



2017 Southern Zones Open Water Championship
June 2-4, 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 #NC17053OW
- Location:** Seven Lakes NC (Directions: www.sandshark.org) All Zone Races will be around a 1K loop of the designated course.
- Eligibility:** All swimmers must be registered with USA Swimming Inc. and selected by LSC. Each LSC may enter up to four swimmers in individual events and up to two Team Pursuit Relays in each event.
- Events:**
- | Friday | Saturday | Sunday |
|--|---|---|
| Welcome Clinic and 1K Orientation Swim | 11/12 2K
13/14 5K
15/16 5K
Senior Open 5K
Zone Team buffet (Time TBA) | 14 & Under Girls 3K Team Pursuit
14 & Under Boys 3K Team Pursuit
Open Women's 3K Team Pursuit
Open Men's 3K Team Pursuit |
- Team Pursuit:** The Team Pursuit event will feature teams of three, four or five similar gender athletes departing at 30 second intervals outfitted in team caps. At least three athletes must complete the course and the team finish time will be determined when the third swimmer touches the finish. Teams to be single gender. Order for teams to be picked at buffet.
- Awards:** Top eight medals for individual events
Top three Team Pursuit Relays will receive awards
- Team Awards:** To be done as in past Zone meets.
- Scoring:** **Top 16 Finishers Score**
Individual events 18-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1
Team Pursuit Relays 36-30-28-26-24-22-20-18-16-14-12-10-8-6-4-2
- Entry Format:** Hy-Tek Team Manager or Team Unify. Entries should be submitted by the LSC. Submit to susannecooper@gmail.com.
- Deadline and Fees:** Tues, May 23, 2017. \$50 entry fee, to include t-shirt, cap and Sat lunch buffet.
- Check-in:** All swimmers must be checked-in before the pre-race meeting. Check-in will begin once the preceding race has started. GPS disposable 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.

Pre-Race Meetings: A general meeting for coaches and officials will be held prior to races on Friday at Little River Resort, (time TBA).

Officials briefings will be held 15 minutes prior to each race for race officials to review the course diagram with all the swimmers in that race. **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. ***20 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.

Finish: The finish will be on the land.

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. USA Swimming Rules will govern any interaction with escort crafts.

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

OW Referee: Thornton Burnette thor8550@aol.com
Starter: Jim Riggs/Ronnie Roach

Rules: Current USA Open Water Swimming Technical rules will govern. For the safety of the swimmers, fingernails and toenails must be clipped. Officials will check fingernail length prior to the events; clippers will be available, and they will be used. Please plan ahead.

SPECIAL NOTE: Each team is required to provide 1 certified coach/official who will be on site for safety purposes during the event. This may include being on kayak, paddle board, or water craft.

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

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 and USMS 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.

Timeline:

<u>Check In</u>	<u>Pre-race Meeting</u>	<u>Women/Men</u>	<u>Distance</u>	<u>Start time</u>
<u>Friday 4:00 PM</u>	<u>4:45 PM</u>	<u>1 & 2 (Open)</u>	<u>1K</u>	<u>5:00 PM</u> <u>(waves TBD)</u>
<u>Saturday 7:00 AM</u>	<u>7:30 AM</u>	<u>3 & 4 (Open)</u> <u>5 & 6 (15/16)</u> <u>7 & 8 (13/14)</u>	<u>5K</u>	<u>7:45 AM</u> <u>(6 waves)</u>
<u>Saturday 9:00 AM</u>	<u>9:30 AM</u>	<u>9 & 10 (11/12)</u>	<u>2K</u>	<u>9:45 AM</u> <u>(2 waves)</u>
<u>Sunday 8:00 AM</u>	<u>8:45 AM</u>	<u>11 & 12 (Open)</u> <u>13 & 14 (14/Under)</u> <u>15 & 16 (11/12)</u>	<u>Team Pursuit</u> <u>3K</u>	<u>9:00 AM</u> <u>10:00 AM</u> <u>(waves TBD)</u>

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 Sandshark's ability to accommodate all requests.

Notes:

This is version 1 of a projected entry form put forward from the Task Force assigned and is to be confirmed by the Southern Zone Executive. The Meet host, in conjunction with the Task Force, will confirm entry start times and assimilation into the schedule other events to be contested over the weekend. Additional information will be posted at Sandshark.org.

Additional race opportunities for those traveling with your team

NC Open Water Champs will be held simultaneously and permits single meet membership in USA Swimming; all races are open to anyone (Masters, Tri, Recreational, USA, etc). Information on these races is available at Sandshark.org.

Preferred Hotels 6/2-4: All rooms reserved under "Open Water Zones" Please see Sandshark.org for online reservations and additional meet information

Little River Golf and Resort

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

<http://littlerivernc.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)

Additional Hotels

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)

Airport Information

Raleigh (RDU): 1 hour

Greensboro Triad (GSO): 1 hour 15 min.

Charlotte (CLT): 2 hours 15 min.

Fayetteville (FAY): 1 hour

**Southern Zones
Open Water Championship
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 Number	Cost per Swimmer	Total
Swimmer Fee for meet		\$50	
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