



ATHLETES WITHOUT LIMITS LONG COURSE & OPEN WATER 2017 NATIONAL CHAMPIONSHIPS



July 7-9, 2017
Cherokee County Aquatic Center
Canton, GA

FOR ATHLETES WITH INTELLECTUAL & DEVELOPMENTAL DISABILITY

The 2017 Athletes Without Limits (AWL) Long Course and Open Water Swimming National Championships is the first-ever opportunity for all swimmers with an Intellectual or Developmental Disability (IDD) to compete against their peers. The event will host swimmers in three classes:

- **Intellectual Disability (S14)**
- **Down Syndrome**
- **Autism +** (for those with Autism who do not meet the S14 eligibility criteria)

The meet is also the selection event for swimmers in the above classes wishing to compete at the 2017 Inas World Swimming Championships in Mexico.

In addition to a full pool meet, this event offers swimmers the opportunity to compete in the first-ever US open water national championships (1k and 3k). This is an optional event for those swimmers capable of and interested in open water swimming. For those not competing in the open water event, Saturday is a free day to enjoy the Atlanta area.

SANCTIONING & SPONSORS

- **Athletes Without Limits** (US INAS member organization) www.athleteswithoutlimits.org
- **Inas** (International Federation for Intellectual Disability Sport) www.inas.org
- A generous **silent donor** has helped make this event possible.
- **Coca-Cola** will provide Powerade, Dasani water & Minute Maid fruit juice for swimmers, officials and coaches.



ABOUT THE EVENT

INDOOR LONG COURSE FACILITY

Cherokee County Aquatic Center (www.crpa.net/parks/aquatics-center/)

1200 Gresham Mill Pkwy, Canton, GA 30114 Tel: 678-880-4760

The pool has been certified and times will count for AWL and Inas records and rankings.

Pool and Aquatic Center Features:

- The pool is an indoor 10-lane, 50-meter pool, 7 1/2 feet max depth.
- 10 lanes available for warm ups prior to competition.
- 2 x 50-meter lanes available for warm-up/warm-down during competition.
 - Safety rules dictate a feet first entry in the warm-up/warm-down lanes except where designated.
- Non-turbulent lane lines.
- Automatic timing.
- Shower and restroom facilities.
- Ample onsite parking.
- Swimmers wishing to access facility for training prior to July 7th pay a \$7 entrance fee to facility.
- On-site light concessions.

The Cherokee County rules dictates that:

- 1) *No food or drink (other than water and sports drinks) be allowed on deck at any time.*
- 2) *All spectators must remain in the bleachers/stands (food and drink allowed in the stands).*
- 3) *No folding chairs allowed on the pool deck.*

OUTDOOR OPEN WATER VENUE

Cauble Park at Lake Acworth (<http://www.acworth.org>)

4425 Beach Street, Acworth, GA 30101

Cauble Park is one of northwest Georgia's finest parks. Located on Beach Street on the North side of Lake Acworth, the 25-acre park contains fishing points, public restrooms, a boating ramp, a boardwalk, a beach, rental facilities, two playgrounds, and an open play area.

MEET STAFF

Meet Director: Pat Thoreson patrick_thoreson@yahoo.com (770-289-0235)

Indoor Pool Referee: Ed Saltzman

Open Water Referee: Eric Pfeifer/Rob Copeland

AWARDS

Gold, Silver and Bronze medals will be awarded to the 1st, 2nd and 3rd place finishers in each event.

Each impairment class (S14, Down Syndrome and Autism Plus) will receive their own respective awards (also broken down further by male/female in each class). *There will not be awards by age.*

TIMING

Daktronics touchpads/electronic timing with hand/stopwatch backup.

CLERK OF COURSE

The meet will be managed by the Clerk of Course. Questions concerning entries and results will be handled by the Clerk during the meet; meet director will be available to handle additional concerns/appeals.

ELIGIBILITY & REGISTRATION

ELIGIBILITY

The event is open to swimmers with intellectual impairment verified by Athletes Without Limits as of July 6th 2017 in the following 3 classes:

- **S14 Intellectual Disability** (Apply for National Level at www.athleteswithoutlimits.org/eligibility)
- **Down Syndrome** (Submit verification of medical diagnosis via email)
- **Autism +** (Submit verification of autism diagnosis via email – for those that do not meet S14 criteria)

Swimmers in Down Syndrome and Autism + classes may submit documentation of diagnosis via email to: info@athleteswithoutlimits.org. Please place “Eligibility for Swimming Nationals for (last name)” in the subject line of your email.

Please submit all eligibility materials by July 1. Onsite eligibility checks will be available July 6 at the pool but we recommend submitting documentation by email prior to the event.

ENTRY FEES

Pool events (Fri July 7th, Sun July 9th): **One day: \$30.00 Two days: \$50.00**
Open water (Sat July 8th): **One day: \$30.00** (chose either 1K or 3K)

We are unable to provide refunds once an athlete has registered.

ENTRY DEADLINE

Online entries must be made by July 3, 2017. Entries received after this date will be handled as deck entries.

ONLINE REGISTRATION

All registrations must use the online registration process using the link below:

https://www.clubassistant.com/club/meet_information.cfm?c=2409&smid=9307

Relays: A swimmer may enter a maximum of five (5) individual events per day, exclusive of relays. Relays will be deck seeded using sign-up forms available at the meet. All relay swimmers must be registered and entered in the meet in individual events. You may register for relays with or without a full team. Meet organizers will help facilitate relay teams among interested swimmers.

Late Entries: Late entries (after July 3rd) will be seeded into empty lanes when available. New heats will not be created to accommodate late entries.

800 & 1500 FREESTYLE SWIMMERS

Positive check-in for these two events is required by 9:00am (Friday for 800 Free, Sunday for 1500 Free)

SEEDING

Women’s events will precede men’s. Heats will be slow to fast.

The 1500 free, 800 free, 400 free and 400 IM will be TIMED FINALS ONLY, and swum slow to fast.

The meet director/clerk of course reserves the right to combine men's and women's heats to swim these events as MIXED (however awards will be given according to M/F and impairment class)

MEET EVENTS LIST

Friday, July 7, 2017 - Sessions 1/2 - Pool Events - Prelims/Finals

#	SEX	EVENT		TF=TIMED FINALS P/F=PRELIMS/FINALS
1	FEMALES	400M	FREE	TF
2	MALES	400 M	FREE	TF
3	FEMALES	100 M	BREAST	P/F
4	MALES	100 M	BREAST	P/F
5	FEMALES	50 M	FLY	P/F
6	MALES	50 M	FLY	P/F
7	FEMALES	200 M	BACK	P/F
8	MALES	200 M	BACK	P/F
9	FEMALES	100 M	FREE	P/F
10	MALES	100 M	FREE	P/F
11	FEMALES	200 M	FLY	P/F
12	MALES	200 M	FLY	P/F
13	FEMALES	50 M	BACK	P/F
14	MALES	50 M	BACK	P/F
15	FEMALES	200 M	IM	P/F
16	MALES	200 M	IM	P/F
17	FEMALES	50 M	FREE RELAY	TF
18	MALES	50 M	FREE RELAY	TF
19	MIXED	50 M	FREE RELAY	TF
21	FEMALES	800 M**	FREE	TF
22	MALES	800 M**	FREE	TF

***Note: Positive check-in for the 800 Free is required by 9:00am*

Saturday, July 8, 2017 - Session 3 - Open Water Events

#	SEX	EVENT	
23	FEMALES	1K	OPEN WATER
24	MALES	1K	OPEN WATER
25	FEMALES	3K	OPEN WATER
26	MALES	3K	OPEN WATER

MEET EVENTS LIST

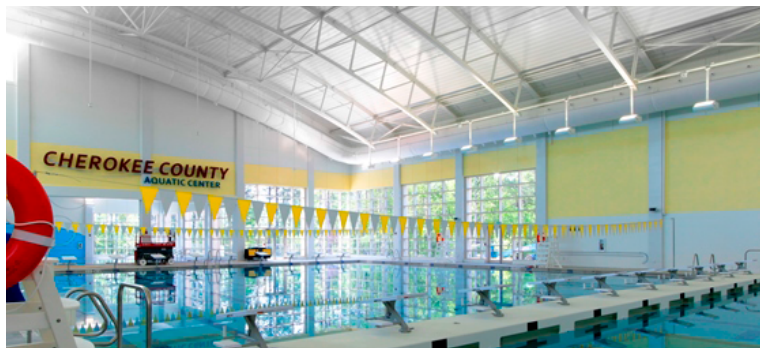
Sunday, July 9, 2017 - Sessions 4/5 - Pool Events - Prelims/Finals

#	SEX	EVENT		TF=TIMED FINALS P/F=PRELIMS/FINALS
27	FEMALES	400 M	IM	TF
28	MALES	400 M	IM	TF
29	FEMALES	50 M	FREE	P/F
30	MALES	50 M	FREE	P/F
31	FEMALES	200 M	BREAST	P/F
32	MALES	200 M	BREAST	P/F
33	FEMALES	100 M	FLY	P/F
34	MALES	100 M	FLY	P/F
35	FEMALES	200 M	FREE	P/F
36	MALES	200 M	FREE	P/F
37	FEMALES	50 M	BREAST	P/F
38	MALES	50 M	BREAST	P/F
39	FEMALES	100 M	BACK	P/F
40	MALES	100 M	BACK	P/F
41	FEMALES	50 M	MEDLEY RELAY	TF
42	MALES	50 M	MEDLEY RELAY	TF
43	MIXED	50 M	MEDLEY RELAY	TF
45	FEMALES	1500 M**	FREE	TF
46	MALES	1500 M**	FREE	TF

***Note: Positive check-in for the 1500 Free is required by 9:00am*

MEET SCHEDULE: INDOOR POOL EVENTS

FRIDAY & SUNDAY AT CHEROKEE COUNTY AQUATIC CENTER



Cherokee County Aquatic Center 1200 Gresham Mill Pkwy, Canton, GA 30114

Session 1: Friday Morning Prelims (Indoor)

- Pool opens for warm-ups at 8:00 a.m.
- Competition starts at 9:00 a.m.
- Relay entries for events 17, 18 and 19 are due by 9:00a.m.
- Relays are TIMED FINALS ONLY, and will be swum in Prelims session

Session 2: Friday Afternoon Finals (Indoor)

- Pool opens for warm-ups at 3:00 p.m.
- Competition starts at 4:00 p.m.

Session 3: Outdoor 3k & 1k Open Water Events *(See Next Page for Details)*

- At Lake Acworth Cauble Park: 3K Swim Check-in at 9:00am & 1K Swim Check-in at 10:30am
- 3K Competition starts at 9:30am; 1K Starts at 11:00am
- Awards at 11:45 & 12:00 Noon Respectively

Session 4: Sunday Morning Prelims (Indoor)

- Pool opens for warm-ups at 7:30 a.m.
- Competition starts at 8:30 a.m.
- Relay entries for events 43, 44 and 45 are due by 9:00a.m.
- Relays are TIMED FINALS ONLY, and will be swum in Prelims session

Session 5: Sunday Afternoon Finals (Indoor)

- Pool opens for warm-ups at 2pm or 2hrs after end of Sun morning session, whichever is earliest (no later than 2pm)
- Competition starts 1hr after start of warm-ups (at 3pm or 3hrs after end of Sun morning session, whichever is earliest; so no later than 3pm)

MEET SCHEDULE: OUTDOOR OPEN WATER EVENTS

SATURDAY AT LAKE ACWORTH / CAUBLE PARK



Cauble Park at Lake Acworth 4425 Beach Street, Acworth, GA 30101

Session 3: Saturday 3K & 1K Open Water Events

*****ALL SWIMMERS MUST BE CAPABLE OF SWIMMING THESE DISTANCES UNASSISTED*****

3 Kilometer Swim

Check-in closes: 9:00 am
Pre-race Meeting: 9:20 am
Event start: 9:30 am
Awards: 11:45am

Course Details:

The 3K swim is 1 loop around a clockwise course, keeping all turn buoys to your right shoulder. The swimmers will start just off the beach and swim southeast along the outside of the roped off swim area, and across the lake to the South shore. At the South shore, the swimmers turn sharply right along the southern shore. The swimmers take a slight left along the curve of the shoreline, then swim west along the southern shore. At the corner of the lake the swimmers turn right and swim along the West shore, past the dam. Then turn right and swim along the North shore to the start/finish line. At the finish buoy the swimmers turn left and head for the finish chute.

1 Kilometer Swim

Check-in: 10:30 am
Pre-race Meeting: 10:40 am
Event start: 11:00 am
Awards: 12:00 pm

Course Details:

The 1K swim is a clockwise out and back course, keeping all turn buoys to your right shoulder. The swimmers will start just off the beach and swim slightly off the northern shore of the lake to a buoy in the North West corner of the lake. The swimmers will turn right and swim along the North shore to the start/finish line. At the finish buoy the swimmers turn left and head for the finish chute.

HOUSING, TRANSPORTATION & MEALS

HOUSING

There are a number of affordable hotel/motel options in the Canton area, although none are within walking distance of the venue.

VENUE ADDRESSES

Indoor Pool Events: Cherokee Aquatic Center 1200 Gresham Mill Pkwy, Canton, GA 30114

Open Water Events: Lake Acworth/Cauble Park 4425 Beach Street, Acworth, GA 30101

The Aquatic Center and the Lake are approximately 30 minutes drive apart.

TRANSPORTATION

Athletes and families will be responsible for all travel as transportation will not be provided to/from hotels, aquatic center or open water competition site.

NEAREST MAJOR AIRPORT

Hartsfield-Jackson Atlanta International Airport (ATL)
6000 N Terminal Pkwy
Atlanta, GA 30320

DRINKS & MEALS

Hydration is provided for swimmers/coaches/officials by our sponsor, Coca-Cola. Powerade Sport Drink, Dasani Water and Minute Maid Juices Meals/snacks are provided.

There are a number of local options for meals. There may be food truck(s) on site. The Aquatic Center has a concession stand with light snacks and drinks.

WAIVER NOTICE

Competitive swimming is a strenuous activity and each participant is advised to consult a physician before participating in such a program.

All swimmers must sign the waiver included in the on-line registration or attached paper waiver prior to the event. Due to stipulations in the Athletes Without Limits insurance policy, you must be registered/eligible with AWL to participate in the meet.

NO NON-REGISTERED GUESTS will be allowed in the pools or open-water lake events during the competitions (outdoor pool is available at Cherokee Aquatic Center, and the lake is available for swimming after the open-water meet; both are under the rules of the respective locations and are "swim on your own/assume your own risk").

(This waiver may be completed during online registration or at the meet sign-in table.)

PARTICIPANT WAIVER AND RELEASE OF LIABILITY ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of Athletes Without Limits (“AWL”) allowing me, the undersigned, to participate in any AWL sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities (“Event” or “Events”); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the “Agreement”);

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers (“Risks”). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by AWL, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: AWL, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); AWL Local Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the “Released Parties”), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys’ fees) of any kind or nature (“Liability”) which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed
Signature of Parent				Date Signed