

2024 Donner Dip

**Hosted by Northern Nevada Aquatics and
Sierra Nevada and Pacific Swimming**

2024 Open Water

Truckee, CA | ~~August 11~~ September 14, 2024

Event Image / Logo Coming Soon

1K Race (9-12)

Race Time – ~8:30am

5K Race (13-0)

Race Time –~9:00am

3K Race (11-14)

Race Time –~10:15am

RACE START TIMES ARE SUBJECT TO CHANGE. FINAL TIMES WILL BE ANNOUNCED PRIOR TO THE MEET

Donner Lake, Truckee, CA | Hosted by Northern Nevada Aquatics

2024 Donner Dip Open Water Swim

Sanctioned by: Sierra Nevada Swimming & Pacific Swimming. Date of Meet: Saturday, September, 2024

Hosted by: Northern Nevada Aquatics. Entry deadline: Saturday, September 14, 2024

Sanction Number: SN-OW-10

VENUE: East Beach Donner Lake, Truckee, CA – Adjacent to the Beach Club Marina 12915 Donner Pass Road, Truckee, CA 96161 United State Apple Maps Pin: Click [HERE](#)
Google Maps Pin: Click [HERE](#)

WARM-UP: Designated areas in the bay will be available for warm up prior to races.

MEET REFEREE: The meet referee shall be in charge of the meet. Any questions regarding the conduct of the meet should: be directed to Meet Referee: ??? - email@hotmail.com.

MEET DIRECTOR: Erik Scalise nnaswimmeet@gmail.com: 775-331-0123. Please direct all event related questions to the meet director.

RULES: Current USA Swimming rules, including the *Minor Athlete Abuse Prevention Policy (MAAPP)*, will govern this meet. All coaches on deck must complete the CDC or NFHS Concussion course. Current Pacific Swimming Meet procedures will be enforced and take precedence over any errors or missions on this entry form . Please see Part Seven of the USA Swimming Rules & Regulations for a complete list of Open Water Rules. Swimmers must swim in their actual Age Group as determined by their age on **August 11, 2024**.

DISABILITY SWIMMERS: Please contact the Meet Referee regarding any special needs. The swimmer/coach shall provide any assistance(s) and/or equipment required.

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones are not permitted in locker rooms, areas or restrooms. Recording devices are not permitted behind the starting blocks during the sequence throughout the meet. This meet may be covered by the media, including photographs, video, webcasting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

DRONES: Operation of a drone or any flying apparatus is prohibited over the venue (pools, athlete/coach areas, spectator areas, open ceiling locker rooms, lake, race course, and other race related features) any time athletes, coaches, officials and/or spectators are present.

ELIGIBILITY: The Western Zone Open Water Championships are open to all participating athletes and clubs from LSCs designated in the Western Zone. Athletes must be currently registered as year-round members with USA Swimming, and meet the specific event qualifying criteria. All athletes 18 years or older must complete ATHLETE PROTECTION TRAINING (within 30 days of turning 18).

All swimmers, coaches, and officials participating in this competition must be currently (2024 or 2025) registered with USA Swimming. All Coaches are required to complete the USADA Coaching Advantage, and all officials and coaches are to have completed Concussion Protocol Training. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

All swimmers must be registered with USA Swimming by the entry deadline.

SWIMWEAR: No swimmer shall be allowed to use or wear any device that may be an aid to his/her speed, endurance, or buoyancy. A maximum of two (2) caps may be used. Swimwear must conform to USA Swimming Rule 701.5. Only swimsuits complying with FINA Open Water swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

AWARDS: 1st– 3rd place finishers, male and female, will be awarded medals for each event and each age group 10 and under, 11-14, and 15 and over. Final results will be posted on the course and uploaded to the Pacific Swimming special events page: [HERE](#)

ENTRY PROCEDURE: Race entry file will be available for download from NNA's Open Water Page [HERE](#) (File available Saturday June 14, 2024) or visit our website at www.northernnevadaaquatics.com. **Entries will be due no later than Saturday, September 14, 2024. Email entry files to Erik Scalise (nnaswimmeet@gmail.com).**

ENTRY FEES:

5K Race: \$25 / 3K Race: \$25 / 1K Race: \$25

There is a \$40 per athlete surcharge.

Payments:

Payable to: Northern Nevada Aquatics (NNA)
Mail entry fee check to: Northern Nevada Aquatics
c/o Donner Dip
1135 Terminal Way Suite 106
Reno, NV 89502

** Please waive signature for delivery

TECHNICAL MEETINGS: All swimmers and coaches must attend the technical meeting prior to race day. Each coach and swimmer are responsible for all information distributed at this meeting. Technical meeting(s) will be conducted virtually, via Zoom. Meeting information will be published the week of the meet.

PRE-RACE BRIEFINGS: In addition to the technical meeting, all swimmers must be present for the Pre-Race Briefing at the race start area prior to each race. At this meeting, race officials will distribute last minute information on weather and water conditions, emergency procedures, etc. Briefings will be held 15 minutes prior to the scheduled race start. **Positive check-in is required - once checked into the staging / briefing area athletes will not be permitted to leave to ensure final head count prior to entering the water.**

WEATHER CONTINGENCY: The safety of swimmers is our primary concern. Therefore, this event may be delayed or canceled due to poor conditions. The Independent Safety Monitor and the Meet Director will make this decision. The following rescheduling priorities will be used:

- Priority 1 – Later during the race day
- Priority 2 – USA Swimming Sanctioned events (Western Zones Championship) will take priority over Donner Dip

(Sport Races: Non Sanctioned) scheduled immediately following the morning session.

RACE DAY SCHEDULES: *RACE START TIMES ARE SUBJECT TO CHANGE.* Race check-in times, briefings, start times and exact schedule of events will be determined after the entry deadline.

Race day check-in:

Boy's / Girl's races: **Opens - 7:30 am / Close 8:20 am.**

Check-in for later races will open 1 hour prior to the scheduled start of the race. Athletes are encouraged to arrive 1 hour before their approximate race start time.

MANDATORY Pre-Race Briefing: Briefings will take place in designated meeting area 15 minutes prior to race start (men's & women's race meetings will be done together if possible)

PARKING INFO: Directions and signage to the race site will be posted in the park and surrounding public parking areas. Parking will be available along Donner Pass Road and in a small parking area adjacent to the road. Please allow 15 minutes for parking and walking to the venue. There is no charge to park.

HOTEL INFO: ALL PARTICIPANTS ARE STRONGLY ENCOURAGED TO STAY AT THE DESIGNATED HOTEL BLOCKS. List of Supporting Hotels available on NNA event website: [HERE](#)

QUALIFYING STANDARDS & AGE DIVISIONS:

The Coronado Strand Classic (Western Zone Championships) will have the following age groups for each race:

- • 5K Races: 13 and Older as of December 31, 2024.
- • 3K Races: 11-18 as of December 31, 2024.
- • 1K Races: 9-12 as of December 31, 2024.

WESTERN ZONE OPEN WATER QUALIFYING STANDARDS							
		1K		3K		5K	
		Girls	Boys	Girls	Boys	Women	Men
9-10	200 LCM	3:45.79	3:33.49	--	--	--	--
	200 SCY	3:18.99	3:06.69	--	--	--	--
11-12	200 LCM	3:02.29	2:57.49	2:54.29	2:44.09	--	--
	200 SCY	2:40.39	2:34.59	2:32.09	2:22.99	--	--
	400 LCM	6:23.89	6:15.49	6:06.79	5:49.09	--	--
	500 SCY	7:08.79	6:57.29	6:47.79	6:26.59	--	--
13-0	200 LCM	--	--	2:23.19	2:14.27	2:23.19	2:14.27
	200 SCY	--	--	2:04.99	1:57.49	2:04.99	1:57.49
	400 LCM	--	--	6:06.79	5:49.09	5:07.29	4:46.09
	500 SCY	--	--	6:47.79	6:26.59	5:43.39	5:17.69
	800 LCM	--	--	12:35.99	12:05.89	10:35.39	10:00.09
	1000 SCY	--	--	14:01.99	13:21.19	11:50.79	11:02.59

	1500 LCM	--	--	24:06.39	23:06.49	20:20.49	18:59.09
	1650 SCY	--	--	23:23.49	22:18.89	19:47.29	18:30.39

COURSE INFO: The planned course map is provided. It is subject to change. There will not be feed stations for these races. An in water “rope start” will be used to begin the races. Athletes will swim the lap section of the course clockwise (if applicable) and keep designated turn buoys on their right per the course map.

Athletes will finish the race in the water by touching a finishing pad. Finishes will be judged by race officials. Video replay at the finish will be available. Electronic chip timing will be available.

Anticipated conditions:

- • Water temperature will range between 64-70°F
- • Air temperature will range between 50-75°F
- • Current: None
- • Marine life: Fish

Athletes are limited to finishing their race within 30 minutes of the first finisher.

Jr. National Qualifying Criteria: The 2023 Western Zone Open Water Championship will serve as a qualifying event for the 2024 USA Swimming Open Water Junior National Championships.

7.5K Qualification

➤ Finished in the top 10 at the 2023 USA Swimming 5K Open Water Zone Championships (Open Division Only). *

5K Qualification

➤ Finished in the top 15 at the 2023 USA Swimming 5K Open Water Zone Championships (Open Division Only). *

* The “Open” Division of the 5K Open Water Zone Championships will be the only event used for the qualification towards USA Swimming’s National Level Events. Qualification from age group events will not be allowed.

** Any questions regarding these criteria can be directed toward Bryce Elser (belser@usaswimming.org).

RACE SAFETY AND EMERGENCY INFORMATION

Independent Safety Monitor: Nick Parino (nnaswimmeet@gmail.com).

Supervision

Races will be supervised by certified lifeguards, provided by CSTE. Motorized water safety crafts will be on the course during races, following the athletes. In addition to the motorized crafts, lifeguards in kayaks and monitoring from the peer’s spread-out along the course approximately every 150m.

Accounting for Swimmers

Competitors will have pre-assigned race numbers. All swimmers will be marked with their race number at check-in. The number of swimmers in a race, that have entered the water, will be announced to all officials and safety personnel prior to the start of each race.

Each swimmer is required to have a Handler present at the meet. The Handler's cell number will be recorded at swimmer check-in and made available to meet staff on a printed list. If a swimmer can't be found, the first call will be to the Handler. A Handler may be responsible for more than one swimmer. This Handler may be a Coach but does not have to be,

Each swimmer will be assigned a unique number and will receive a "ticket", that will include the number matching their body marking, and will need to be presented for water entry for their race.

Communication

Meet officials will have direct radio communication with each other and the Safety Monitor, who will be located on shore. If the lifeguards on the course do not have radio communication, non-verbal communication will be used to indicate a swimmer in distress or an emergency. The non-verbal communication will be lifting and waving the kayak paddle in the air while issuing a series of short whistle blasts.

Evacuation

In the case of an emergency, athletes will exit the course at closest pre-designated piers on the south/southeast sides of the course (Naval Amphibious Base Coronado). An emergency will be indicated by the lifeguards issuing 3-long whistle blasts. Athletes will be escorted to Mega Pier indicated on the map - after exiting the water where a head count will be conducted and total head count will be passed to Meet Director and EMS personnel. If an athlete is unable to evacuate on their own, kayakers will secure the athlete until a motorized watercraft can assist the athlete to shore. The start/finish area will be the primary evacuation point.

EMTs & Hospital

Coronado Fire - lifeguard division will be on-site and will be responsible for calling additional EMS/ Paramedic personnel if required. The person will be transported to:

Tahoe Forest Hospital

10121 Pine Ave, Truckee, CA 96160 (530) 587-6011

Medical Equipment

AEDs and first aid are available near the start/finish area. Lifeguards will have basic first aid on hand.

Thermal Safety

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Tents for shade will be setup in the athlete hospitality areas. Bottles of water and snacks post-race will be provided, but athletes are strongly encouraged to bring their own hydration.

[The event will be in compliance with USA Swimming Rules. See Section 7 of the USA Swimming Rulebook for more information or topics not addressed in this meet form.](#)

COVID-19 ASSUMPTION OF RISK AND SOCIAL DISTANCING PROCEDURES

Local Protocols & Requirements

- All local, city, county, and state mandates at the time of the races will be strictly followed. This includes mandates on masks and gathering sizes for outdoor events. If necessary, we will adjust the race schedule to adhere to these mandates.

Event Conduct Statement

In applying for this sanctioned event, the Host, CSTE, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, SI Swimming, the State of California and the City of Coronado.

Assumption of Risk

All athletes, coaches, parents, volunteers, and officials will sign the Sandpipers of Nevada *Waiver of Liability Relating to Coronavirus/COVID-19*. The waiver is included in this Meet Form.

COVID 19 Liability Statement:

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 Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned 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 SAN DIEGO IMPERIAL SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING 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, UNKNOWN FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS EVENT

LIABILITY:

IN GRANTING THIS SANCTION AND BY ANY PERSON'S PARTICIPATION IN THE EVENT, IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING, INC., WESTERN ZONE., SAN DIEGO IMPERIAL SWIMMING, INC., CORONADO SWIM ASSOCIATION – TEAM ELITE INC, AND ALL MEET OFFICIALS SHALL BE FREE FROM ANY AND ALL LIABILITIES OR ANY CLAIMS FOR ANY DAMAGES, EVEN IF SUCH LIABILITIES OR CLAIMS ARE DUE TO THE NEGLIGENCE OF SUCH ORGANIZATIONS, ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET.

Damage to a facility, when proved, will cause the offending swimmer, to be held accountable for repairs.

COVID-19: We have taken enhanced health and safety measures – for our employees, swimmers, and members. 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 Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in this meet swimmers, coaches, and officials voluntarily assume all risks related to exposure to COVID-19.

Course Map: