

REVISED – 8/14/2023



2023 CAROLINA CUP OPEN WATER MEET

Hosted by New Wave Swim Team

September 9, 2023

Held at Lake Echo, Seven Lakes (West End), NC 27376

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.

Sanction #NC23143OW

MEET DIRECTOR	MEET ENTRY COORDINATOR
Jonathan Bescher coachbesch@newwaveswimteam.org (919)320 - 4998	Jonathan Bescher 831 Southwick Ave CLAYTON, NC 27527 coachbesch@newwaveswimteam.org
MEET REFEREE	MEET MARSHALL
Thornton Burnette THOR8550@AOL.COM	(female) Linda Hughes LAHUGHES@NC.RR.COM (male) John Roy coachjohn@bellsouth.net

LOCAL PROTOCOLS *Athletes will be under the supervision of coaches the entire time they are on site.*

There will be no changing areas on site. Swimmers are expected to arrive and leave in their suits.

ENTRY & EXIT PROCEDURES *Swimmers will be divided into waves based on safety protocols for group sizes, if applicable.*

SWIMMER LIMITATIONS *Waves may be limited in size; meet management reserves the right to adapt wave sizes.*

PARKING *Located at Seven Lakes Fitness Center. Address 114 Edgewater Dr. Check in will be about 500 yards away from Parking areas at Fitness Center.*

PARENTAL ACCESS FOR SAFE SPORT *Parents may attend and will be within view of swimmers and are encouraged to volunteer for the event.*

FACILITY

- Lake Echo is a spring fed lake in the Seven Lakes North community of West End, NC. The start will be in the water, with a land finish. FS Series Timing will use chip timing in conjunctions with their timing software for the races.
- Warm up and cool down areas will be available close to short on the outside of the race course.

- The races will be swum around a 1 K triangular course.
- **The competition course has not been certified in accordance with 104.2.2C(4).**
- Deck changing is not permitted; swimmers should arrive / leave in their suits.

MEET FORMAT This is a timed final Age Group/Senior, pre-seeded meet. **AGE UP DATE IS 09/09/2023.**

ZONE QUALIFIER This meet is being used as the 2024 Zone Qualifier for NC Open Water Zone Team. The swimmers must swim the 3K to be eligible to qualify for the NC Open Water Zone Team.

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, August 29	8:00 PM	Entry deadline
Sat, Sept 9	7:45 AM	Official Briefings
Sat, Sept 9	8:15 AM	Coaches/General Meeting

SAFETY The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated. All volunteers and swimmers must stay off the far side of the dam.
ALL SWIMMERS MUST CLIP NAILS prior to check in—little to no white
Average water temperatures for September are 77-80 degrees F; air temperature is 80-90 degrees F. Safety boats will be provided in accordance with the Carolina Cup Safety Plan (attached at end of this document).
Medical Information—Closest hospital is First Health Regional in Pinehurst.
Approximate transport time is 18 minutes.

MAAPP All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

RACING STARTS NA

- RULES**
- This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated.
 - Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
 - Deck changes are prohibited.
 - Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
 - **Swimsuit policies—no tie back suits are permitted.** Two piece suits (triathlon style) are permitted as long as they do not have a tie back.
 - Tech suits, approved by FINA, are permitted for ages 13/over.
 - There will be no feeding stations.
 - Participants/volunteers may not enter the venue prior to check in time and are expected to leave promptly at the end of their race to allow room for following events/swimmers.

- Designated areas for pre-race staging will be set up along the dam area by waves within races. Swimmers only in these areas. Swimmers should be under coach supervision until an announcement to report to the pre-staging area.

ELIGIBILITY

- All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline, and all Adult Athletes must hold current APT certification to compete.
- All swimmers must be members of USA Swimming. Single meet memberships are available for non-members.
- **Entries listed as "FLEX " will be accepted, but may need to consider upgrading their membership.**

SWIMMERS WITH DISABILITIES

New Wave Swim Team welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit New Wave Swim Team’s ability to accommodate all requests.

ENTRIES

- Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries. A completed and signed Entry Summary Sheet and payment in full must be received by the Meet Entry Coordinator by 1800 on September 7th. **A swimmer’s age as of 09/09/2023 will determine their age for the entire meet.**

ENTRY LIMITATIONS

- **Please pay attention to race time limits; swimmers will be pulled from the water if they have not completed the race by the designated limit.**

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES

The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary Late entries may be accepted at the discretion of the Meet Director with double entry fees. There will be no on deck entries.

SEEDING/WAVES	<ul style="list-style-type: none"> • WAVES will be determined by age.
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ENTRY FEES

Make checks payable to: New Wave Swim Team; All fees are non-refundable	
Individual Event	\$30.00 per event
NCS Travel Fund	NA
Facility Surcharge & General Entry fee	\$40.00 per swimmer
Late Entry Fee	(all entry fees doubled)

CHECK-IN

Positive check-in at the registration table will start once the preceding race has begun. GPS chips and race numbers will be issued at check in. Should the GPS system not be available, race numbers, written on swimmers' left arms, will be the primary means of determining race finish order. **Swimmers with long nails will not be permitted to check in. PLEASE CLIP NAILS SO NO WHITE IS SHOWING. A REFEREE WILL BE AT THE REGISTRATION DESK CHECKING NAILS.**

PRE-RACE MEETING

Official briefings will be held 20 minutes prior to each race for the Meet Director / Meet Referee review the course diagram will all the swimmers in that race. All swimmers should attend. **NOTE: Athletes straying from the course will only be corrected when safety is an issue.**

COUNTDOWN

30 minutes to each race, the announcer will count down the start of the race in 5-minute intervals. 10 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 be in the water. **Waves will be structured to provide appropriate distance between swimmers.** All races are counterclockwise. All events of equal distances and gender will be swum at the same time in waves. Swimmers will enter the water by walking over pads to register their chips.

FINISH

One chute with 2 pads. Swimmers must swim through the designated channel and run across the 2 pads. Numbers will be punched as back up and recorded manually. **Swimmers who have not completed the race by the designated time limit will be pulled from the water. Swimmers are expected to clear the water and leave the venue as soon as possible following their races.**

PROTESTS

Must be filed in writing on the designated form with the Meet Director within 45 minutes of unofficial results being posted.

Form (for 2023) can be found here:
<https://forms.gle/WiZpwm6pUfSc7nBr8>

SAFETY ESCORTS	Paddlers and escort boats will be spaced throughout the course under the supervision of the race committee to provide help to swimmers as needed. If a swimmer touches any escort craft, he/she must withdraw from the race.
SCRATCHES	There will be no penalty for scratching pre-seeded events.
SCORING	This meet will not be scored.
AWARDS	None
RESULTS	Results will be posted on FS Series' website at FSSeries.com ; a link to the site will be posted on the race site, accessible through newwaveswimteam.org within 24 hours of the meets conclusion.
COACHES	All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.
OFFICIALS/TIMERS/ VOLUNTEERS	There will be a need for officials. New Wave Swim Team welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.
HOSPITALITY/ CONCESSIONS	Water and food will be provided for meet officials.
WARM-UP	In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. A warm up area will be available before each event. Swimmers will be monitored entering the area to ensure social distancing. Coaches should oversee all swimmers who are warming up at any point to ensure proper social distancing. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. There is to be no diving or horseplay in this area. The warm up area will be cleared prior to the finish of any race in the water.

**WAIVER/
RELEASE**

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. New Wave Swim Team, Seven Lakes Landowners Association, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

IMAGE RELEASE

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

**ORDER OF
EVENTS:**

Check In	Pre-race Meeting	Men / Women	Distance	Start time	Race Time Limit
Saturday 8:00 AM	8:45 AM	1 (Open men)	3K	9:00 AM (3-4 waves)	60 minutes
Saturday 9:00 AM	10:15 AM	2 (Open women)	3K	10:30 AM (3-4 waves)	60 minutes
Saturday 10:30 AM	11:45 AM	3 (12/under men) 4 (12/under women)	2k	12:00 PM (2 waves)	60 minutes

Water Quality Certification	Process: Monthly by Seven Lakes Landowners Assoc.			
On Site Medical Personnel	Lead Name(s): Heather Milkowich	Mark one: MD DO EMT-P X NP PA	Experience in extreme events: Open water medical volunteer for past races	EMS/EMT on Site: Seven Lakes Rescue Squad Backup units & response time: Fire & rescue 0.25 from venue; additional squads 4.5 miles away
Lifeguards & Emergency Care (include location of all on map)	Type: ARC Lifeguards X USLA YMCA Equivalent water certified 1st responder:	Number & Location on course: 2 + Hours on duty: 7:30a to end of day Sat.	Medical Tent location & procedure: EMS & medical personnel located at Registration area (on the road / dam). Shade available.	Local Med facility/type: First Health Regional, Pinehurst Distance: 10.5 miles Transit time: 18 min.
Watercraft--list types/number for all categories (ie., john boat, SUPs, pontoon, Jet Skis, Kayaks, etc). Mark locations on course map.	Safety Craft: (min. 1 motorized, plus 1 driver & two 1st responders) Pontoon/john boat	Officials craft: 2 Feeding Stations: NA Locations: at turns (or moving with waves – as best designed with the waves / course of the day.	Race Supervision: By lifeguards & volunteers in kayaks, SUPs. 2-3 per leg of race (triangular); 1 lead; 1 tail; 1 in middle of course. Escorted events: NA Locations: middle & all legs of course	Emergency Signal Flag MANDATORY for ALL watercraft on course COLOR: RED
Athlete Accountability	Body Numbering location (Mandatory): both arms, both shoulders and both hands. Electronic (Rec): Chips by FS	Cap colors by gender/Age: Bright caps will differentiate genders.	Accountability plan before/during/end of race: Max athletes on course: 200 Chip check on entry into water & manual count. Swimmers withdrawing from	Warm up/Warm Down Plan: Area by start/finish & race admin to be used; lifeguards on site.

	Series (timing company)		<p>race will check in w/ race admin. Chip finish w/ race numbers both punched & written down. Head counts into and out of the water also will be used. Video finish may also be used.</p>	
Communications Plan (radios, Cell phones, megaphones, etc.)	<p>Meet Officials: Primary: radios Secondary: radios Tertiary: cell</p>	<p>All Race Personnel: Primary: radios Secondary: radios (different channel) Tertiary: cell</p>	<p>Communications: Meet officials to be in contact via radio & cell.</p>	
Contingency Plans	<p>Individuals empowered to order race abandoned, postponed, or to implement Emergency Action Plans: Meet Referee: Thornton Burnette Safety Officer: JP Payne Independent Safety Monitor: John Roy Water Safety Supervisor: Ed Hill</p>			
<p>On Course Emergency Care/Rescue Plan: Distribution & actions of safety craft, use of communication devices Radios and Cell phone numbers to be distributed among all race personnel. Coaches' & other handlers' numbers to be collected for emergency contact. A complete list of athletes by race number will be kept in the Clerk of Course. Swimmers will check in by walking over the finish pad to register chips; back up will be done by counting swimmers manually. On exit, chips will register on the finish pad; race numbers will be punched and written upon exit. All swimmers will be videotaped entering and exiting the water.</p>				
<p>Emergency Action Plans: Swimmer in Distress: Lifeguards will activate water rescue protocol, flagging the safety boat and guiding swimmer to shore or safety craft. Information will be radioed by race personnel to admin; coach/handler will be contacted via cell phone or announcement. Swimmer will be brought to the medical tent if needed and will check in with Clerk Of Course. EMS will provide transportation to First Health Regional if needed. Missing Swimmer: EMS, lifeguards, and New Wave Swim Team coaches will activate underwater search and recovery. Concurrently, meet operations will contact the coach/handler, check chip check in list and video, along with withdrawal list.</p>				
<p>Abandonment of Race: Race Control will relay via radio and cell phone to the safety boat to signal abandonment. Official Boats--5 short blasts, followed by 1 long blast Lifeguards--5 short blasts, followed by 1 long blast Swimmers should: 1. Discontinue Swimming 2. Look for directions from Officials/Water Safety Personnel 3. Check in with Admin Ref once on beach</p>				

Severe Weather: Is a lightning detector or weather radio on site?

Severe weather plan: Evacuation of spectators to cars/fitness center. No race will be held if lightning is in the vicinity or moving toward the area.

Site evacuation plans: If swimmers are in the water, 3 whistles will be blown to signal an end to the race; no leg is far from shore. Boats can be used to pick up swimmers if needed.

Contingency Plans for course adaptation/rescheduling:

Course shape may be changed to run parallel to shore or as a narrow rectangle; distances may be decreased.

Races may be postponed til later in the day or rescheduled for the following day.

CAROLINA CUP

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to
(checks payable to New Wave Swim Team):

New Wave Swim Team
ATTN: Jonathan Bescher
831 Southwick Ave
Clayton, NC 27527
coachbesch@newwaveswimteam.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$30.00 per event	
Swimmers (General & Facility Surcharge)		\$40.00 per swimmer	
Late Fee		(all entry fees doubled)	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. New Wave Swim Team, Seven Lakes Landowners, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team’s swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative) CLUB

DATE TITLE