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K-9 KRAWL™

World Championships

Sanctioned by Florida Gold Coast under USA Swimming and US Masters Swimming

Florida Gold Coast Jr. Olympics

Hosted by: Swim Gym Swim Team, Miami Sports International

www.swimgym.net

www.miamisportsinternational.com

Nike Swim Miami 2008

Event Information

Pre Meet Registration Friday April 11 from 12:00 PM – 6:00 PM

Race Day (April 12) Registration begins at 6:00 AM

10K Swim begins at 8:00AM

5K Swim begins at 09:45 AM, Mile begins at 10:30 AM

K-9 KRAWL™ World Championships begin at 11:45 PM

Sanctioned by USA Swimming and US Masters Swimming through Florida Gold Coast Swimming, Inc.

Important Facts About The Competition

- Register online at www.miamisportsinternational.com, www.active.com, or fax entries to the host at 305-273-1189. Call 305-273-1129 for manual entry forms. Please email thesportspromoters@swimgym.net with any questions or for multiple entries and team discounts.
- All participants in the Nike Swim Miami must be registered USA/USMS Swimming Athletes or obtain a one meet registration. All FGC Jr. Olympics participants must be members of affiliate teams of USA Swimming.
- Accommodations for persons with disabilities may be arranged with advanced notice.
- Swimmers' and Coaches' Responsibility – It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this competition information book. USA Swimming Rules and Regulations will govern the conduct of these championships.
- This information is available online at www.usaswimming.org and at www.fgcswim.org
- The organizing committee will be conducting an additional open water race in conjunction with Swim Miami called the K-9 Krawl™ World Championships, a person/dog duathlon consisting of a 200 yard swim and ¼ mile run.

Event Administration

Meet Director

Jonathan Strauss
PO Box 160187
Miami, FL 33116-0187
305-273-1129
Fax: 305-273-1189
thesportspromoters@swimgym.net

Event Organizers

Alan Strauss

Meet Referee – Beth Tillman

USA Swimming Open Water Rules

Selected USA Swimming Open Water Rules

(Please see Part 7 of the 2008 USA Swimming Rules & Regulations for complete list of Open Water Rules)

Swimwear

- No swimmer shall be allowed to use or wear any device that be an aid to his/her speed, endurance, or buoyancy.
- A maximum of two(2) caps may be used
- Wet Suits, flotation aids or any similar items, and anything used to maintain body heat, except a reasonable application of body grease, are not allowed. No fins, flippers, hand paddles, or any other device to aid in propulsion

Eligibility

- All USA Swimming full athlete members and member clubs shall be eligible to compete in the Nike Swim Miami.
- One-Day Event Registration is available for both USA Swimming and US Masters Swimming for an additional \$15.
- FGC Jr. Olympics: 5 age group categories – 8 & under, 9-10, 11-12, 13-14, 15&over. Only FGC registered year round athletes are eligible for JO Team Scoring.
- FGC Jr. Olympics Categories:
 - Miami Mile: All age groups
 - 5K Swim: 13&over
 - 10K Swim: 15&over
- Open Categories (US Masters Swimming Age Groups and Pro Division):
 - Miami Mile
 - 5K Swim
 - 10 K Olympic Distance (1650 must be faster than 35 minutes to qualify)
 - K-9 KRAWL™ World Championships: 200 yard swim and ¼ mile run with dog

Awards

FGC Open Water Swimming Jr. Olympics

- Individual Champions shall be determined and awarded in women's and men's competitions. Medals shall be awarded to all first through third place finishers in each individual event
- Standard USA Swimming scoring 16 deep in each category. Team Scoring awards Top Male, Top Female, and Top Combined Team with the following criteria:
 - Men's or Women's – in order for awards to be given within a specific gender, that gender shall have a minimum of 16 competitors from at least three clubs starting the race.
 - Combined – to be eligible for this award, a club must have scored in both men' sand women's races, and there must have been a minimum of three clubs participating in each gender's race.

Nike Swim Miami Open Water Division

- Individual champions shall be determined and awarded in women and men competitions. Participation Medals shall be awarded to every finisher of the race. Plaques shall be awarded to overall winners; both male and female will be awarded for each event. Top 3 male and female 40 and Over will also be awarded

Competition Information

Rules

2008 USA Swimming, FINA, USMS Rules and Regulations shall govern this event

Eligibility

The races are open to all swimmers currently registered with USA Swimming and USMS. One-Day Event Registration is available for \$20.00

All USA Swimming athlete-members and member clubs shall be eligible to compete in the Nike Swim Miami and the FGC Open Water Jr. Olympics.

Entry Information

Swimmers may enter one 5K, Mile, or 10K, and the K-9 KRAWL™

Register online at www.miamisportsinternational.com, www.active.com, or fax entries to the host at 305-273-1189 only until April 1st at the regular \$30.00. If not entering online, entry forms must be received on or before Friday, April 11th, 2008, entry fee \$50.00.

Discouraging Entries on race day, we welcome you and will be happy to have you, entry fee \$100.00

Entry fees include a t-shirt, a Nike Swim Cap, a participant pack, and a participation patch

AWARDS: Overall Top 3, Age Group Top 3 Medals, ribbons 4th thru 8th, Master's Top 3

Additional Entry forms are available on the following websites:
www.miamisportsinternational.com and www.fgcswim.org

Send all entry forms and fees to:
Attn. Jonathan Strauss
Swim Gym/ Miami Sports International
PO Box 160187
Miami, FL 33116-0187

Please make checks payable to:
Swim Gym Aquatics, Inc.

Pre Race Packet Pickup

Pre Race Packet Pickup available at the Miami Rowing Club on April 11. Times will be available online at www.miamisportsinternational.com. For other packet pickup accommodations, contact Jonathan Strauss at joner@swimgym.net. Arrive early on race day for race # and event briefing.

Location and Travel Information

The event will start and finish at the City of Miami Rowing Club near the Miami Marine Stadium: 3601 Rickenbacker Causeway, Miami, FL, 33149. Go through the Key Biscayne toll plaza, over the bridge, and make your second left. Follow the access road towards the yellow building on the right.

Swim Miami 2008 Open Water Championship Dates and Entry Fees

April 11th, 2008

Pre Race Registration @ Miami Rowing Club in the Swim Gym office trailer

April 12th, 2008

6:30 am – 9:45 AM Swimmers Registration and Check In

7:00 am – 12:00 PM Sponsor Expo Open

RACE STARTING TIMES;

8:00 am: The 10 K

9:45 am: The 5K

10:30 am: The Miami Mile

10:30 am - noon Autograph Signing

11:45 am - K-9 Krawl™ World Championships

Award Ceremony:

Immediately after completion of the K-9 Krawl

Entry Fees

\$30.00 entry fee for all entries received prior to April 1st

\$15.00 non-USAS registered athletes One Day Event Registration

\$15.00 non-USMS registered members

\$50.00 entry fee for all entries received after April 1st, 2008

\$100.00 entry fee on Race Day April 12th, 2008

\$20.00 entry fee for all FGC-USAS registered swimmers participating in the Jr. Olympics

Pre-Race Debriefing

All swimmers need to be present for the pre-race debriefing meeting prior to their event. Each participant is responsible for all information distributed at these meetings. These meetings will be held at the starting shore via the loud speaker

- 10K Pre-Race Meeting @ 7:30AM
- 5K Pre-Race Meeting @ 9:15AM
- Mile Pre-Race Meeting @ 10:00 AM
- K-9 KRAWL™ Pre-Race Meeting @ 11:15PM

Hotel Accommodations

Check www.miamisportsinternational.com for updates on Hotel Accommodations and special rates.

Support Craft

Support Crafts (boats, kayaks, paddle boards) not allowed except those provided by the Event Management Crew.

Race Updates

Please check www.miamisportsinternational.com periodically for more updates on the race, including course documents and pictures.