

**REGISTRATION BEGINS JUNE 30TH
LIMITED TO FIRST 300 SWIMMERS**



**2010 NC Western North Carolina
Open Water Challenge
Saturday, September 18th, 2010
5K – 3K – 2K – 500m Sprint**

- Host: Sharks Aquatic Club
- Sponsors: NC Swimming and Sharks Aquatic Club
- Sanction: USA Swimming, issued by NC Swimming Sanction # NC10083
- Meet Referee: Jim Riggs
- Meet Directors: Jim Riggs, David Messenger
- Safety Coordinator: Curtis Hopper
- Location: John H. Moss Lake, Kings Mountain, North Carolina
- Course: Moss Lake, also home of the Kings Mountain Triathlon, is a clear water reservoir lake. Entry is beach to in water start. 5K and 3K are out and back lap format. 2K and 500m Sprint are out and back.
- Eligibility: USAS Segment: Swimmers must be registered with USA Swimming
Open Segment: Swimmers recommended from USA Masters, USA Triathlon and NCAA Swimming
- Awards: Individual 1st through 5th for each event
Open Water Master Award for individuals swimming all four events
- Gifts: All swimmers will receive a WNC Open Water Challenge t-shirt and promotion gifts.
- Entry: Submit entries by using Hy-Tek program or apply to link at:
<http://www.sharksaquaticclub.com>. Email entries to: sharks_coachdave@yahoo.com
- Format: Events will start in water. Each event will be run separately. Each event will be separated by USAS and Open status. All events are out and back with lap format. Finish on beach adjacent to Start.
- Deadline: Entry forms (include a copy of USA registration if not a USAS team submission) are to due received by the Meet Director by 12:00 Noon on **Monday, September 13th**.
Entry after deadline subject to late registration. Race day registration available, pending availability.

Fees: Pre-paid registration is \$25 per event.
Discounted price for all four events is \$75 per swimmer.
Late or Race Day registration \$30 per event.

Check in: All swimmers must be checked-in on race day before the pre-race meeting. In order to compete, all applicable forms must be completed including signed release forms.
Swimmers in multiple race events must check-in for each event.

Pre-Race: Official Briefings will be held before each race event (see schedule) on the beach. The Meet Director will review the course diagram. **This is a mandatory meeting for all swimmers.**

Note: Swimmers straying from the course, will only be corrected when out of bounds.
Failure to complete turns and laps will result in disqualification.

Start: 15 minutes prior to each race event, the announcer will count down the start of the race in five minute intervals and one minute intervals for the last five minutes before the start.

Start will begin in the water in two waves: first with USAS swimmers, second with Open swimmers. There will be two minutes between waves.

Finish: There will be a run out, beach finish at which order of finish and finish time will be determined for each individual swimmer.

Order of Events				
Event	Check In	Pre-Race Meeting	Start	Course End Time
5K	7 00 AM	7 45 AM	8 00 AM	10 00 AM
3K	7 30 AM	9 45 AM	10 00 AM	11 00 AM
2K	8 00 AM	10 45 AM	11 00 AM	12 00 PM
500m	8 30 AM	11 45 AM	12 00 PM	12 30 PM
Awards Ceremony			1 00 PM	

All swimmers who have not completed their event by the course end time will be asked to retire. Positive check-in is required before each event.

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

All events are seeded as a single event, without regard to the swimmer's age or gender.

Places, times, awards and published results will be separated by event and gender.

Swimmers completing all four events will receive the Open Water Master Award.

Protests: Must be filed in writing on the designated USAS form with the Clerk of Course within 45 minutes for the time the results are posted.

Race Committee consists of Meet Referee, Meet Director and three coaches appointed by the Meet Referee.

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

Safety: Safety will be of paramount consideration during this competition. Safety provisions per USA Swimming Open Water Meet Directors Guidelines will be strictly followed. All applicable USAS, USAMS and NC Fish and Wildlife rules, regulations and safety requirements will be enforced for the well-being of the swimmers and attendees.

USA Swimming, Inc., North Carolina Swimming, Inc., City of Kings Mountain, Sharks Aquatic Club and all event staff, including volunteers 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, including pre- and post-race activities.