



2012
**North Carolina Open Water Invitational
And North Carolina Collegiate Challenge
Sept. 8, 2012**

- Host:** Sandhills Sandsharks Swim Team
- Sponsored:** NC Swimming and Sandhills Sandsharks
- Sanctioned By:** Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. **NC12097 Open Water**
- Location:** Seven Lakes NC (Directions: www.sandshark.org)
- Eligibility:** Swimmers must be registered with USA Swimming Inc.
- Awards:** Individual 1st through 3rd place will receive ribbons. Relays 1st through 3rd.
- Team Awards:** Top 3 for Men, Women, and Combined.
- Scoring:** Individual 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Scoring will be done in a separate computer system by FS Series; it will not be done In Hy Tek, though all entries will be via Hy Tek.
- Entry Format:** Hy-Tek Team Manager. Swimmers may upload Hy-tek off Hy-Tek web site. We strongly encourage submissions via Hy-Tek team manager.
- Entry Times:** Entry times can be entered but are not required.
- Deadline and Fees:** Entry forms (include a copy of USA registration if swimmer is not on a team entry) are due to the meet director by **Tuesday Aug. 31st**. Each race is \$30.00. A *\$40.00 late fee per swimmer (not per event) applies after the due date. On site entries will be handled by FS Series and will include the late fee.*
- 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.** GPS race chips, and race numbers will be issued to swimmers at check-in. Should the GPS system not be available, race numbers, written on swimmers left arms and shoulders, will be primary means of determining race finish order. A \$40 charge will be incurred for failure to return the GPS chip.
- Poseidon Awards** Poseidon awards will be given to top 3 men/women for collegiate races and for age group races to fastest combined 3K and 2K times. Age group Poseidon entrants must submit their names directly to SSS for manual entry into events outside of age group.
- Pre-Race Meeting:** Officials briefings will be held 45 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 Countdown:** 30 minutes prior to each race, the announcer will count-down the start of the race in 5-minute intervals. **20 minutes before each race, a GPS check in will be conducted to ensure that all swimmers are recorded entering the water, in accordance with USA Open Water Swimming Safety guidelines. Any swimmer**

missing this check in will be disqualified. 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. All races will be swum counter-clockwise. Waves may be done at the discretion of the Meet Director.

Swimmers must enter the water by walking over the pads to register their chips during the GPS check in 20 minutes prior to race time.

Finish: There will be 1 shoot with 3 pads under the Finish Tent. The GPS chips will determine the official order of finish. Swimmers' competition numbers will be punched as back up.

Team Pursuit Relays: Each Collegiate team can enter 2 Mixed Pursuit Relays for the 2k Team Time Trial. One relay must be 2 male and 1 female; one must be 2 female and 1 male. Relays will start at 1 minute intervals. Team time will be based on last swimmer to finish. All swimmers must follow team pursuit rules in accordance with 5K guidelines in FINA BL 9.3.7.5:
5 km Team Event as Time Trial
• *A team shall consist of three (3) swimmers, either one (1) man and two (2) women or two (2) men and one (1) woman.*
• *Every team shall start with all swimmers together sixty (60) seconds after the preceding team.*
• *The allocation of starting positions shall be taken from automatic random draw. The ranking shall be decided by the individual time achieved by the third swimmer of the team.*

Protests: Must be filed in writing on the designated form with the Clerk of Course within 45 minutes from the time unofficial 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.

OW Referee: Richard Pockat

OW Starter: Thornton Burnette

Meet Directors: Susanne Cooper susannecooper@gmail.com (administration/entries), Taylor Cooper

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. **USA Swimming, Inc., North Carolina Swimming, Inc., and Sandhills Sandsharks, Inc., 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.**

Average water temperatures for September are 78-82 degrees F; air temperature is 85-95 degrees F. Safety boats will be provided in accordance with the NC Open Water Championships Safety Plan (see sandshark.org).

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Order of Events

Check-in	Pre-race meeting	Women/Men	Distance	Start Time
Sat. 2:30	3:00	1&2, 3&4, 5&6	3K	3:30
Sat. 3:30	4:00	7&8, 9&10	2K	4:30
Sat. 5:00	5:10	11	2K Team Pursuit	5:30

Events

15 & Over, 13/14, Open 3K:

This race will be 3 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 2:30 pm. There will be a pre-race meeting at 3:00pm. **Event will begin at 3:30pm.**

11/12 and Open 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 3:30 pm. Pre-race meeting will begin at 4:00 pm. **Event will begin at 4:30 pm.**

Collegiate Team Pursuit:

This race will be 2 loops around the 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 5:00. Pre-race meeting will begin at 5:10. **Event will begin at 5:30.**

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.

Directions

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