



2010

**North Carolina Open Water State Championships  
June 4<sup>th</sup>-5<sup>th</sup>, 2010**

- Host:** Sandhills Sandsharks Swim Team
- Sponsored:** NC Swimming and Sandhills Sandsharks
- Sanctioned By:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC10065
- Location:** Seven Lakes, Lake Echo, West End NC (Directions: [www.sandshark.org](http://www.sandshark.org))
- Eligibility:** Swimmers must be registered with USA Swimming Inc.
- Awards:** Individual 1<sup>st</sup> through 8<sup>th</sup> place will receive ribbons. Relays 1<sup>st</sup> through 3<sup>rd</sup>.
- Team Awards:** Top 3 for Men, Women, and Combined. The Poseidon Award will be given to all swimmers completing the 2K, 3K, and 5K, following the 2K race
- Scoring:** Individual 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relays 40-36-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- Entry Format:** Hy-Tek Team Manager. Swimmers may upload Hy-tek off Hy-Tek web site. We strongly encourage submissions via Hy-Tek team manager.
- Entry Times:** It is important that all swimmers submit entry times that are verifiable and provable by organizations recognized by NC Swimming for seeding purposes. Swimmers will be sent off in waves. Top 20 men and top 20 women in the 1st wave; remaining USA men and women in 2<sup>nd</sup> wave; Masters in 3<sup>rd</sup> wave. There will be 2 minutes between waves. Acceptable times include the following:
- 1500 meter for 5000 kilometer
  - 1500 meter for 3000 kilometer
  - 800 meter for 2000 kilometer
  - 800 meter for 800 kilometer
- Deadline and Fees:** Entry forms (include a copy of USA registration if swimmer is not on a team entry) are due to the meet director by **Tuesday May 25<sup>th</sup>**. Each race is \$29.00. A *40.00 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.*
- Check-in:** All swimmers must be checked-in before the pre-race meeting. Check-in will begin once the preceding race has started. In order to compete, **all forms must be filled out, with signed release forms.** Race wristbands, GPS race chips, and race numbers will be issued to swimmers at check-in. Should the GPS system not be available, wristbands will be primary means of determining race finish order. A \$20 charge will be incurred for failure to return the GPS chip.
- All swimmers entering multiple races MUST be re-chipped and re-banded for EACH race. Failure to be re-chipped and rebanded will lead to automatic disqualification.***
- Pre-Race** Officials briefings will be held 30 minutes prior to each race for the meet director to

- Meeting:** review the course diagram with all the swimmers in that race. All swimmers should attend. **Note: Athletes straying from the course, will only be corrected when out of bounds.**
- Race Countdown:** 30 minutes prior to each race, the announcer will count-down 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. Top 20 USA men and top 20 USA women in the 1st wave; remaining USA men and women in 2<sup>nd</sup> wave; Open Competitor in 3<sup>rd</sup> wave. There will be 2 minutes between waves. For the 800 M race, escorted swimmers will leave 5 minutes behind un-escorted swimmers.
- Finish:** There will be 1 shoot with 3 pads 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, if in place; **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 with the Clerk of Course within 45 minutes from the time results are posted.
- Escorts:** Paddlers and escort boats will be spaced throughout the course to provide help to swimmers as needed. If a swimmer touches an escort craft, he/she must withdraw from the race.
- Race Committee:** Will consist of the Meet Referee, Site Director, and three coaches appointed by the Meet Referee.
- OW Referee:** Richard Pockat
- OW Starter:** Thornton Burnette
- Meet Directors:** Taylor Cooper, Susanne Cooper
- 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.**

### Order of Events

| Check-in     | Pre-race meeting                      | Women/Men  | Distance                | Start Time |
|--------------|---------------------------------------|------------|-------------------------|------------|
| Fri. 4:30 pm | 5:30 pm                               | 1&2        | Splash & Dash<br>400 YD | 6:00 pm    |
| Fri. 5:00 pm | 6:30 pm                               | Exhibition | Relay 1K                | 6:45 pm    |
| 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<br>declared by 9:30 am | 11&12      | 10,800K                 | N/A        |

## Friday Events

### “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 & will be scored as a open event**

### “1K Relay Exhibition”

Each team will consist of 5 swimmers swimming 200 meters each.

## Saturday Events

### Senior 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 8:00 am. There will be a pre-race meeting at 9:00 am. **Event will begin at 9:30 am.**

### 13 & 14 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.**

### 11 & 12 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 11:35 am. Pre-race meeting will begin at 12:30 pm. **Event will begin at 1:00 pm.**

### 10 & under 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 1:05 pm. Pre-race meeting will begin at 1:30 pm. **Event will begin at 2:00 pm.**

10 & under may have an escort swimmer, but both the 10 & under and escort swimmers must start after USA and Open Competitor Swimmers.

**All races 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.**

**This year for USA Swimmers we have added a 1000M relay, and THE POSEIDON AWARD for all swimmers that swim 5K-3K-2K.**

**T-Shirts: All coaches will be given vouchers for t-shirts, which swimmers can exchange for their t-shirts at the meet.**

**Directions**

Directions, hotel information, and other meet information may be obtained at [www.sandshark.org](http://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 4<sup>th</sup> and June 5<sup>th</sup>.