



**2011 Seven Lakes 1 Mile Open Water Swim
June 4, 2011
Lake Echo, Seven Lakes, NC**



- Hosted by:** Sandhills Sandsharks, Inc.
- Sponsored by:** Sandhills Sandsharks, Inc.,
- Location:** Seven Lakes, NC www.sandshark.org/open%20water/
- Eligibility:** Open to all non-USS swimmers.
- Awards:** Overall top 3 male and female winners. *“Warrior Race” pennants will go to the top 3 teams of 3 members teams from their military unit.*
- Entry Format:** Please go to <http://FSSeries.com> website link for complete registration
- Deadlines and fees:** \$29 by Tues, May 24, 2011. See FSSeries.com for late fees.
- Check in:** **7:00 am** All swimmers must be checked-in before the pre-race meeting. 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.
- Pre-race meeting:** **7:30 am** Officials briefings will be held 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: Athletes straying from the course will only be corrected when out of bounds.**
- Start time:** **8:00 am**
- Start:** The race will start in the water. Swimmers will start in the water and will complete 1 circuit of a triangular well marked 1500 M course. The course depth will be approximately 10-30 feet. The water temperature is expected to be approximately 80° F.
- 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.

Safety:

Colored caps will be issued to swimmers so that meet directors can monitor the swimmers' progress through the course. Meet/safety personnel will patrol the course. Qualified first aid providers will be on site. In the case of inclement weather, the meet committee may modify starting times or cancel events.

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, regulations and safety requirements will be enforced for the well-being of the swimmers.

RELEASE:

USA Swimming, Inc., North Carolina Swimming Inc., Sandhills Sandsharks, Inc., and Seven Lakes Landowners' Association 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.

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. USA Swimming, Inc., North Carolina Swimming, Inc, Pinehurst, LLC, and Sandhills Sandsharks 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. 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: _____

Direction:

<http://www.sandshark.org/Open%20Water/index.asp>

Accommodations:

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

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