

# Gulf LMSC Lake Longhorn Open Water Roundup

## Southern Zone Open Water Grand Prix Challenge

Sunday, April 14, 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](mailto:shuston@rice.edu), (713) 539-3041

**Event referee:** Louis Davis, [louis.davis1776@gmail.com](mailto:louis.davis1776@gmail.com); Donna Dormiani, [donna.dormiani@gmail.com](mailto: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 7:45am 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 8:00am, 2.5K will start at 8:05am, 1.25 K will start at 8:10am

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. Swimmers competing in the 5K will need to complete 3 laps before 1:25 in order to continue the finishing lap.

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 early entry fee for this event is \$50 till Saturday, March 16, 11:59pm CST. On time entries for this event are \$60 and close Wednesday, April 10th, 11:59pm CST. Race day entries after the deadline will be accepted with proof of USMS membership and \$80 late entry fee. 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.

# Gulf Lake Longhorn Open Water Roundup

Sunday, April 14, 2023  
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 \_\_\_\_\_  
Address \_\_\_\_\_

Phone Number \_\_\_\_\_

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 \_\_\_\_\_

**Early entry Fee \$50 through March 16, on time entry fee, \$60 through April 10, race day entry fee \$80**

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

