



2009 North Carolina Open Water State Championships

History

The NC Open Water Championship was first contested in 1998, called the Sandhills Sandsharks Open Water Swim in its first year. With great support from the NC Swimming Board of Directors, the race has grown from 47 swimmers in the first year to 580 in 2008. In the 2008 Olympics the first 10K Open Water gold medal was awarded recognizing the world's toughest athletes.

The Sandhills, known for its golf, hosted the US Open in 1999 and 2005. It is an ideal location for an open water event. The local hotels and restaurants welcome these types of events. The area has a great deal of clean fresh water lakes in the surrounding area, perfect for open water venues.

This event has had some of the best open water swimmers as participants. Chip Peterson, 2008 member of the USA Olympic Open Water Team, and Olympic bronze medalist Chris Thompson, former America record holder in the 1500 have both competed. In 2007 this event was chosen with 10 other races in the country as a USA Swimming Grand Prix Open Water Qualifier.

Viewing from the Echo Lake dam makes for a very festive day. This year NCOV will add an Open 400M "Splash & Dash" on Friday evening.

Sponsorship opportunities and information are available for this exciting event. Please contact ssssandshark@mindspring.com or visit our web site @ www.sandshark.org

Date:
Friday May 29th
Saturday May 30th

Race Times Friday Race Times:

Race Check-in Start Time
400M Splash & Dash 4:00pm 5:00pm

Saturday Race Times:

Race Check-in Start Time

5K	8:00am	9:30am
3K	9:35am	11:00am
2K	11:35am	12:30pm
800M	1:05pm	1:30pm



Sponsored



For Information:
Venue
Entries
Hotel
Directions
www.sandshark.org

Email:
ssssandshark@mindspring.com
Or call
910-692-5777

