



**2017
North Carolina Open Water State Championships**

June 2-3, 2017

Host: Sandhills Sandsharks Swim Team

Sponsored: NC Swimming and Sandhills Sandsharks

Sanctioned By: Held under the Sanction of USA Swimming, Inc., USA Swimming Sanction: issued by North Carolina Swimming, Inc.
Sanction #NC17056OW

Location: Seven Lakes NC (Directions: www.sandshark.org)

Eligibility:

- All swimmers must be registered with USA Swimming Inc., INCLUDING MASTERS SWIMMERS. THERE IS NO RECIPROCITY FOR OW RACES WITH MASTERS..
- Current non-USA Swimming participants (including buddies AND MASTERS) must register for their races and for USA Swimming Single Event Registration (\$20) through the Sandshark Website: sandshark.org.
- ***Buddy swimmers:***
 - ***Must be registered with USA Swimming using Single Event Registration by May 22 (on Sandshark.org website. They will be included in meet recon)***
 - ***Must register for their race—but will not be charged for the race.***

Awards: Poseidon swimmers who complete all 3 races will receive awards; Top 8 in each Age Group race will receive medals; top 3 in each Non-Club race will receive medals.

Team Awards: The Poseidon Award will be given to all swimmers completing the 2K, 3K, and 5K, following the 800 M race. No team awards will be given this year due to Zones.

Scoring: **This meet will not be scored due to Zones.**

Entry Format: Hy-Tek Team Manager for USA teams; through Sandshark.org for everyone else (Club swimmers coming w/o a coach or team/Masters/all non-USA Swimmers) Poseidon swimmers should be entered in the 5K/3K/2K AND in the 10K to allow tracking these swimmers. There is no fee associated w/ the 10 K entry.
Entry files can be sent to: susannecooper@gmail.com

Entry Times for Seedings in WAVES: It is important that all swimmers submit entry times that are **verifiable and provable in SWIMS**.

- Top 10 swimmers, as determined in SWIMS, will be sent off in the first wave for the 5K.
 - Top 10 age group swimmers may be implemented for 3K (13/14) and 2K(11/12) at Meet Director's discretion; 2nd wave will be remaining age group swimmers; 3rd wave will be all open/out of age group swimmers.
 - **Poseidon swimmers will go with age appropriate waves of 2K and 3K.**
 - There will be 2 minutes between waves.
 - Acceptable times for consideration in top waves include the following:
 - 1500 M/1650 Y for 5K/3K; then 800 M/1000 Y
 - 800 M/1000 Y for 2K; then 400 M/500 Y for 2K
- Meter times are given preference; yard times are used if not enough meter times are available.**

Deadline and Fees: Entry forms (include a copy of USA registration if swimmer is not on a team entry) are due to the meet director by **Tuesday May 23rd**. General entry fee is \$30/swimmer. Each race is \$10. Late fee of \$40 will be charged per swimmer between Wed, May 24 and Tues. May 30. **We cannot accept late entries after this date; there will be no on-site registration permitted.**

Buddies for the 400/800--All buddies not currently registered with USA Swimming will need to apply for single event USA Swimming membership (\$20). Buddies do not need to pay any other fees. Registration for buddy swimmers and all non-USA swimmers, including all Masters swimmers, is through sandshark.org; the USA Swimming membership is done as part of the registration for buddies, non-USA, and Masters.

Check-in: All swimmers must be checked-in before the pre-race meeting. Check-in will begin once the preceding race has started. GPS race chips, and race numbers will be issued to swimmers at check-in. Should the GPS system not be available, race numbers, written on swimmers' left arms, will be primary means of determining race finish order. A \$40 charge will be incurred for failure to return the GPS chip.

Pre-Race Meeting: Officials briefings will be held 15 minutes prior to each race for the meet director to review the course diagram with all the swimmers in that race. All swimmers should attend. **Note: Athletes straying from the course will only be corrected when safety is an issue.**

Race Countdown: 30 minutes prior to each race, the announcer will count-down the start of the race in 5-minute intervals. **10 minutes before each race, a GPS check in will be conducted to ensure that all swimmers are recorded entering the water, in accordance with USA Open Water Swimming Safety guidelines. Any swimmer missing this check in will be disqualified.** 1-minute intervals will be announced for the last 5 minutes until the start of the race.

Start: The start will begin in the water. All races are counter-clockwise. All events of equal distance will be swum at the same time. **Swimmers must enter the water by walking over the pads to register their chips during the GPS check in 20 minutes prior to race time. Exception: we may have a new timing structure which would require check in by tapping the structure.**

Finish: There will be either:

- 1 shoot with 3 pads under the Finish Tent. The GPS chips will determine the official order of finish. Swimmers' competition numbers will be punched as back up.
- Or there will be an in-water finish line. Swimmers would have chips on their wrists and will tap the top to register their time.

Protests: Must be filed in writing on the designated form with the Clerk of Course within 45 minutes from the time unofficial results are posted.

Escorts: Paddlers and escort boats will be spaced throughout the course under the supervision of the race committee to provide help to swimmers as needed. If a swimmer touches any escort craft, he/she must withdraw from the race.

Race Committee: Will consist of the Meet Referee, Site Director, and three coaches appointed by the Meet Referee.

OW Referee: Thornton Burnette/Jim Riggs thor8550@aol.com and jsriggs1@bellsouth.net

OW Starter: Dargan Moore

Meet Directors: Susanne Cooper susannecooper@gmail.com (administration/entries),

Safety: Safety will be of paramount consideration during this OWS competition. Safety provisions contained in the **USA Swimming Open Water Meet Directors Guidelines** will be strictly followed. All applicable USAS rules, regulations and safety requirements will

be enforced for the well-being of the swimmers. **USA Swimming, Inc., North Carolina Swimming, Inc., and Sandhills Sandsharks, Inc., shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.**

Average water temperatures for June are 78-80 degrees F; air temperature is 80-90 degrees F. Safety boats will be provided in accordance with the NC Open Water Championships Safety Plan (see sandshark.org).

Safe Sport:

Use of audio visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Deck changes are prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

Disabilities:

Sandhills Sandsharks welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit Sandhills Sandsharks ability to accommodate all requests.

Order of Events

Due to Zones, races will be moved to later in the day than in the past. Zone races will precede NCOW races on both Friday and Saturday.

Check In	Pre-race Meeting	Women/Men	Distance	Start time
Friday 5:00 PM	5:45 PM	1 & 2 (Open)	400 M Splash and Dash	6:00 PM (Open) 6:20 (Buddy)
Saturday 9:45 AM	10:30 AM	3 & 4 (Open)	RHF Military Mile- 18/Over, non-Club swimmers.	10:45 AM (1 wave)
Saturday 10:45 AM	11:30 PM	5 & 6 (Open)	5K	11:45 AM (2 or 3 waves)
Saturday 1:00 PM	1:45 PM	7 & 8 (13/14) 9 & 10 (Open)	3K	2:00 PM (3 waves)
Saturday 2:15 PM	3:00 PM	11 & 12 (11/12) 13 & 14 (Open)	2K	3:15 PM (3 waves)

Saturday 3:00 PM	3:45 PM	15 & 16 (10/U) 17 & 18 (Open)	800 M	4:00 PM (3 waves)
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Friday Events

“Splash & Dash” and “Newbie” 400 Meter race(Newbie race is for swimmers new to open water for whom the 800 may be too long— it’s just for fun!

Race will be 400 yards straight down the length of the dam. Start will begin in waves. The amount of time in-between each wave will be determined on the day of the race. The race will end ½ hour (30 minutes) after the start. All swimmers who have not completed the course will be asked to retire. Positive check-in will begin at 5:00 pm. There will be a pre-race meeting at 5:45 pm. **Event will begin at 6:00 pm.**

Saturday Events

RHF Military Mile (non-club swimmers)

The race will start in the water. Swimmers will start in the water and will complete 1.5 circuits of a triangular well marked 1K course. The course depth will be approximately 10-30 feet. The water temperature is expected to be 78-80 degree F. **Event will begin at 10:45 am.**

Open 5K:

This race will be 5 loops around a 1K loop of the designated course. The race will end 2 hours (120 minutes) after the start. All swimmers who have not completed the course will be asked to retire. Positive check-in will begin at 10:45 am. There will be a pre-race meeting at 11:30 am. **Event will begin at 11:45 am.**

13 & 14/ Open 3K:

This race will be 3 loops around a 1K loop of the designated course. The race will end in 90 minutes. All swimmers who have not completed the course will be asked to retire. Positive check-in will begin at 1:00 pm. There will be a pre-race meeting at 1:45 pm. **Event will begin at 2:00 pm.**

11 & 12/Open 2K:

This race will be 2 loops around a 1K loop of the designated course. The race will end in 60 minutes. All swimmers who have not completed the course will be asked to retire. Positive check-in will begin at 2:15 pm. Pre-race meeting will begin at 3:00 pm. **Event will begin at 3:15 pm.**

10 & under/Open 800 meter:

This race will be 1 loop around the designated course marked by a lane line. The race will end in 80 minutes. Positive check-in will begin at 3:00 pm. Pre-race meeting will begin at 3:45 pm.

Event will begin at 4:00 pm.

10 & under may have an escort swimmer. All escorted swimmers will be in the 3rd wave.

All races will be seeded as a single event, with first waves including top male and female swimmers. Places, awards, and published results for these events will be separated for each event, age group and gender. Meet Director reserves the right to change seeding if a large number of entries warrant changes.

This year we again have THE POSEIDON AWARD for all swimmers who swim 5K-3K-2K.

T-Shirts: All coaches will be given vouchers for t-shirts, which swimmers can exchange for their t-shirts at the meet.

Directions: Directions, hotel information, and other meet information may be obtained at www.sandshark.org

**Preferred Hotels—all rooms are reserved under “Open Water Zones”
as Zones is being held simultaneously**

Little River Golf and Resort

500 Little River Farm Blvd, Carthage, NC 28327
(closest to the race site)

<http://littlrivernc.com>

Phone: 910-684-4324-direct, 866-994-7682-toll free, 910-603-5569-cell

Email: debbie@ringthepines.com

Large condos: 2 bedrooms, 2 bathrooms, kitchen, living room
lobby offers: coffee, hot and cold tea, lemonade, and water all day

TEAM MEETING ROOMS AVAILABLE AT NO ADDITIONAL COST

\$110 per night

Please see sponsors' page for limited time special discounts from Little River Golf Resort.

<http://www.fillyandcolts.com>

Filly and Colt's onsite restaurant will provide a **free hot and cold breakfast buffet**

Southern Zone's Pasta Bar Lunch on Saturday will be served at Filly and Colt's

A Friday Night Dinner Fajita Bar will be offered for a Prefix Price of \$15 per person
(Please see Registration Page to purchase)

Coaches' Social and VIP Dinner served at Filly and Colt's

(no purchase necessary for coaches and VIP's but please RSVP to annechristenson7@gmail.com)

Comfort Inn, Pinehurst: 9801 US 15-501, Pinehurst, NC, US, 28374

Phone: (910) 215-5500; 20 rooms (\$89-2 double beds).

Springhill Suites: 10024 U.S. 15, Pinehurst, NC 28374

Phone: (910) 695-0234; 20 rooms (\$92-2 double beds, free breakfast)

[Reservation link](#)

Homewood Suites: 250 Central Park Ave, Pinehurst, NC 28374

Phone: (910) 255-0300; 20 rooms (\$119-2 double bed suites, free breakfast);

A few double suites (4 queens) may be available for a different rate as well.

Residence Inn: 105 Brucewood Rd, Southern Pines, NC 28387

Phone: (910) 693-3400; 20 rooms (\$114/1 bedroom; \$144/2 bedrooms)

Holiday Inn Express: 155 Partner Cir, Southern Pines, NC 28387

Phone: [\(910\) 693-2280](tel:9106932280) (\$100/room)

Hampton Inn: 200 Columbus Dr, Aberdeen, NC 28315 (\$100 Std/ \$110 suite)

Phone: [\(910\) 693-4330](tel:9106934330)

See below for fees report

**NC Open Water Champs 2017
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to:

(checks payable to Sandhills Sandsharks):

Sandhills Sandsharks, Inc.

PO Box 657

Southern Pines, NC 28388

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total #	Cost per	Total
Entry fee per swimmer		\$30.00	
Individual Race fee		\$10.00/race	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Sandhills Sandsharks, Seven Lakes Landowners, Inc, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE