



NORTH CAROLINA OPEN WATER STATE CHAMPIONSHIPS

Hosted by SANDHILLS SANDSHARKS

June 2-3, 2023

Held at Lake Echo, Seven Lakes (West End), NC



***Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC23092OW***

MEET DIRECTOR	MEET ENTRY COORDINATOR
Scott Gainey 910-420-4149 openwater@sandshark.org	Scott Gainey PO BOX 657 SOUTHERN PINES, NC 28388 910-420-4149 openwater@sandshark.org
MEET REFEREE	MEET MARSHAL
Thornton Burnette THOR8550@AOL.COM	(male) Jim Riggs jsriggs11@gmail.com (female) Lindley Fleury PRESIDENT@SANDSHARK.ORG

CONDITION OF SANCTION

As a condition of this sanction, Sandhills Sandsharks Swim Team agrees to comply with and to enforce all COVID-19 health and safety mandates and guidelines of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions in effect at the time of the meet. Further, the meet will be conducted in accordance with individual facility requirements as detailed in the Sandhills Sandsharks Meet Plan below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID-19 sanctioning period.

ASSUMPTION OF RISK DISCLAIMER

The Sandhills Sandsharks Swim Team has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

COVID-19 RELEASE

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, NORTH CAROLINA SWIMMING, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

SANDHILLS SANDSHARKS COVID-19 MEET PLAN

NCS FACE COVERING STATEMENT	NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.
LOCAL PROTOCOLS	There will be no changing areas on site. Swimmers are expected to arrive and leave in their suits. Swimmers are responsible for marking their own race numbers.
ENTRY & EXIT PROCEDURES	Swimmers wishing to wear masks may dispose of them as they enter the water; trash cans will be available.
SWIMMER LIMITATIONS	Waves will be limited to discourage crowding; meet management reserves the right to adapt wave sizes. When wave 1 is at the starting line, wave two will be checked in and wait, spread out, in shallow water. When Wave one leaves, Wave 2 will head to the starting line area and wave 3 will be checked in. Timing between waves will be approx. 1.5-2 minutes. Waves will be lined up in designated areas. Send off times may be adjusted depending on numbers and size of meet - with safety in mind.
SPECTATORS	Spectators are welcome. Please contact meet management if you are interested in volunteering on the water in kayak or on a paddle board. Bring your own vessel.
FACILITY	<ul style="list-style-type: none">• Lake Echo is a spring fed lake in the Seven Lakes North community of West End, NC. The start will be in the water, with a land finish. FS Series Timing will use chip timing in conjunctions with their timing software for the races.• Warm up and cool down areas will be available close to shore on the outside of the race course.• The 400 will be swam parallel to the dam/edge of the lake, starting at one end of the dam and concluding at the finish line.• The 5K, 3K, and 2K will be swam around a 1 K triangular course.• The 800 will be an out and back race, swam parallel to the dam.• Parking will be in the soccer field for Friday and Saturday races. Families are asked to arrive just prior to check in and to leave following their races to allow space for other families to park. Parking passes are required; coaches will be emailed the passes and they will be available at ncopenwaterswim.org.• Deck changing is not permitted. Swimmers need to arrive and leave in their suits; NO changing tents will be available. <i>Additional information is available through the Open Water button at Sandshark.org and through ncopenwaterswim.org.</i>
MEET FORMAT	This is a timed final Age Group/Senior, pre-seeded Open Water meet. AGE UP DATE IS June 2, 2023.

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Monday, May 22	11:00 PM	Entry deadline
Fri, June 2	4:45 PM	Officials Briefings
Fri, June 2	5:15 PM	Coaches/General Meeting
Sat, June 3	12:00 PM	Officials Briefings
Sat, June 3	12:30 PM	Coaches/General Meeting

SAFETY

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated. All spectators and swimmers must stay off the far side of the dam (road across dam will be blocked off for tents and chairs).

ALL SWIMMERS MUST CLIP NAILS prior to check in—little to no white. Nail clippers will not be on site this year.

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 Champs Safety Plan (attached at end of this document).

Medical Information—Closest hospital is First Health Regional in Pinehurst. Approximate transport time is 18 minutes.

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated.

MAAPP

All adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

Swimsuit policies—no tie back suits are permitted. Two piece suits (triathlon style) are permitted as long as they do not have a tie back. Tech suits, approved by FINA, are permitted for ages 13/over.

There will be no feeding stations.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to the entry deadline. This meet is open to Club swimmers only.

Buddy only swimmers (adults) should contact the meet manager for registration information and will need to pay the single meet membership fee (if not USA Swimmers), but NOT pay the entry fee.

All Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to entry deadline. Entries listed as “Registration Applied For” will not be accepted. There will be no on deck registration available at this meet

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

The Sandhills Sandsharks welcome 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.

ENTRIES

Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries; however, disks are also acceptable. A completed and signed Entry Summary Sheet and payment in full must be received by the Meet Entry Coordinator by 10 AM on June 1. **A swimmer’s age as of June 2, 2023 will determine their age for the entire meet.**

ENTRY LIMITATIONS

Entries in the Poseidon (5K-3K-2K) should be in each of the events PLUS the 10K event (for tracking purposes—there is no entry fee associated with it). Poseidon swimmers will swim with their designated age group for each race, or in the top wave for their age group race, should their entry time dictate placing in that wave.

Please pay attention to race time limits; swimmers will be pulled from the water if they have not completed the race by the designated limit.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES

The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. Late entries may be accepted at the discretion of the Meet Referee with double entry fees. There will be no on deck entries.

ENTRY FEES

Make checks payable to: Sandhills Sandsharks; All fees are non-refundable	
Individual Event	\$15.00 per event
NCS Travel Fund	NA
Facility Surcharge & General Entry fee	\$50.00/swimmer

Late Entry Fee	Double fees will apply to late entries and must be paid before entry can be processed.
SEEDING	<p>The conforming time standard for this meet is long course meters, then short course yards for selection in top waves.</p> <p>Entry Times for Seedings in WAVES: It is important to submit verifiable and provable in SWIMS.</p> <ul style="list-style-type: none"> • 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 the remaining age group swimmers; 3rd wave will be all open/out of age group swimmers. • Poseidon swimmers will swim with age-appropriate waves of 2K & 3K. • There may be 2 minutes between waves. • Acceptable times for consideration in top waves include the following: <ul style="list-style-type: none"> • 5K/3K / 2K = 1500 LCM / 1650 SCY • 800M = 800 LCM / 1000 SCY • 400M = 400 LCM / 500 SCY • Meter times are SELECTED FIRST. <p>Note: Coach estimated LCM times may be allowed for consideration. Verified times in SWIMS will be seeded first.</p>

CHECK-IN

Positive check-in at the registration table will start once the preceding race has begun. GPS chips will be issued at check in; race numbers will be sent to coaches a day before the races and will be available at check in. **Teams are responsible for writing numbers vertically on arms and across backs.** Should the GPS system not be available, race numbers, written on swimmers' left arms, will be the primary means of determining race finish order. **Swimmers with long nails will not be permitted to check in. PLEASE CLIP NAILS PRIOR TO ARRIVAL SO NO WHITE IS SHOWING. A REFEREE WILL BE AT THE REGISTRATION DESK CHECKING NAILS. There will be no nail clipping on site.**

PRE-RACE MEETING

Official briefings will be held 20 minutes prior to each race for the meet director to review the course diagram of 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.**

COUNTDOWN

30 minutes 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 be in the water. All races are counter-clockwise. All events of equal distances will be swum at the same time in waves. Swimmers will enter the water by walking over pads to register their chips.

FINISH

One chute with 2 pads. Swimmers must swim through the designated channel and run across the 2 pads. Numbers will be punched as back up and recorded manually.

Swimmers who have not completed the race by the designated time limit will be pulled from the water.

PROTESTS	Must be filed in writing on the designated form with the Clerk of Course within 45 minutes of unofficial results being 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.
SCRATCHES	There will be no penalty for scratching pre-seeded events.
SCORING	No team or individual scoring will be kept.
AWARDS	Poseidon swimmers who complete all 3 races will receive awards; Top 8 in the 400 Open and 5K Open and in each Age Group race will receive medals.
RESULTS	Results will be posted on FS Series' website at FSSeries.com ; a link to the site will be posted on the race site, accessible through Sandshark.org within 24 hours of the meets conclusion.
COACHES	All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.
OFFICIALS/TIMERS/ VOLUNTEERS	There will be a need for officials. The Sandhills Sandsharks welcome and encourage anyone willing to volunteer. Volunteering Officials should contact the Meet Referee by email <u>prior to the meet</u> . All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet/session. There will be a meeting at the day(s)/time(s) listed in the "Deadline and Meeting Summary" above. Meetings may be in-person at the meet or virtual in advance and assignments may be communicated electronically prior to each session. All officials are strongly encouraged to complete an individual personal review of applicable USAS rules prior to the meet. Officials should report at the time specified by the Meet Referee and bring a mask (if necessary) and a writing utensil.
HOSPITALITY/ CONCESSIONS	There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.
WARM-UP	In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/down (if available). There is to be no diving or horseplay in this area.
WAIVER/RELEASE	As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North

Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. Sandhills Sandsharks, Seven Lakes Landowners Association, 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. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your 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.

IMAGE RELEASE

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

ORDER OF EVENTS: (DUE TO Southern Zones being hosted earlier at venue)

Check In	Pre-race Meeting	Women/Men	Distance	Start time	Race Time Limit
Friday 4:45 PM	5:15 PM	1 & 2 (Open) 400M Splash and Dash	400 M Splash and Dash	5:45 PM (Open) 6:00 PM (Buddy)	NONE
Saturday 12:00 PM	12:30 PM	3 & 4 (Open)	5K	12:45 PM	120 minutes
Saturday 2:15 PM	2:45 PM	5 & 6 (13/14) 7 & 8 (Open)	3K	3:00 PM	90 minutes
Saturday 4:00 PM	4:30 PM	9 & 10 (11/12) 11 & 12 (Open)	2K	4:45 PM	60 minutes
Saturday 5:45 PM	6: 15 PM	13 & 14 (10/U) 15 & 16 (Open)	800 M	6:30 PM	NONE
Saturday - - - MUST BE SELECTED ON EVENT FILE FOR POSEIDON SWIMMERS	N/A	17 (Girls Open) 18 (Boys Open)	10K *(5K / 3K / 2K) 10K *(5K / 3K / 2K)	MUST BE SELECTED FOR POSEIDON SCORING / RECOGNITION	MUST BE SELECTED FOR POSEIDON SCORING / RECOGNITION

SAFETY PLAN: NCS OPEN WATER CHAMPIONSHIPS

Water Quality Certification	Process: Monthly by Seven Lakes Landowners Assoc.			
On Site Medical Personnel	Lead Name(s): Heather Milkowich	Mark one: MD DO EMT-P X NP PA DDS	Experience in extreme events: Open water medical for past races	EMS/EMT on Site: Seven Lakes Rescue Squad Backup units & response time: Fire & rescue 0.25 from venue; additional squads 4.5 miles away

Lifeguards & Emergency Care (include location of all on map)	Type: ARC Lifeguards X USLA YMCA Equivalent water certified 1st responder:	Number & Location on course: 6 + Hours on duty: 3:30-6:30 Fri; 7:30 to end of day Sat.	Medical Tent location & procedure: EMS & medical personnel located at Start/Finish area. Shade available.	Local Med facility/type: First Health Regional, Pinehurst Distance: 10.5 miles Transit time: 18 min.
Watercraft--list types/number for all categories (ie., jon boat, SUPs, pontoon, Jet Skis, Kayaks, etc). Mark locations on the course map.	Safety Craft: (min. 1 motorized, plus 1 driver & two 1st responders) Pontoon/jon boat	Officials craft: 2 Feeding Stations: NA Locations: at turns	Race Supervision: By lifeguards & volunteers in kayaks, SUPs. 2-3 per leg of race (triangular); 1 lead; 1 tail; 1 in middle of course. Escorted events: NA Locations: middle & all legs of course	Emergency Signal Flag MANDATORY for ALL watercraft on course COLOR: RED
Athlete Accountability	Body Numbering location (Mandatory): Left arm & leg Electronic (Rec): Chips by FS Series (timing company)	Cap colors by gender/Age: Orange-Poseid on Yellow-18+ Red/Blue-- top wave Female/Male Pink/Green—F emale/Male AG	Accountability plan before/during/end of race: Max athletes on course: 200 Chip check on entry into water & manual count. Swimmers w/drawing from race will check in w/ race admin. Chip finish w/ race numbers both punched & written down; videotaping start/finish. . Backup method to include each athlete handing over a popsicle stick upon water entry (to be collected and counted by official) and to retrieve a stick upon exit. Sticks to be kept in a bucket. Officials will remove sticks for athletes withdrawing	Warm up/Warm Down Plan: Area by start/finish & race admin to be used; lifeguards on site.

			from the race. Head counts into and out of the water also will be used.	
Communications Plan (radios, Cell phones, megaphones, etc.)	Meet Officials: Primary: radios Secondary: cells	All Race Personnel: Primary: radios Secondary: cells	Communications: Meet officials to be in contact via radio & cell.	
Contingency Plans	Individuals empowered to order race abandoned, postponed, or to implement Emergency Action Plans: Meet Referee: Thornton Burnette Safety Officer: Jim Riggs Independent Safety Monitor: John Roy Water Safety Supervisor: Ed Hill			
On Course Emergency Care/Rescue Plan: Distribution & actions of safety craft, use of communication devices Radios and Cell phone numbers to be distributed among all race personnel. Coaches' & other handlers' numbers to be collected for emergency contact. A complete list of athletes by race number will be kept in the Clerk of Course. Swimmers will check in by walking over the finish pad to register chips; back up will be done by counting swimmers manually. On exit, chips will register on the finish pad; race numbers will be punched and written upon exit. All swimmers will be videotaped entering and exiting the water.				
Emergency Action Plans: Swimmer in Distress: Lifeguards will activate water rescue protocol, flagging the safety boat and guiding swimmer to shore or safety craft. Information will be radioed by race personnel to admin; coach/handler will be contacted via cell phone or announcement. Swimmer will be brought to the Medical tent if needed and will check in with the Clerk Of Course. EMS will provide transportation to First Health Regional if needed. Missing Swimmer: EMS, lifeguards, and Sandhills Sandsharks coaches will activate underwater search and recovery. Concurrently, meet operations will contact the coach/handler, check chip check in list and video, along with withdrawal list.				
Abandonment of Race: Race Control will relay via radio and cell phone to the safety boat to signal abandonment. Official Boats--5 short blasts, followed by 1 long blast Lifeguards--5 short blasts, followed by 1 long blast Swimmers should: 1. Discontinue Swimming 2. Look for directions from Officials/Water Safety Personnel 3. Check in with Admin Ref once on beach				
Severe Weather: Is a lightning detector or weather radio on site? Severe weather plan: Evacuation of spectators to cars/fitness center. No race will be held if lightning is in the vicinity or moving toward the area. Site evacuation plans: If swimmers are in the water, 3 whistles will be blown to signal an end to the race; no leg is far from shore. Boats can be used to pick up swimmers if needed.				

OPEN WATER COURSE MAP



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

Complete and email or mail this form along with entry fees to (checks payable to Sandhills Sandsharks Inc.):

SANDHILLS SANDSHARKS
PO BOX 657
SOUTHERN PINES, NC,
28388
openwater@sandshark.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$15.00 per event	
Late Fees		Double fees will apply to late entries and must be paid before entry can be processed.	
Swimmers (General & Facility Surcharge)		\$50.00 per swimmer	
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,

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE

HOTELS

All rooms are reserved under "Open Water Zones" or "Sandsharks Open Water"

Comfort Inn, Pinehurst: 9801 US 15-501, Pinehurst, NC, US,
28374 Phone: (910) 215-5500;

Springhill Suites:2 Night Minimum- 10024 U.S. 15, Pinehurst,
NC 28374 Phone: (910) 695-0234

Residence Inn: 105 Brucewood Rd, Southern Pines, NC
28387 Phone: (910) 693-3400

Holiday Inn Express: 155 Partner Cir, Southern Pines, NC 28387
[Phone: \(910\) 693-2280](tel:(910)693-2280)

Hampton Inn: 200 Columbus Dr, Aberdeen, NC 28315
[Phone: \(910\) 693-4330](tel:(910)693-4330)