



Nike Swim Miami 2009

- Sanctioned By:** USA Swimming LSC Florida Gold Coast Swimming, Inc. Sanction #:
- Sponsored By:** Nike Swim, Swim Gym, Aquavee, Home Financing Center, Polestar Pilates, MasNatacion.com, Ultimate Flyers
- Location:** City of Miami Rowing Club, 3601 Rickenbacker Causeway, Key Biscayne, FL 33149
- Date & Time:** The event will be held on Saturday, April 25, 2009. Each race will have a separate start time. Start times are as follows:
- The Aquavee 10K Swim: 8:00 AM
The 5K Swim: 9:45 AM
The Miami Mile: 10:30 AM
The K-9 Krawl World Championships: 11:45 AM
- Eligibility:** Anyone is entitled to swim any of the events. If you are 18 and under and wish to participate in the Jr. Olympics, you must attain year round membership with a FGC club team.
- Age Groups:** 10 & Under; 11 - 12; 13-14; 15-16; 17-18; 18-24 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 and Over.
- Rules:** Current USA Swimming and Florida Gold Coast rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee, will be in effect.
- Referees:** Jay Thomas, Robert Castano, Beth Tillman
- Entry Fee:** \$20.00 entry fee for all races per swimmer. Includes event t-shirt and swim cap.
- Entry Deadline:** All registration will be closed on **Wednesday, April 15, 2009**. Late entries will be accepted until **Friday, April 24, 2009** at the full registration price of \$50.00
- Entry Corrections:** Corrections and changes can be made until **April 20, 2009**. After this date all corrections and changes will incur a \$5.00 charge.
- Awards:** Every single swimmer will receive a participation patch. Top 3 Male and Top 3 Female will receive awards for Overall placement. Medals will be awarded for 1st – 3rd in all age groups. Overall Jr. Olympic Team Champion will also be awarded.
- Admission:** \$10.00 donation recommended. Includes seat in the bleachers and official program.
- Concessions:** Concession stand will be available provided by the SwimGym Booster Club.

Event Director: Jonathan Strauss – for questions call 305.273.5508 or email, joner@swimgym.net

Parking: Parking is free. City of Miami Rowing Club, 3601 Rickenbacker Causeway

Program Bios: At a charge of \$25 you can purchase a business card size advertisement to place a swimmer bio in our program. Swimmer bio includes picture and messages or bio info.

All proceeds of Swim Miami benefit the H2Os (Helping Others Swim) Foundation.

About the H2Os Foundation:

The H2Os Foundation will attempt to go one step further than USA Swimming's Make A Splash initiative. Our intention is to not only teach children how to swim but also implement a program where we can implement diversity programs for those that already know how-to-swim, but would like to get lifeguard or water safety certifications.

The eventual goal of the program is to be cyclically subsistent. In other words, there will be children that join the program at childhood ages, develop as competitive swimmers or simply capable swimmers and then are able to give back and teach future generations once they acquire the skill set to teach and or lifeguard.

Our goal is not simply to teach children how to swim, but to encourage the benefits of an active lifestyle, the program's aim is also to promote swimming as a healthy activity that can increase fitness and thereby reduce the risk of more than 30 obesity-related illnesses. Today's children are the most inactive in history (American Obesity Association), and as a result, 1-in-3 children world-wide are at risk for obesity-related illnesses (US Center for Disease Control).

Swim Gym intends to make a splash in the community and will extend a partnership to the Bay Point Schools, an alternative boarding school that provides educational/vocational and therapeutic services to moderate-risk adolescent boys, that was founded in 1995. These young men are looking for a better a quality of life, and can find a solution through aquatics, both for its healthy alternatives, as well as future employment.



SWIM  MIAMI

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And the

K-9 KRAWL™

World Championships

Sanctioned by Florida Gold Coast under USA Swimming
Recognized by 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 2009

Event Information

**Pre Meet Registration Friday April 24 from 10:00 AM – 6:00 PM and
Race Day Registration begins at 6:30 AM April 25, 2009
10K Swim begins at 8:00AM
5K Swim begins at 10:10 AM, Mile begins at 11:15 AM
K-9 KRAWL™ World Championships begin at 11:45 PM**

Sanctioned by USA Swimming and Recognized by 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 – TBD

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ENTERTAINMENT

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 USA Swimming. US Masters Swimming members may participate as well at no extra charge
- 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 8 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 8 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.

Competition Information

Rules

2008 USA Swimming 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 through USA Swimming only, any age may have a USA Swimming one day registration, year round USMS members are allowed to compete)

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.

Time Limit

The 10K swim will have a 4-hour time limit that will be strictly enforced. The 5K swim will have a 2-hour time limit that will be strictly enforced. The mile will have a 1-hour and 30 minute time limit that will be strictly enforced.

Entry Information

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

Register online at www.miamisportsinternational.com, www.multirace.com, or fax entries to the host at 305-273-1189. If not entering online, entry forms must be mailed by and received on or before Friday, April 17, 2009. Entries received after this date will have a late fee of \$15.00 per entry, and may not receive a race t-shirt.

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

Additional Entry forms are available on the following websites:

www.miamisportsinternational.com and www.fgcswwim.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 available at the Miami Rowing Club on April 24, 2009. 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 2009 Open Water Championship Dates and Entry Fees

April 24, 2009

Pre Meet Registration @ Miami Rowing Club

April 25, 2009

6:30 am – 8:30 am: Racer Registration and Check In

8:00 am – 5:00 pm: Sponsor Activation Expo Open, Board Up Miami after the swim

8:00 am: Start Time - The Aquavee 10 K Swim

9:45 am: Start Time - The 5K Swim

10:30 am: Start Time - The Miami Mile

11:45 am: Start Time - The K-9 Krawl™ World Championships

12:00 am: Award Ceremony

10:30 am – 11:30 am: Autograph Signing

\$50.00 entry fee for all entries received prior to April 24, 2009

\$15.00 for One Day Event Registration for non USA Swimming or USMS Members

\$100.00 entry fee on Race Day April 25, 2009

Pre-Race Meetings

All swimmers should arrive in time for the pre race meeting for their event. Each participant is responsible for all information distributed at these meetings. These meetings will be held at the venue via the loud speaker

- 10K Pre-Race Meeting @ 7:45AM
- 5K Pre-Race Meeting @ 9:30AM
- Mile Pre-Race Meeting @ 10:15 AM
- K-9 KRAWL™ Pre-Race Meeting @ 11:30AM

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Hotel Accommodations

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

Support Craft

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

Course Description

The course is an Olympic style course. It is an oval racetrack with 2 – 1100 meter straight aways and 2 – 150 meter turns. The 10 K Swim will have to make 4 laps around the course, the 5 K swim will have to complete 2 laps around the course. The mile will follow the course until a designated buoy is reached and return to the starting point. All swimmers must stay outside of the turn buoys and will be strictly enforced.

Race Updates

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



