



## Saturday Sept. 28

### **1.25K Race**

Masters Men's Race Time – ~9:10 am

Masters Women's Race Time –~9:15 am

### **2.5K Race**

Masters Men's Race Time –~12:10 pm

Masters Women's Race Time –~12:15 pm

### **5K Race**

Masters Men's Race Time –~1:30 pm

Masters Women's Race Time - ~1:35 pm

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

**Silver Strand - Coronado, CA | Hosted by CSTE**

# 2024 Crown City Open Water Classic

Sanctioned by: San Diego-Imperial LMSC for USMS Inc. Date of Meet: Saturday, September 28, 2024  
Hosted by: CSTE Entry deadline: Online Registration closes at 8AM on 28 September  
Sanction Number: 444-W001

**\*\*\*This event is being run in conjunction with USA Swimming's Western Zone Open Water Champions - while the events are being run together (separate waves for each distance), the 5K events will be swum at completely separate times as the USAS 5K event is a qualifying event for USA Swimming's Open Water Junior Nationals. USAS participants will register via meet entry file through their respective teams, while USMS will enter via online [RunSignUp event registration](#)\*\*\***

**VENUE:** GLORIETTA BAY PARK, Coronado CA - 1975 Strand Way, Coronado, CA 92118

Apple Maps Pin: Click [HERE](#)

Google Maps Pin: Click [HERE](#)

**WARM-UP:** Designated areas at the race location 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 execution of the meet should be directed to Meet Referee - Bill Eisenhamer: [beisenhamer@gmail.com](mailto:beisenhamer@gmail.com)

**MEET DIRECTOR:** Peter McVey [peter@swimcste.com](mailto:peter@swimcste.com): please direct all event related questions to the meet director.

**RULES:** Current USMS rules apply, outlined in part 3 of USMS 2024 rule book. Swimmers must swim in their actual Age divisions as determined by their age on **December 31, 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:** All swimmers in the Masters events must be USMS members or Masters swimming members of a World Aquatic Member Federation

All swimmers, coaches, and officials participating in this competition must be currently (2024 or 2025) registered with USMS. All Coaches are required to complete the USADA Coaching Advantage, and all officials and coaches are to have completed Concussion Protocol Training.

**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 USMS rules outlined in Part 3: Open Water and Long Distance Swimming Rules of the United States Masters Swimming 2024 Rule Book.

**AGEDIVISIONS:** Masters Age Groups: Per USMS Rules 303.2.3 USMS age group scoring divisions are defined as the standard masters age groups (18-24, 25-29, 30-34, ... (five year age groups as high as necessary).

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**AWARDS:** 1<sup>st</sup> – 3<sup>rd</sup> place finishers, male and female, in each age division will be awarded medals for each event. Final results will be posted on the course and uploaded to the CSTE's special events page:

<https://www.swimcste.com/page/open-water-events/crown-city-open-water-classic>

**ENTRY PROCEDURE:** Via RunSignUp - online registration [CLICK HERE](#)

## **ENTRY FEES:**

5K Race: \$75

2.5K Race: \$55

1.25K Race: \$35

**All athletes will receive:** Souvenir Cap. Apparel will be available for purchase on-site.

**TECHNICAL MEETINGS:** All swimmers and coaches must attend the technical meeting on race day (for athletes this brief will be conducted ~15 prior to the start of the race) -Coaches meeting will be held on site at 0830. Each coach and swimmer are responsible for all information distributed at their respective meetings. Technical meeting(s) will be conducted virtually, via Zoom. Meeting information will be published the week of the meet (anticipated to be held at 7:00 PM PST, Thursday September 26, 2024)

**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 – re-attempt Sunday September 29, 2024.

**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:**

Master's Men's / Master's Women's 1.25K races: **Opens -7:30 am / Closes 8:40 am.**

Check-in for later races will close ~30 minutes 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:** There is no charge to park. Parking will be in the park or along the main road adjacent to the park.

**COURSE INFO:** The planned course map is provided. 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 counter - clockwise (if applicable) and keep designated turn buoys on their left 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.

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Anticipated conditions:

- Water temperature will range between 68-74°F
- Air temperature will range between 70-82°F
- Current: Mild
- Marine life: Fish

## RACE SAFETY AND EMERGENCY INFORMATION

**Independent Safety Monitor:** Captain Sean Carey - Coronado Fire Dept Lifeguard Division([scarey@coronado.ca.us](mailto:scarey@coronado.ca.us)) or dedicated on site Senior Supervisor from Coronado Fire Department Beach Lifeguard Division.

### Supervision

Races will be supervised by Coronado Fire Dept lifeguards, provided by City of Coronado. Motorized rescue safety crafts will be on the course during races as response units. In addition to the rescue craft, lifeguards on non-motorized craft will be following the swimmers through the course, officials in small boats and event staff will be monitoring the course as safety observers ~ every 200 meters. There will be one ground mobility transport unit and 2-stationary land based observation teams (Ocean Rescue Division) also providing oversight of the course and swimmers.

### Accounting for Swimmers

Competitors will be pre-assigned race numbers. All swimmers will be checked in and marked at race time. Number of swimmers in a race will be announced to all officials and safety personnel prior to the start of the 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 by swimming west/southwest to shore. An emergency will be indicated by the lifeguards issuing 3-long whistle blasts, after exiting the water 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 / muster point.

### EMTs & Hospital

Beach lifeguard services will be on-site and will be responsible for calling additional EMS/ Paramedic personnel if required, Coronado Fire and US Navy Federal Fire are both briefed on the EAP and transport plan for the event and are on-standby to support. Person/s will be transported to:

#### **Coronado Sharp Hospital (Non Life Threatening)**

250 Prospect Pl, Coronado, CA 92118

(619) 522-3600

#### **UCSD Medical Center -Hillcrest (Life/Limb/Eyesight)**

200 W Arbor Dr, San Diego, CA 92103

(619) 543-6222

### 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 post-race will be provided, but athletes are strongly encouraged to bring their own hydration.

The event will be in compliance with USMS Swimming Rules. See part-3 of the USMS Rulebook for more information or topics not addressed in this meet form.

