



**2009 North Carolina Swimming**  
**Open Water Swim Championships**  
**Friday/Saturday, May 29-30, 2009**  
**MASTERS ENTRY**

- Host:** Sandhills Sandsharks Swim Team
- Sponsored:** NC Swimming and Sandhills Sandsharks
- Sanction by:** By LMSC for NC, for USMS, Inc. Sanction No. 139-10w
- Location:** Seven Lakes, Lake Echo, West End NC (Directions: [www.sandshark.org](http://www.sandshark.org))
- Eligibility:** Swimmers must be registered with U.S. Masters Swimming Inc.; however, a one-event fee to USMS is available to swimmers 18 and over for \$18 if a swimmer is not registered for 2009 with USMS.
- Entries:** The meet fee is \$25.00 for one event. Event t-shirt and event cap included in goodie bag. \$15.00 for each additional swim.
- Relay Note:** All relays must be declared before the start of 5K competition at 9:30am. Relay forms may be obtained and completed at the Clerk of Course. Meet fee is \$10/relay.
- Awards:** Overall male and female winners of the 400, 800, 2K, 3K and 5K races will receive awards. The top male and female finishers in each age group in each race will also receive an award.
- 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](http://ncswim.org) or [sandshark.org](http://sandshark.org). Otherwise, please mail the entry.
- E-mail Blast:** Will be setup on the Open Water page of the [www.sandshark.org](http://www.sandshark.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
- Large groups are asked to 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
- Deadline:** Entry form (incl. copy of USMS reg.) due to the meet director **by Tuesday, May 19th**. A \$20 late fee per swimmer (not per event) applies after the due date.
- Meet Director:** Taylor Cooper  
[sssandshark@mindspring.com](mailto:sssandshark@mindspring.com)  
910-692-5777

**Venue Director** Tanya Godwin

**OW Referee:** Richard Pockat

**OW Starter:** Thorton Burnette

**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 wristbands 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. 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 Band will determine the official order of finish for each race.**

**Protests:** Must be filed in writing on the designated form at Clerk of Course within 45 min. from the time results are posted.

**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.

### **Order of Events**

<b>Check-in</b>	<b>Pre-race meeting</b>	<b>Women/Men</b>	<b>Distance</b>	<b>Start Time</b>
<b>Fri. 4:00 pm</b>	<b>5:00 pm</b>	<b>1&amp;2</b>	<b>Splash &amp; Dash 400 YD</b>	<b>5:30 pm</b>
<b>Sat.8:00am</b>	<b>9:00am</b>	<b>3&amp;4</b>	<b>5K</b>	<b>9:30am</b>
<b>Sat.9:35am</b>	<b>11:00am</b>	<b>5&amp;6</b>	<b>3K</b>	<b>11:30am</b>
<b>Sat.11:35am</b>	<b>12:30pm</b>	<b>7&amp;8</b>	<b>2K</b>	<b>1:00pm</b>
<b>Sat.1:05pm</b>	<b>1:30pm</b>	<b>9&amp;10</b>	<b>800MT</b>	<b>2:00pm</b>
<b>Sat. Relay</b>	<b>Relays must be declared by 9:30 am</b>	<b>11&amp;12</b>	<b>10,800K</b>	<b>N/A</b>

### **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 & Dash will be scored as a Open Event**

## Saturday Events

### Masters 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.

### Masters 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.

### Masters 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.

### Masters 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.

### 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.**

**All races (both Friday and Saturday) 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.**

### Directions / Hotel:

Directions, hotel information, and other meet information may be obtained on the web at [www.sandshark.org](http://www.sandshark.org).

### 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 Inn is approx 15 mins. from Venue and is offering a \$79 rate with plenty of food in the surrounding area.



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

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Club Code: \_\_\_\_\_ E-mail: \_\_\_\_\_

USMS# \_\_\_\_\_ *(Must provide copy of 2009 registration)*

**Circle event:**

**Circle USMS Age Group**

Masters 5K                      18-24    25-29    30-34    35-39    40-44

Masters 3K                      45-49    50-54    55-59    60-64    65-69

Masters 2K                      70-74    75-79

**Check T-shirt size: (adult sizes)**

Masters 800meter     S     M     LG     XLG

Masters Open 400meter (Friday)

**Make Checks Payable and Mail to:**  
**Sandhills Sandsharks Inc. Open Water**  
**67 Scioto Lane**  
**Pinehurst, NC 28374**

**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 Masters (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 MASTERS 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: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, 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 USMS. 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:** \_\_\_\_\_