 waves Girls, Boys)

All USA swimmers will be started at the scheduled start time. Staggered starts by age or sex may be used at the discretion of the meet referee dependent upon the number of swimmers entered in each event. There will be pre-race instructions given 10-minutes prior to each race. Also please watch the attached pre-race video with your team prior to the meet.

#### **SAFETY/EMERGENCY PROCEDURES**

Please go over these with your swimmers before race day. Some of this information will be a part of the pre-race conversation. 1 team rep/coach needs to share their cell phone for contact by meet management for any notifications leading up to/day of the vent. Also teams can follow @RiceOpenWater on Twitter for mass notifications in case of any weather delays.

### Safety/Emergency Procedures:

1. If you are apprehensive about participation in the swim or your ability to complete the distance, please withdraw before entering the water at the start—this is not the time to test your open water swimming skill for the first time.
2. If you need assistance during the race, wave one arm overhead, a paddler will come to you.
3. If you drop out before or during the race, report immediately to the finish line judge under the finish banner so your safety can be accounted.
4. Faster swimmers should position themselves closer to the start line at the edge of the water with slower swimmers assuming a less risky position further back on the beach.
5. Emergency staff will be stationed *Behind Meet Management*
6. A cut off time of *20 min / 1/2 mile* will be enforced. Any swimmer still in the water at this time will be brought to shore—please cooperate for your own safety.