



**2007
North Carolina Open Water State Championships
Grand Prix Qualifier
June 2nd- 3rd, 2007**

- Host:** Sandhills Sandsharks Swim Team
- Sponsored:** NC Swimming and Sandhills Sandsharks
- Sanction # :** **NC07051**
- Location:** Seven Lakes, Lake Echo, West End NC (Direction on web site)
- Eligibility:** Swimmers must be registered with USA Swimming Inc.
- Entries:** The meet fee is \$25.00 plus \$2.00 NC Travel fee for one event, event t-shirt, event cap included in goodie bag. \$10.00 for each additional swim.
- Relay Note:** All relays must be declared before the start of 5K competition at 9:30am. Relay forms mat be picked and be filled at the clerk of course.
- Grand Prix Invitation:** The top 2 Men & top 2 Women .will receive invitation to the Grand Prix Open Water .In Indianapolis. August
- Awards:** Individual 1st-8th will receive medals. Relays 1st -3rd
- Team Awards:** Top 3 for Men, Women, and Combined
Top 2 in each Age group 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
10K WILL NOT BE SCORED IN 2007 FOR TEAM TITLE
- Entry Format:** Hy-Tek Team Manager. Swimmers may upload Hy-tek off Hy-Tek web site
- Entries:** Entries should be submitted on Hy-Tek Team Manager if at all possible. The Team Manager Event File can be found at ncswim.org or sandshark.org.
- E-mail Blast:** Will be setup on the open water page of the www.sanndshark.org web site so you can receive updates as soon as they are sent out.
- Entry Times:** It is important that swimmers have entry times. Estimates and practices times are acceptable. Swimmers may be sent off in waves . In the event that swimmers are sent off in waves, swimmers will be sent off fastest to slowest. 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
- Please use the Hy-Tek team manager program. A print out listing individual swimmers and their events and all other requested information, properly completed, must accompany the entry

- **Release must be signed by the athlete's legal guardian if they are under 18 years of age.**
- **Swimmers may swim any distance, but may only score points in the appropriate age group. Any swimmer swimming out of age group may not receive awards.**

Deadline: Entry form (incl. copy of USA reg. if swimmer is not on team entry.) due to the meet director **by Tuesday May 22nd**. A \$20 late fee per swimmer (not per event) applies after the due date.

Meet Director: Taylor Cooper
sssandshark@mindspring.com
 910-692-5777

Venue Director Mike Sanders

OW Referee: Richard Pockat

OW Starter: Marty Fehr

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.** Race wrist bands and Race numbers will be issued 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: 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. Master 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 bands will be taken in order of finish in each shoot. **Wrist Band will be the official order of finish for each race.**

Protests: Must be filed in writing at clerk of course within 45 min. from the time results is posted. On designated form.

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

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

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

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 1:05pm. Pre-race meeting will begin at 1:30pm. Event will begin at 2:00pm. 10 & under may have escort swimmer but both the 10&under and escort swimmers must start after USA and Masters Swimmers.

Open Relay: 5-3-2-1K:

Teams will swim all 4 age group events for a combined time. **Coaches must submit relay teams by 9:30am to clerk of course**

Sunday event

Senior 10K:

This race will be 8 loops around the designated course. The race will end 3 hours (180 minutes) after the start. All swimmers who have not completed the course will be asked to retire. Positive check-in will begin at 8:30am. There will be a pre-race meeting by 9:30am. Event will begin at 10:00am.

All like distances 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.

NC Open Water Development Team:

Swimmers will be invited to participate in an open water development camp, NC Open Water Open Water Development Camp swimmers on the weekend of JUNE 9-10. The top 3 NCS Registered in 11-12 W/M, 13-14 W/M, & Open W/M who are at 18 or younger, will be selected to attend the camp. If a swimmer declines the invitation, the next placed swimmer will be chosen until the team is full. Swimmers will be notified within 1 hour of the completion of the event. ***Swimmers, and parents or guardian, must sign all paperwork, releases, code of conduct and a non-refundable check of \$130 must be paid before leaving that day.*** Swimmers on the team will receive a packet with the itinerary and all necessary information at the conclusion of the NC Open Water States.

Directions / Hotel:

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

Order of Events

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



North Carolina Swimming Open Water Swim Championships
Saturday, June 2nd & 3rd, 2007

Coaches and Relay Teams: Please submit a separate form for each entrant.

Name: _____ Age: _____ Gender: _____

Address: _____

City: _____ State: _____ Zip: _____

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

Circle event: Check Box

Circle T-shirt size: (adult sizes)

- | | |
|-----------------------------------------|--------------------------|
| <input type="radio"/> Open 5K | <input type="radio"/> S |
| <input type="radio"/> 13/14 3K | <input type="radio"/> M |
| <input type="radio"/> 11/12 2K | <input type="radio"/> L |
| <input type="radio"/> 10/under 800meter | <input type="radio"/> XL |
| <input type="radio"/> Open 10K (Sun.) | |

Mail entry & payment:
Sandhills Sandsharks
67 Scioto La.
Pinehurst, NC 28374

Make checks payable to:
Sandhills Sandsharks Inc. Open
Water

Please read and sign the liability release below. You will not be allowed to swim without a signed release. Relay team members must each submit an entry with signature for Liability 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. I acknowledge that I am aware of all the risks inherent in (training and competition), including possible disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, 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: USA SWIMMING INC., THE NORTH CAROLINA SWIMMING, Inc., THE CLUB'S HOST FACILITIES, 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 USA Swimming Inc. 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: _____

PARENT'S or Guardian SIGNATURE (if under 18years): _____ DATE: _____

