

Gulf LMSC Lake Longhorn Open Water Roundup

Southern Zone Open Water Grand Prix Challenge

Sunday, April 16, 2023

The Gulf LMSC is proud to host the first event of the 2023 Southern Zone Open Water Grand Prix Challenge. The event will have three distances offered for the newcomer to open water all the way to the experienced open water swimmer; 1.25K, 2.5K, and 5K. This event is put on by Gulf Masters swimming for USMS registered swimmers. Find out what open water swimming is all about.

Location: Our venue is Lake Longhorn, 2391 Gun Range Rd., League City, TX. 77573. Free parking is located within 300 yards of the start and finish area. Portable restrooms are available, but there are no shower and changing rooms.

Event Sanction:

Event Director: Seth Huston, shuston@rice.edu, (713) 539-3041

Event referee: Louis Davis, louis.davis1776@gmail.com; Donna Dormiani, donna.dormiani@gmail.com

Race Course: The race course will be a 1.25K rectangular course. The start location is approximately in the same location as the finish (see map). All starts will be in the water and each race will finish in the water at the finish chute. Water temperature is expected to be in the mid 70's F.

Event Time Line: Race check in, packet pick up and numbering will be held from 7:30-7:45am at start and finish area. Race day entries will be accepted till 8:00am for an additional \$20.

A pre-race briefing will be held for all competitors at 8:00am at the start and finish area. Swimmers will be able to enter the water 5 minutes prior to race start to go to starting line.

5K will start at 8:15am

2.5K will start at 8:20am

1.25 K will start at 8:25am

Safety: Each swimmer should be comfortable and confident in the water. A participant should be able to swim ½ mile in under 20 minutes in a swimming pool.

Each swimmer will wear a bright colored event swim cap. Each race will have a different color. Swim caps are required in order to help identify swimmers. The race course will be marked with 4 large orange turn buoys. Each turn will be a left turn (counter clockwise) and each swimmer must go around each buoy. Lifeguards and support staff will be on the lake on paddle boards and kayaks. All safety staff and race officials will be communicating through Whistle and Cell phone. There will be medical personnel on site for the event in case of an emergency medical situation.

In the case of thunderstorms in the area; if lightning is located within 8 miles of the venue prior to the race or determined to be approaching the area, the event may be delayed. If lightning strikes within 8 miles during the race; the race official will sound an air horn and message all safety staff to stop and remove swimmers at the nearest land point. This will effectively end the race for competitors still swimming.

Entry Fee: The entry fee for this event is \$50 and on time entries close Tuesday, April 11th, 9:00pm, and race day and entries after the deadline will be \$70. Each participant will get a cap, t-shirt and post race refreshments.

Race registration: Event registration is available online at <https://usmssouthcentralzone.org/open-water-challenge>.

Event Updates: Refer to <https://usmssouthcentralzone.org/open-water-challenge>, for event information and other races in the Southern Zone Grand Prix Challenge.

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An Open Water Meet hosted by

RICE Aquatics

USMS Swimming # GULC

Today's Date _____

Please type or print clearly

First Name _____ Middle Initial _____ Last Name _____

Mailing

Phone Number _____

Address _____

City _____ State _____ Zip _____ Email _____

Birthdate Month _____ Date _____ Year _____ Team _____ USMS Swimming ID: _____

Gender (please circle) Male Female

Please check races to be entered: **Race Entry Fees**

1.25K race _____ 2.5K race _____ 5K race _____

Entry Fee \$50 through April 11, \$20 late fee April 12 to race day

Shirt Size request _____

Please provide a copy of your current USMS card with entry form and fee.

Make check payable to Rice Aquatics Masters and mail forms to:

Seth Huston

Rice Aquatics

4321A Stanford St

Houston, TX 77006

