



**2009
North Carolina Open Water State Championships
May 29th-30th, 2009**

- Host:** Sandhills Sandsharks Swim Team
- Sponsored:** NC Swimming and Sandhills Sandsharks
- Sanction:** NC09060
- Location:** Seven Lakes, Lake Echo, West End NC (Directions: www.sandshark.org)
- Eligibility:** Swimmers must be registered with USA Swimming Inc.
- Awards:** Individual 1st through 8th place will receive medals. Relays 1st through 3rd.
- Team Awards:** Top 3 for Men, Women, and Combined
Top 2 in each age group of Men, Women
- 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.
- Entry Times:** It is important that all swimmers submit entry times. Estimates and practice times are acceptable. Swimmers may be sent off in waves from fastest to slowest based on entry times. Swimmers can be entered by time using the following:
- 1500 meter for 5000 kilometer
 - 1500 meter for 3000 kilometer
 - 800 meter for 2000 kilometer
 - 800 meter for 800 kilometer
- Deadline:** 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 19th**. A \$20.00 late fee per swimmer (not per event) applies after the due date.
- 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 and race numbers will be issued to swimmers at check-in.
- 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: Athletes straying from the course, will only be corrected when out of bounds.**
- Race** 30 minutes prior to each race, the announcer will count-down the start of the

- Countdown:** 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. Masters swimmers will start 2 minutes after USA swimmers.
- Finish:** There will be 3 shoots under the Finish Tent: # 1 Men's, #2 Women's, #3 Masters, where the swimmers' wristbands will be taken in order of finish in each shoot. **Wrist Bands will determine the official order of finish for each race.**
- 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.
- 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.

Order of Events

Check-in	Pre-race meeting	Women/Men	Distance	Start Time
Fri. 4:00 pm	5:00 pm	1&2	Splash & Dash 400 YD	5:30 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 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 Master Men**
- **Open Master 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**

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 Masters 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.

Preferred Hotel



Holiday Inn Express Hotel & Suites
SOUTHERN PINES/PINEHURST AREA
155 PARTNER CIRCLE
SOUTHERN PINES, NC 28387 UNITED STATES
Hotel Front Desk: 1-910-6932280
Hotel Fax: 1-910-6932284

****Note:** *Holiday in is 10 mins. From Venue and are offering a \$79 rate with plenty of food near by*

Directions

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