

SBSC presents “THE BIG WAVE” Open Water Swim Friday July 1st, 2016

Race info and results available at sbswim.org

Events Sanctioned by USA- #S16-202, USMS-#336-W005

USA-S/USMS REGISTRATION REQUIRED - NO EXCEPTIONS

EVENT #1. Women’s 13-14, 15&O 400 METER Prelim, Semi-Final*, Final
 EVENT #2. Men’s 13-14, 15&O 400 METER Prelim, Semi-Final*, Final
 EVENT #3 Women’s 11-12 400 METER Prelim, Final**
 EVENT #4 Men’s 11-12 400 METER Prelim, Final**

EVENT #	CHECK IN TIMES	START TIMES	START LOCATION
1	4:30-5:30pm	6:30pm	Leadbetter Beach, Santa Barbara, Ca
2	4:30-5:30pm	6:30pm	Leadbetter Beach, Santa Barbara, Ca
3	4:30-5:30pm	approximately 7:00pm	Leadbetter Beach, Santa Barbara, Ca
4	4:30-5:30pm	approximately 7:00pm	Leadbetter Beach, Santa Barbara, Ca

AWARDS: Distinctive awards will be given to the women’s champion of event #1 (both 13-14 and 15&O age groups) and #3(11-12 age group) and men’s champion of event #2 (both 13-14 and 15&O age groups) and #4(11-12 age group). No separate awards for Masters swimmers. Total of 6 champions will be recognized based upon the results of Championship finals race. 1st, 2nd and 3rd place in each age (11-12, 13-14, 15 & O) will receive awards.

ELIGIBILITY: 2016 USA Swimming/USMS registration is MANDATORY. Proof of membership required.

One day USA-Swimming membership available for \$20 on race day.

WETSUITS ARE NOT ALLOWED

RULES: USA-S rules govern. Swimmers must check-in with Clerk of Course.

ENTRY FEES: Events 1 – 4 \$15

DIRECTIONS: Exit 101 at Castillo St. Turn Right onto Shoreline Dr. Left at Loma Alta Dr.

MEDIA NOTICE – Entry into the event is acknowledgement and consent that media including photos, video, and other forms of obtaining images of athletes may be used.

*If there are less than 8 athletes entered in the event there will be no semi-final heat. Event will run as prelims/finals only.

**If there are less than 8 athletes entered in the event there will be a single championship final heat (no preliminary heat).

For more information contact Mark Warkentin at markdwarkentin@gmail.com

Make checks payable to: Santa Barbara Swim Club

TEAM CODE

Mail to: P.O. Box 4125 Santa Barbara, CA 93140

EVENT # _____

Name: _____ Age: _____ Sex: _____ Email _____
(last) (first)

Address: _____ State _____ Zip _____

Phone # (____) _____

Events:1-4 \$15 payable on race day only at Los Banos during race day check-in. Entries will NOT be accepted at the beach at the start of the race

NO REFUNDS will be given in the event the race is cancelled due to weather or safety concerns

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 Masters 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 UNITED STATES SWIMMING, OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES SWIMMING, INC., SOUTHERN CALIFORNIA SWIMMING, INC., THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, ALL CITIES, COUNTIES, DISTRICTS AND/OR STATES IN WHICH SAID EVENT MAY BE STAGED OR IN WHICH SEGMENTS MAY BE RUN, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS AND/OR USS as appropriate. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

 Signature of Participant (Parent or Guardian if under 18 years of age)

Date

USA Swimming Open Water Rules will govern. Current USAS Swimming and SCS Open Water procedures will be enforced and take precedence over any errors or omissions on this entry form.

SANTA BARBARA SWIM CLUB "THE BIG WAVE" OPEN WATER RACE

Friday July 1st 2016

EVENT OPERATIONS

COURSE DESCRIPTION:

A 400 meter rectangle shaped course that will start on the beach and be swum in a counter-clockwise direction with two (2) left hand turn buoys.

Beach to Turn Buoy #1 will be 100 meters

Turn Buoy #1 to Turn Buoy #2 will be 200 meters (LEFT TURN)

Turn Buoy #2 (LEFT TURN) returns athletes to the beach 100 meters

RACE DESCRIPTION:

Athletes will be given a colored cap based upon age division (11-12, 13-14, 15 and O) for preliminary heat. Fastest half of total entered athletes in each age division in prelims heat will advance to semi-finals heat for age division (13-14 and 15 & O). Fastest half of entered athletes in semi-final heat will advance to championship finals heat. Fastest half of entered athletes of 11-12 age division in prelims heat will advance to championship finals heat (no semi-final). If there are less than 8 athletes in an age group entered in the event there will be a single championship final heat (No Prelim/Semi-Final).

START TIME:

Events #1 and #2 will begin at 6:30pm. Events #3 and #4 will begin at approximately 7:00pm

WATER TEMPERATURE:

The average water temperature for this time of year is 65F and has been between 60F and 68F historically.

START/FINISH

The event will start on the beach approximately 10 feet from the water's edge. The finish will be on the beach marked with flags.

ONE DAY REGISTRATION

Participants not currently holding USA/USMS swimming membership can register with USA Swim for a 1 day fee of \$20. Registration will be available at event Check-in.

July 1st RACE DAY TIMELINE

4:30PM to 5:30PM: **CHECK-IN opens at Los Banos del Mar pool. Check-in will not be available at Leadbetter Beach. All athletes must check-in at Los Banos on race day in order to compete.**

6:25PM Mandatory safety meeting for race participants in events #1 and #2 at the start line of race

6:30PM Prelims of Events #1 and #2

6:35PM Semi-Final of Events #1 and #2

6:40PM Championship Final of Events #1 and #2

6:45PM Awards presentation for Events #1 and #2

6:55PM Mandatory safety meeting for race participants in events #3 and #4 at the start line of race

7:00PM Prelims of Events #3 and #4

7:05PM Finals of Events #3 and #4

7:10PM Awards presentation for Events #3 and #4

If we have enough Masters entries we will have separate Masters heats. If not, they will swim with the 15/O's.

TECHNICAL MEETING BRIEFING AT LOS BANOS

1. Course Directions
2. Course Markers
3. Rules
4. Starting Procedures and Signals
5. Finish Procedure
6. Cut-off time
7. Getting Aid While Swimming
8. Swimmers Obligations if they do not finish
9. Opportunity for pre-race withdrawal
10. Positioning of athletes at Start of Race.

SAFETY

The SB beach lifeguards will be in charge of the safety of all of the athletes in the race and will be in charge of all rescues taking place along the course.

IN-WATER GUARD STAFFING

THREE SB beach lifeguards will be on paddleboards stationed in the water at the turn buoys. TWO additional SB beach lifeguards will be on paddleboards on the course. During the LC race the additional lifeguards will be stationed at the intermediate buoys. During the SC race the additional lifeguards will be spaced proportionally on the course line.

ON LAND GUARD STAFFING:

TWO SB Beach lifeguards will act as land guards and will be in charge of water safety in the impact zone at the start/finish line and will respond to the extrication zone to receive rescued swimmers from the water. When a rescue is signaled the designated land guard should expedite to the extrication zone and start swimming out past the impact zone to either intercept a victim or act in a secondary position of assistance to the in-water guard staff. The shotgun guard will be utilized as the liaison between the unit and the land guards. If all land guards are committed on rescues than the shotgun guard will assume the role of land guard until all guards are finished last.

MEDICAL LAND STATION UNIT:

One two-rescuer unit (truck) will be utilized as the medical/land staging unit. Any swimmers that are extricated from the water via SB lifeguards should be evaluated at the unit and either immediately released or referred to Doctors and medically trained staff that will be on site and/or ambulance for further evaluation & treatment.

SAFETY PLAN

SWIMMER IN DISTRESS:

- CONSCIOUS SWIMMER:
 - If a swimmer becomes panicked or otherwise needs assistance from rescue personnel they shall raise one arm in the air and/or wave arm
 - The nearest Lifeguard paddler will engage them and give flotation
 - An assessment will be made as to the status of the patient and whether they can finish the race or not.
 - This will be relayed to land unit/race coordinator along with patient name/race #
 - Lifeguards will meet patient on shore and patient will either be assisted to ambulance for further evaluation or to finish line for accountability and DNF designation.
- UNCONSCIOUS SWIMMER
 - If a swimmer is witnessed to be unconscious at the surface of the water, the nearest lifeguards will respond and give flotation and open airway.
 - Lifeguard will execute an emergency transport to shore.

MISSING SWIMMER/COMPETITOR:

- WITNESSED CONFIRMED SUBMERGED SWIMMER:
 - If a confirmed submerged swimmer is declared by a lifeguard during the race, a “Code X” hand signal will be given by the witnessing/declaring lifeguard and the Division Leader will communicate “Code X” to the IC and Land unit. The IC and Land unit will then contact the Race Director and notify the need to stop the race.
 - The Lifeguard IC will assume command of the incident.
 - All needed resources will be requested and coordinated by the IC including Harbor Patrol, Fire Dept, Helicopter, Coast Guard, Law Enforcement
 - All non-essential, non-emergency vessels will be cleared from the area The Land Branch will oversee the Water Evacuation Operation.
 - Water Division Leaders will acknowledge “Code X” by radio and then relay verbally and via hand signals to their lifeguards that there is a “Code X”. Upon

receiving the “Code X”, all competitors in the water will be instructed by lifeguards to STOP RACING immediately and to swim straight into shore to be accounted for by the Race Director.

- Water Division leaders will ensure swimmers in their division know to return to shore and check in with the event coordinator for accountability.
 - All paddlers on the inside of the course will ensure racers safely make it to shore and cross the start/finish timing mat to be accounted for.
 - Once all swimmers have safely exited the water, the remaining lifeguard personnel will be assigned to the Search and Rescue Operation.
 - The Extrication Division will standby at its designated location to receive a recovered patient.
 - Law Enforcement will be requested to take a report and for crowd/traffic control
- **NON WITNESSED MISSING COMPETITOR:**
 - If a competitor is reported missing to the lifeguards but the exact last seen point cannot be verified by a witness, the Race Director and IC will be notified by Radio.
 - The Race Director will immediately check the competitors race number to verify if the competitor has exited the water.
 - The competitor’s wave (heat) and physical description including name, gender, age, hair color, eye color, clothing/race attire, will be communicated to the IC so an initial visual search can be conducted by all Divisions.
 - Law Enforcement will be requested take a report from the reporting party and to check on the competitor’s vehicle, family/friends contacts, and rule out other potential whereabouts in the Salt Creek vicinity.
 - If the competitor is confirmed to have entered the water and is still unaccounted for after 15 minutes, CONFIRMED SUBMERGED SWIMMER protocols will be initiated

SEVERE WEATHER PLAN:

Santa Barbara experiences limited weather related circumstances in the summer months. However, the race will be cancelled if severe weather or other unforeseen health/safety circumstances are present on race day. All safety measures related to weather, water quality or other will be determined by the head safety monitor on the day of the race.

SITE EVACUATION PLAN:

Race participants will exit the water at the nearest point to the beach (course is no more than 100 meters from beach) in the event of a water evacuation. Beach evacuation will be directly into the Leadbetter Beach parking lot and Shoreline Drive.

ATHLETE ACCOUNTABILITY

ATHLETES WILL BE BODY MARKED AT RACE SIGN-IN WITH NUMBERS ON ARMS AND HANDS. THE SIGN-IN PAGE WILL BE USED AT THE START OF THE RACE TO ACCOUNT FOR ALL ATHLETES AT THE STARTING LINE. RACE STAFF WILL CROSS CHECK ALL ATHLETES AS THEY EXIT THE WATER

THERE WILL BE A MAX # OF SWIMMERS WILL ALLOWED ON THE COURSE AT ANY ONE TIME. ATHLETE LIMIT DEPENDANT UPON SAFETY MONITORS AND LIFEGUARD RULES.

THREE LIFEGUARDS WILL BE IN WATER DURING RACE AND TWO ON BEACH. LIFEGUARD TRUCK WILL BE ON SITE

PADDLEBOARDS WILL BE USED AS PRIMARY METHOD OF REACHING DISTRESSED ATHLETE

RACE WILL BE CANCELLED IF THERE IS INSUFFICIENT SAFETY PERSONNEL AVAILABLE