

# Shamrock Open Water Swim

Sunday, March 12<sup>th</sup>, 2023

**Venue:** Kingsport Aquatic Center

**Address:** 1820 Meadowview Parkway, Kingsport, TN 37660

**Host:** City of Kingsport-Kingsport Aquatic Center

**Entry Deadline:** Sunday, March 5<sup>th</sup>, 2023 at 5:00pm

**Race Director:** Madison Gump (email: [madisongump@kingsporttn.gov](mailto:madisongump@kingsporttn.gov))

**Facility:** The HMG competition pool at the Kingsport Aquatic Center is a 50 meter pool divided by moveable bulkheads making it two 25 yard pools with 8 lanes on each side. It has a minimum depth of 5 feet and a maximum depth of 13ft. The pool is equipped with Daktronics Timing System. Warm up/warm-down lanes will be available throughout the meet in the Palmer Center Warm Pool.

**Online Entry:** <https://secure.rec1.com/TN/kingsport-tn/catalog?filter=c2VhcmNoPTIzNjA2NDQ=>

## Entry Fees:

Kingsport Aquatic Center Membership: \$30.00

Non-Member: \$50.00

If you participate in the St. Patrick's Day Invitational 2023 Swim Meet you will receive a discount code on the bottom of your receipt when signing up for the Open Water Event. If you already signed up for the St. Patrick's Day Invitational, you will have a discount code on the bottom of your receipt from registration for the swim meet that you can use for the Shamrock Open Swim Event.

**Eligibility:** This event is open to anyone interested in an open water type of event(s) in a controlled environment.

## Events:

1km race-8 laps

1.5km race-10 laps

2km race-15 laps

All athletes will receive a goody bag which includes a swim cap and treats. The goody bag must be picked up on Saturday, March 11<sup>th</sup> from 11:30am-6:00pm.

**Race check in:** All athletes are required to check in to the event Sunday, March 12<sup>th</sup> during warmups (8:30am-10:30am). Athletes will be marked with their competitor number and will receive any additional information for their event.

**Mandatory Pre-Race Briefing:** 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 regarding the race, emergency procedures etc. Briefings will be held 15 minutes prior to the scheduled race start.

**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 (Sunday, March 5<sup>th</sup>, 2023 at 5:00pm).*

**Warm Up:** There will be open warmups starting at 8:30am-10:30am in the HMG Competition Pool. Throughout the event the Palmer Center Warm Pool will be open for warm-ups and cool down.

**Parking Info:** We ask all event participants to park in front of the waterpark when arriving at the venue. At the time of the event the YMCA will be in operation we ask our event participants to be courteous to their members and leave close parking spots open.

**Hotel Info:** All participants are strongly encouraged to stay at the designated hotels.

# Shamrock Open Water Swim

Sunday, March 12<sup>th</sup>, 2023

- Meadowview Conference Resort and Convention Center:  
1901 Meadowview Pkwy, Kingsport, TN 37660, (423) 578-6600
- Comfort Suites: 3005 Bay Meadow Place, Kingsport, TN 37660, (423) 765-1955
- Hampton Inn Kingsport: 2000 Enterprise Pl, Kingsport, TN 37660, (423) 247-3888
- Holiday Inn Express & Suites Kingsport: 1217 Stewball Cir, Kingsport, TN 37660, (423) 723-2300
- Fairfield Inn & Suites by Marriott Kingsport: 2485 S Wilcox Dr, Kingsport, TN 37660, (423) 349-8722

**Course Info:** The course Map is provided attached on page 3. There will not be feed stations for these races. An in water wall start will begin the races. Athletes will swim lap sections of the course clockwise and keep designated turn buoys on their right per the course map.

Athletes will finish the race by touching the end wall markers. The finish area is marked on the map. Finishes will be judged by race officials. Video replay is not available at this event. Electronic timing will be used to capture finish times.

**Independent Safety Monitor:** Jessie Charlton

**Supervision:** Races will be supervised by certified lifeguards.

**Accounting for Swimmers:** Competitors will be pre-assigned a competitor number at check-in. All swimmers will be checked in and marked at check-in. Number of swimmers in a race will be announced to all swimmers during the Mandatory Pre-Race Briefing and placed in the schedule.

**Communication:** Meet officials will have direct radio communication throughout the event. The Safety Monitor will be positioned on the stage by the start. If the lifeguards on the course will use three whistle blast to communicate a distress swimmer or emergency.

**Evacuation:** In case of an emergency, athletes will exit the course at the closest wall. An emergency will be indicated by lifeguards issuing 1 long whistle blast. Athletes will be asked to evacuate the building exiting out the front doors of the aquatic center and asked to meet in the parking lot across the street where the Meet Director will conduct a head count. If an athlete is unable to evacuate on their own, assistants from race officials will be available to assist the athlete(s) to safety.

**Medical Equipment:** AEDs and first aid equipment is stationed at the starting point. Lifeguards will have basic first aid supplies on hand.

Athletes are encouraged to bring extra towels and clothes to stay warm. There will not be towels or thermal blankets available to athletes unless an emergency situation arises. Athletes are also encouraged to bring their own hydration and fuel for this event.

# Shamrock Open Water Swim

Sunday, March 12<sup>th</sup>, 2023

