



2019 NORTH CAROLINA OPEN WATER STATE CHAMPIONSHIPS



Hosted by SANDHILLS SANDSHARKS

May 31-June 1, 2019

Held at Lake Echo, Seven Lakes (West End), NC 27376

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

Sanction #NC19059OW

MEET DIRECTOR	MEET ENTRY COORDINATOR
SUSANNECOOPER 910 638 3118 SUSANNECOOPER@GMAIL.COM	SUSANNE COOPER PO BOX 657 SOUTHERN PINES, NC 28388 910 638 311G SUSANNECOOPER@GMAIL.COM
MEET REFEREE	MEET MARSHAL
JIM RIGGS PHONE jsriggs@bellsouth.net	RONNIE ROACH 919-724-1495 Ronnie.Roach@gmail.com

FACILITY

- ✦ 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 short on the outside of the race course.
- ✦ The 400 will be swam parallel to the dam/edge of lake, starting at one end of the dam and concluding at the finish line.
- ✦ The mile, 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.
- ✦ **The competition course has not been certified in accordance with 104.2.2C(4).**
- ✦ Parking will be in the soccer field for Friday PM 400 M races and will be in the horse pasture with shuttling to the venue provided for Saturday's races.
- ✦ Deck changing is not permitted; changing tents are available.

Additional information is available through the Open Water button at Sandshark.org

MEET FORMAT

This is a timed final Age Group/Senior, pre-seeded meet. Relays must be declared at the start of the meet; each relay will consist of one swimmer in the Open 5K Open, 13-14 3K, 11-12 2K and 10/under 800 M races.

DEADLINE AND MEETING SUMMARY: (keep section in chronological order)

Day, Date	Time	For:
Tues, May 22	10:00 PM	Entry deadline
Fri, May 31	4:45 PM	Officials Briefings
Sat, June 1	7:15 AM	Official Briefings
Sat, June 1	8:15 AM	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 far side of 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

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.

RACING STARTS

NA

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. Use of audio or 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.
- ✦ **Swim Suit 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.
- ✦ There will be no feeding stations.

ELIGIBILITY

- ✦ All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline.
- ✦ Single meet membership in USA Swimming is available for non-USA swimmers through meet registration at Sandshark.org.
- ✦ All Masters swimmers must also obtain single meet membership—there is no reciprocity between USA Swimming, Inc. and USMS Swimming.
- ✦ Buddy only swimmers DO need to complete registration and pay the single meet membership fee (if not USA Swimmers), but DO NOT pay the entry fee.

Entries listed as “Registration Applied For” will not be accepted. There will be no on deck registration available at this meet.

SWIMMERS WITH 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.

ENTRIES

- ✦ **For USA Swimmers coming with their team:** Entries submitted in Hytek 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 on the first day of the meet will determine their age for the entire meet.
- ✦ **For USA Swimmers coming without a coach, or whose coaches are not doing entries AND for all BUDDIES and NON-USA SWIMMERS (INCL MASTER)**—registration is through the Open Water Races button at Sandshark.org.

ENTRY LIMITATIONS

- ✦ **Club USA Swimmers** may swim all events except the mile. The mile is aimed at older swimmers (ages 18/Up). Coaches are welcome.
- ✦ **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.
- ✦ **Relays must be declared Saturday before the 5K. A relay consists of 1 swimmer from the 5K, 13-14 3K, 11-12 2K, and 10/Under 800 M.**
- ✦ **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 (note: no earlier than 10 days prior to the start date of the meet). Also include: **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	\$12.00 per event
Relay	\$15.00 per event
NCS Travel Fund	NA
Facility Surcharge & General Entry fee	\$35.00/swimmer
Late Entry Fee	\$20.00

SEEDING

The conforming time standard for this meet is long course meters, then short course yards for selection in top waves.

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 swim 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.

CHECK-IN

Positive check-in at the registration table will start once the preceding race has begun. GPS chips and race numbers will be issued at check in. 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 SO NO WHITE IS SHOWING. A REFEREE WILL BE AT THE REGISTRATION DESK CHECKING NAILS. There is not time for everyone to clip nails on site.

PRE-RACE MEETING

Official briefings will be held 20 minutes prior to each race for the meet director review the course diagram will 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 shoot with 3 pads. Swimmers must swim through the designated channel and run across the 3 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

Individual 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 (open 5K and Age Group races)
Relays 40-36-32-30-28-26-24-22-18-14-12-10-8-6-4-2

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; top 3 Non-Club swimmers (age 18 +) will receive medals for all races.

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 Deck Pass 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. Sandhills Sandsharks welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.

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. A warm up area will be available before and during the meet. Coaches should oversee all swimmers who are warming up at any point. The Marshall 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. 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: Relay times to be pulled following each race; relays to be declared on site prior to start of the 5K.

Check In	Pre-race Meeting	Women/Men	Distance	Start time	Race Time Limit
Friday 4:30 PM	5:00 PM	1 & 2 (Open) 400M Splash and Dash	400 M Splash and Dash	5:30 PM (Open) 5:45 (Buddy)	NONE
Saturday 7:00 AM	7:40 AM	3 & 4 (Open) 1 Mile	Mile—18/Over, non-Club swimmers.	8:00 AM (1 wave)	60 minutes
Saturday 8:05 AM	8:55 PM	5 & 6 (Open) 5K	5K	9:15 AM (2 or 3 waves)	120 minutes

Saturday 9:20 PM	11:10 PM	7 & 8 (13/14) 9 & 10 (Open)	3K	11:30 AM (3 waves)	90 minutes
Saturday 11:35 PM	12:40 PM	11 & 12 (11/12) 13 & 14 (Open)	2K	1:00 PM (3 waves)	60 minutes
Saturday 1:05 PM	1:40 PM	15 & 16 (10/U) 17 & 18 (Open)	800 M	2:00 PM (3 waves)	NONE

SAFETY PLAN	NC OW CHAMPS			
Water Quality Certification	Process: Monthly by Seven Lakes Landowners Assoc.			
On Site Medical Personnel	Lead Name(s): Drs. Sabina Francis & Dorothea Mixa	Mark one: MD X DO EMT-P NP PA	Experience in extreme events: Open water medical for past races	EMS/EMT on Site: Seven Lakes Rescue Squad Back up 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.
Water Craft--list types/number for all categories (ie., john boat, SUPs, pontoon, Jet Skis, Kayaks, etc). Mark locations on course map.	Safety Craft: (min. 1 motorized, plus 1 driver & two 1st responders) Pontoon/john 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 water craft on course COLOR: RED

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 Medical tent if needed and will check in with 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 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 go signal an end to the race; no leg is far from shore. Boats can be used to pick up swimmers if needed.

Contingency Plans for course adaptation/rescheduling:

Course shape may be changed to run parallel to shore or as a narrow rectangle; distances may be decreased.

Races may be postponed til later in the day or rescheduled for the following day.

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

Complete and email or mail this form along with entry fees to (checks payable to HOST TEAM):

SANDHILLS SANDSHARKS

ATTN: Marie Cummings

PO BOX 657

SOUTHERN PINES, NC, 28388

SUSANNECOOPER@GMAIL.COM

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$12.00 per event	
Relays		\$15.00 per event	
Swimmers (General & Facility Surcharge)		\$35.00 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, 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 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. 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 _____

DATE _____ TITLE _____