



**2010 North Carolina Swimming
Open Water Swim Championships**
Friday/Saturday, June 4th-5th
OPEN COMPETITOR ENTRY

- Host:** Sandhills Sandsharks Swim Team
- Sponsored:** NC Swimming and Sandhills Sandsharks
- Sanction by:**
- Location:** Seven Lakes, Lake Echo, West End NC (Directions: www.sandshark.org)
- Eligibility:** Non-USS registered swimmers only
- Entries:** The meet fee is \$29.00 for each event. Event t-shirt and event cap included in goodie bag.
- Awards:** Overall top 3 male and female winners of the 400, 800, 2K, 3K and 5K races will receive medals.
- Entries:** **Entries should be submitted through the FS website**
- E-mail Blast:** Will be setup on the Open Water page of the www.sandshark.org web site so you can receive updates as soon as they are sent out.
- Entry Times:** No entry times are needed. All Open Competitor Swimmers will be in the 3rd wave of each race; waves are 2 minutes apart.
- A print out listing individual swimmers and their events and all other requested information, properly completed, must accompany the entry.
- Scoring:** **Open Competitor races will not be scored by team.** If a team wants their Club designation listed, they must send the Club code with their registration.
- Deadline:** Entry form (incl. copy of USMS reg.) due to the meet director **by Tuesday, May 25th**. A \$40 late fee per swimmer (not per event) applies after the due date. . *On site registration will be handled by FS Series and will include the late fee.*
- Meet Director:** Taylor Cooper
sssandshark@mindspring.com
910-692-5777
- Susanne Cooper
susannecooper@gmail.com
910/692-5966
- Venue Director** Tanya Godwin tmgodwin@nc.rr.com
- OW Referee:** Richard Pockat
- OW Starter:** Thorton Burnette
- Check-in:** All swimmers must be checked-in before the pre-race meeting. Check-in will begin after the preceding race has started. In order to compete, **all forms must be filled out and releases signed.** GPS race chips, Race wristbands and Race numbers will be issued at check-in. Should the GPS system not be available, wristbands will be primary means of determining race finish order. A fee of \$20 will be assessed for failure to turn in a GPS chip.

All swimmers entering multiple races MUST be re-chipped and rebanded for EACH race. Failure to be re-chipped and rebanded will lead to automatic disqualification.

Pre-Race Meeting:

There will be a meeting 30 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: If an athlete strays from the course, they will only be corrected when out of bounds.**

Race Countdown:

30 minutes prior to each race the announcer will countdown the start of the race in 5-minute intervals. 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. Open Competitor swimmers will start 2 minutes after USA swimmers.

Finish:

There will be 1 shoot with 3 pads and a timing box under the Finish Tent where the swimmers' wristbands will be taken in order of finish. The GPS chips will determine the official order of finish; **wrist band numbers will be secondary in determining the official order of finish for each race. Anyone failing to go through the shoot and turn in their wristband will be automatically disqualified. Wristbands will be the primary means of determining the order of finish, should issues develop with the GPS system.**

Protests:

Must be filed in writing on the designated form at Clerk of Course within 45 min. from the time results are posted.

Escorts:

Paddlers and escort boats will be spaced throughout the course to provide help to swimmers if needed. If a swimmer touches the escort craft, they must withdraw from the race.

Race Committee:

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

Safety:

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

Order of Events

Check-in	Pre-race meeting	Women/Men	Distance	Start Time
Fri. 4:30 pm	5:30 pm	1&2	Splash & Dash 400 YD	6:00 pm
5:00 pm	6:30	exhibition	Relay	6:45
Sat.8:00am	9:00am	3&4	5K	9:30am
Sat.9:35am	11:00am	5&6	3K	11:30am
Sat.11:35am	12:30pm	7&8	2K	1:00pm
Sat.1:05pm	1:30pm	9&10	800MT	2:00pm
Sat. Relay	Relays must be declared by 9:30 am	11&12	10,800K	N/A

Friday Event

“Splash & Dash”

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.

- **Open USA Swimming Men**
- **Open USA Swimming Women.**
- **Open Competitor Men**
- **Open Competitor Women**

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 4:00 pm. There will be a pre-race meeting at 4:30 pm. **Event will begin at 5:00 pm.**

****Note : Splash & Dash will be scored as a Open Event**

Saturday Events

Open Competitor 5K:

This race will be 4 loops around a 1.25K 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 8:00am. There will be a pre-race meeting by 9:00am. Event will begin at 9:30am.

Open Competitor 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 9:35 am. There will be a pre-race meeting at 11:00 am. Event will begin at 11:30 am.

Open Competitor 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 11:35am. Pre-race meeting will begin at 12:30pm. Event will begin at 1:00pm.

Open Competitor 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 1:05pm. Pre-race meeting will begin at 1:30pm. Event will begin at 2:00pm.

All races (both Friday and Saturday) will be seeded as a single event, without regard to swimmer's age or gender. 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.

Directions / Hotel:

Directions, hotel information, and other meet information may be obtained on the web at www.sandshark.org.

Preferred Hotel

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

Phone: (910) 215-5500 Fax: (910) 215-5535

A block of 10 rooms has been reserved at a \$69 per night

for the nights of June 4th and June 5th





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Friday/Saturday June 4/5, 2010
OPEN COMPETITOR ENTRY

Coaches: Please submit a separate form for each entrant.

Name: _____ Age: _____ Gender: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Club Code: _____ E-mail: _____

USMS# _____ *(Must provide copy of 2010 registration)*

Circle event:

Circle Age Group

- Open Competitor 5K 18-24 25-29 30-34 35-39 40-44
- Open Competitor 3K 45-49 50-54 55-59 60-64 65-69
- Open Competitor 2K 70-74 75-79
- Open Competitor 800meter
- Open Competitor 400meter (Friday)

Check T-shirt size: (adult sizes)

S M LG XLG

Make Checks Payable and Mail to:
Sandhills Sandsharks Inc. Open Water
67 Scioto Lane
Pinehurst, NC 28374

Please read and sign the liability release below. You will not be allowed to swim without a signed release.

Liability Release:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; I acknowledge that I am aware of all the risks inherent in Open Water competition (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE OPEN WATER SWIM CHAMPIONSHIPS, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES SWIMMING INC., THE CLUB'S HOST FACILITIES, SANDHILLS SANDSARKS, FS SERIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of US Swimming. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

SWIMMER'S SIGNATURE: _____ **Date:** _____