

**TRI VALLEY MASTERS and TRI VALLEY AQUATICS
USA/PACIFIC SWIMMING and USMS OPEN WATER MEET
2019 Del Valle Open Water Festival, June 8-9, 2019**



Enter Online: <https://www.teamunify.com/team/dvowf/page/home>

SANCTION: Dual sanctioned meet, held under USMS Sanction No. **389-W001** and USA/Pacific Swimming Sanction No. **OW-19-002**
In granting this sanction it is understood and agreed that USMS and USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

NOTICE: By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results. Official results will be posted on the Internet at <https://www.teamunify.com/team/dvowf/page/home> and <http://www.bigskyendurancesports.com>.

USE OF AUDIO AND VISUAL: Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the facility by the Meet Referee or his/her designee.

MEET PERSONNEL:
Meet Referee: Markus Daene
Independent Safety Officer: Eric Nurse/Aaron Roth
Admin Official: Mary Ann Nygren
Meet Director: Bill McCracken, mccracmiller@pacbell.net, (925) 216-7918

LOCATION: Lake Del Valle (East Swim Beach), Livermore, California

DIRECTIONS: The Del Valle Regional Park, Livermore, CA., is located on Del Valle Road off Mines Road. From I-580 take the North Livermore Ave exit and head south 3.9 mi (North Livermore Ave will become South Livermore Ave). Turn right onto Mines Road. Go 3.5 miles and continue straight on Del Valle Road (Mines Road turns left). Drive 4 miles over the hill to the park entrance (there is a parking fee). After the entrance go right and park near the lake. https://www.ebparks.org/parks/del_valle/

COURSE/FEEDING: This is an open water freshwater lake swim. The course maps are shown at the end of this document. The 10K race will be four loops of a 2.5K course, the 5K race will be two loops. The course consists of six turn buoys and several guide buoys. For the Saturday events, a feeding station will be provided in the water at the 2.5K marker (start buoys) with water, electrolyte replacement and energy gel.

The 2.5K race will use the same course as the 5K and 10K events. The 1.2K race consists of the course using three turn buoys only. For all races, the start will be an in-water start, and the finish will be on shore.

A separate designated roped in swim area for warm-up will be available throughout the meet. Swimming outside of this area for warm up or warm-down will result in disqualification.

CONDITIONS: The expected water temperature: 67-73 degrees. Each course is patrolled by safety craft. Participants should be adequately trained for open water swims of this length. Previous experience in similar water conditions is highly recommended.

ABANDONMENT: If local condition or safety concerns lead to abandonment during the race, athletes are required to follow the instruction from lifeguards and other meet supporting personnel. In such a case, the event shall be considered complete. The final placings of all athletes shall be determined by the Meet Referee. Situations not covered shall be determined by the Meet Committee.

TIME: Del Valle Regional Park opens at 6:00 A.M. each day. Check-in opens on Saturday at 6:30 A.M and on Sunday at 6:45 A.M. Mandatory safety meetings will be held approximately 25 minutes before the start.

On Saturday, the 10K swim starts at 8:00 A.M., followed by the start of the 5K swim shortly after the 10K start.

On Sunday, the 1.2K swims begin at 8:30 A.M. and the 2.5K swims begin at 10:00 A.M.

All race start times are approximate.

Warm-up will be available starting at 6:30 A.M. each day in the roped off area only.

RACE CUTOFF TIMES: For the 10K swim, the cutoff time is 3:30 hours, for the 5K swim 3:20 hours after the start of the race. An additional cutoff time for the 10K will be enforced to athletes not passing turn buoy 6 after their third lap 2:30 hours from the start and will be disqualified and directed to swim to shore from turn buoy 6. An additional cutoff time for the 2.5K will be enforced to

athletes not passing turn buoy 6, 85 minutes from the start. Those athletes will be disqualified and removed from the course by safety personnel.

Cutoff times are 50 minutes for the 1.2K swim and 90 minutes for the 2.5K swim after the start. Athletes unable to finish within the cutoff time will be removed from the course by safety personnel and disqualified. The cutoff time is extended for USAS athletes to 30 minutes after the first athlete in the same age group finishes or to the given cutoff time, whichever is longer.

GENERAL RULES:

- For USAS athletes, current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- For USMS athletes, current USMS rules will govern the meet.
- Events may start in waves, depending on the number of entries. Waves will swim fast to slow. The waves will be denoted by different color caps. Wetsuits might be seeded in a separate wave. USAS athletes will start their race in a different wave than USMS athletes.
- All athletes ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the number of splashes exceeds the number of athletes that can be safely accommodated. The 5K and 10K events combined are limited to 350 athletes.
- All Officials must be current on their background check, athlete protection training and concussion training according to USAS standards.
- **All USAS coaches and deck officials must wear their USA Swimming membership cards in a visible manner.**
- **There will be a safety meeting before the start of races. The safety meeting is mandatory to all participants.**
- Athletes who have not finished by the cutoff time or have not reached the point for the additional cutoff time in the 10K and 2.5K event will be disqualified.
- All races are unescorted swims. All watercrafts, including boats, paddle boards or kayaks are prohibited on, at or near the race course during the time of the event, except for those used by the host team for conducting the meet or lifeguard operations.
- All athletes must wear the provided swim cap. If two caps are worn, the provided cap has to be on the top.
- The 10K and 5K events swim concurrently. Athletes can only swim one of those events but not both.
- USMS Just for Fun Division (for 1.2K and 2.5K events only): Fins or pull buoy allowed – all proceeds benefitting Northern California Relief Efforts. Athletes in this division will start in the USMS category-2 wave. Fins must consist of soft rubber material with a length of no more than two feet and are subject to approval by the referee for safety reasons.
- The timing system will be electronic timing with chips that must be worn at the ankle. Timing chips will be given out at registration and must be returned after the race. Athletes not returning or losing the timing chip will be charged with a replacement cost of \$25.
- Disqualified athletes must leave the water immediately.

UNACCOMPANIED ATHLETES: Any USA-S athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USA-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the athlete or the athlete's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USA-S Club Member-Coach.

RESTRICTIONS:

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages are prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- All shelters must be properly secured
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited at Del Valle Regional Park and in particular over the venue (race course, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

ADDITIONAL RESTRICTIONS for USAS Athletes:

- Deck Changes are prohibited. Restrooms facilities for changing are available at the Del Valle Regional Park, one close to the start and finish area.
- Finger and Toe nails should be neatly trimmed and not extend past the finger/toe, in order to prevent injury to others. Race Officials may require nail trimming in order to compete.

ELIGIBILITY:

- Athletes must be current members of USA-S or USMS. One-event registration covering the whole meet is available for USA-S (\$10) and USMS (\$15) athletes. This can be found on-line and on race day.
- Athletes that hold a USMS and a USA Swimming registration, must select only one organization with which to compete for the entire meet.
- USAS Athletes must be current members of USA-S and enter their name and registration number on the meet entry cards as they are shown on their Registration Card. If this is not done, it may be difficult to match the athlete with the registration and times database. The meet host will check all athlete registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- **USAS athletes of age 11 and older** are eligible to participate in this meet.
- The 10K swim is available to USMS athletes only.
- USMS Athletes must be current members of U.S. Masters Swimming.
- Entries with "NO TIME" will be ACCEPTED.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming or USMS policy.
- The age for USMS athletes shall be determined by the age of the athlete on December 31 of the year of competition, except for 18-year-olds, who must be 18 on the day that they swim.
- For USAS, the athlete’s age will be the age of the athlete on the first day of the meet.

ENTRY FEES:

event	10K	5K	1.2K	2.5K
Pre-race registration (online)	\$75	\$75	\$45	\$45
			\$55 (both)	
Race day registration	No race day registration	\$85	\$60	\$60
			\$70 (both)	

No refunds.

The online processing fee of \$5.00 waived on all online entries prior to 11:59PM on 5/9/19.

Event T-shirts are available if pre-ordered (online registration) by 5/24/19 for the cost of \$10. Limited quantities and sizes are available at race day for \$15.

ENTRIES: To enter online go to <https://www.teamunify.com/team/dvowf/page/home>. There are links for online registration for both, USAS and USMS members.

Online registration for the **10k** closes 11:59PM on **5/31/19** or when race participant limit of 350 athletes for the 5k and 10k combined is reached. No race day entries allowed for the 10k. Online registration for the 5K, 1.2K and 2.5K closes 11:59PM on **6/6/19** or when race participant limit is reached. Mailed or hand delivered entries are not available pre-race. Athletes can register at the registration desk on race day, if the race participant limit is not reached.

Race day registration for a “one-event” membership for USAS and USMS are available online at the registration desk on race day.

CHECK-IN: The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. Registration is open on Saturday from 6:30 to 7:30 A.M., and on Sunday from 6:45 to 9:15 A.M. Registration for the 1.2K race will close at 8:00 AM. Athletes who do not check in will not be seeded and will not be allowed to compete in that event.

SCRATCHES: Any athletes not reporting for or competing in the race that they have checked in for shall not be penalized.

AWARDS USMS:

- Medals will be given to the first 3 finishers in each sex/age in the Category 1 (non-wetsuit division) (19-24, 25-29, etc.) in each race.
- Category 2 (Wetsuit Division): Medals will be given to the first 3 men and the first 3 women in the wetsuit division in each race.
- Just for Fun Division: Awards will be given to top three finishers of all entrants

AWARDS USAS:

- Medals will be given to the first 3 finishers in each sex/age group (11-12, 13-14, 15-16, 17-18) in each race.

ADMISSION: Free. There is parking fee when entering the park.

MISCELLANEOUS:

- No overnight parking is allowed or must be arranged separately with the park.
- There is very limited or no cell phone reception at the lake.
- **Athletes are strongly advised to arrive early on race day. Delays entering the park should be expected.**

EVENT SUMMARY

SATURDAY, June 8, 2019		
Registration: 6:30 to 7:30 A.M	Safety meeting: 7:35 A.M.	Race start: 8:00 A.M.
Event 1: 10K (USMS only)		
Event 2: 5K (USAS 11 and over, USMS)		

Event 1 and 2 will swim concurrently. Athletes can participate in one of the events, but not both. USAS and USMS athletes will start in separate waves. Typical waves: 1 USMS 10K, 1 USAS 5K, 1 USMS 5K. Event 2 starts shortly after the event 1 start. Race start times are approximate.

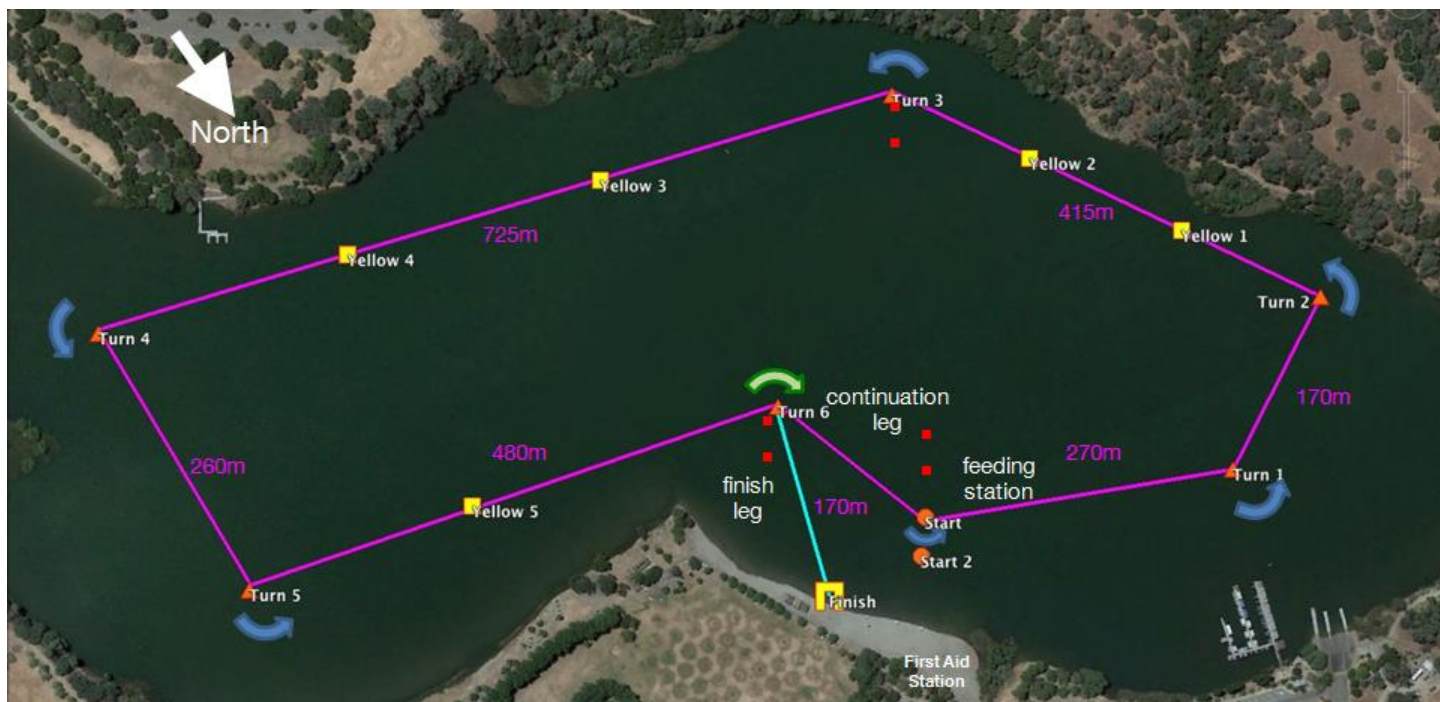
SUNDAY, June 9, 2019		
Registration: 6:45 to 8:00 AM	Safety meeting: 8:05 A.M.	Race start: 8:30 A.M.
Event 3: 1.2K (USAS 11 and over, USMS)		
Registration: 6:45 to 9:15 A.M.	Safety meeting: 9:35 A.M.	Race start: 10:00 A.M.
Event 4: 2.5K (USAS 11 and over, USMS)		





USAS and USMS swimmers will start in separate waves. Typical waves 1.2K and 2.5K: 3 USMS Cat. I, 1 USAS, 1 USMS Cat. II + Just for fun. Race start times are approximate. The USMS Just for Fun Division is only available for the 1.2K and 2.5.

Course maps

2.5km, 5km, and 10km events

Del Valle Open Water Festival



-  Start
-  Turn
-  Sight buoy (*pass either*)
-  Finish arch





2.5km – 1 loop; 5.0km – 2 loops; 10.0km – 4 loops

Keep orange turn buoys (Start, 1, 2, 3, 4, 5) on your *left*
 Keep orange turn 6 buoy on your *right*
 Yellow sight buoys may be passed on *either* side
 All distances are rounded to the nearest 0.1 km.

1.2km Swim

Del Valle Open Water Festival



-  Start
-  Turn
-  Sight buov (pass *either*)
-  Finish arch

1.2km – 3 turns

Keep *all* orange turn buoys on your *left*
 Yellow sight buoys may be passed on *either* side

