



2015
Southern Zones Open Water Championship
June 5-7, 2015

- Host:** Sandhills Sandsharks Swim Team
- Sponsored:** NC Swimming and Sandhills Sandsharks
- Sanctioned By:** Held under the Sanction of USA Swimming, Inc.,
USA Swimming Sanction: issued by North Carolina Swimming, Inc.
Sanction #NC150900W
- Location:** Seven Lakes NC (Directions: www.sandshark.org) All Zone Races will be around a 1K loop of the designated course.
- Eligibility:** All swimmers must be registered with USA Swimming Inc. and selected by LSC. Each LSC may enter up to four swimmers in individual events and up to two Team Pursuit Relays in each event.
- Events:**
- | | |
|-----------------|---|
| Friday | Welcome Clinic and 1K Orientation Swim – Friday (Exact Times TBA) |
| Saturday | Sunday |
| 11/12 2K | 14 & Under Girls 3K Team Pursuit |
| 13/14 5K | 14 & Under Boys 3K Team Pursuit |
| 15/16 5K | Open Women’s 3K Team Pursuit |
| Senior Open 5K | Open Men’s 3K Team Pursuit |
- Team Pursuit:** The Team Pursuit event will feature teams of three, four or five similar gender athletes departing at 30 second intervals outfitted in team caps. At least three athletes must complete the course and the team finish time will be determined when the third swimmer touches the finish. Swimmers and Coaches are encouraged to compile a strategy of teamwork that will best achieve the fastest team time.
- Awards:** Top eight medals for individual events
Top three Team Pursuit Relays will receive awards
- Team Awards:** To be done as in past Zone meets.
- Scoring:** **Top 16 Finishers Score**
Individual events 18-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1
Team Pursuit Relays 36-30-28-26-24-22-20-18-16-14-12-10-8-6-4-2
- Entry Format:** Hy-Tek Team Manager or Team Unify. Swimmers may upload Hy-tek off Hy-Tek web site. We strongly encourage submissions via Hy-Tek team manager. Entries should be submitted by the LSC.
- Deadline and Fees:** Tues, May 26, 2015. Fee is \$40.00 for all races.
- Check-in:** All swimmers must be checked-in before the pre-race meeting. Check-in will begin once the preceding race has started. GPS disposable 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, will be primary means of

determining race finish order.

Pre-Race

Officials briefings will be held 45 minutes prior to each race for the meet director to

Meeting:

review the course diagram with all the swimmers in that race. Coaches and swimmers meeting TBA. **Note: Athletes straying from the course will only be corrected when safety is an issue.**

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 are counter-clockwise. All events of equal distance will be swum at the same time.

Finish:

There will an in-water finish line. Swimmers would have chips on their wrists and will tap the top to register their time.

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 under the supervision of the race committee to provide help to swimmers as needed. USA Swimming Rules will govern any interaction with escort crafts.

Race Committee:

Will consist of the Meet Referee, Site Director, and three coaches appointed by the Meet Referee.

OW Referee:

Thornton Burnette Thor8550@aol.com

Starter:

Jim Riggs

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 June are 78-80 degrees F; air temperature is 80-90 degrees F. Safety boats will be provided in accordance with the NC Open Water Championships Safety Plan (see sandshark.org).

Safe Sport:

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

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Disabilities:

Sandhills Sandsharks 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 Sandhills Sandshark's ability to accommodate all requests.

Notes:

This is version 1 of a projected entry form put forward from the Task Force assigned and is to be confirmed by the Southern Zone Executive. The Meet host, in conjunction with the Task Force, will confirm entry start times and assimilation into the schedule other events to be contested over the weekend.

Preferred Hotels for June 4-7, 2015

All rooms are reserved under "Open Water Zones"

Comfort Inn, Pinehurst: 9801 US 15-501, Pinehurst, NC, US, 28374

Phone: (910) 215-5500; 20 rooms (\$89-2 double beds).

Springhill Suites: 10024 U.S. 15, Pinehurst, NC 28374

Phone: (910) 695-0234; 20 rooms (\$89-2 double beds, free breakfast)

Homewood Suites: 250 Central Park Ave, Pinehurst, NC 28374

Phone: (910) 255-0300; 20 rooms (\$99-2 double bed suites, free breakfast);

A few double suites (4 queens) are available for \$229/night as well.

Residence Inn: 105 Brucewood Rd, Southern Pines, NC 28387

Phone: (910) 693-3400; 20 rooms (

Pasta dinner will be catered on Saturday evening for all swimmers, coaches and officials. Location TBA

Airport Information

Raleigh (RDU): 1 hour

Greensboro Triad (GSO): 1 hour 15 min.

Charlotte (CLT): 2 hours 15 min.

Fayetteville (FAY): 1 hour

SEE BELOW FOR FEES REPORT

Southern Zones
Open Water Championship
Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to Sandhills Sandsharks):

Sandhills Sandsharks, Inc.
 PO Box 657
 Southern Pines, NC 28388
 SSSSandshark@mindstream.com

| | |
|--------------|---|
| Team Name | Sandhills Sandsharks |
| Club Code | NCCSST |
| Coach | Taylor Cooper (mailed check should go to attn: Marie Cummings) |
| Coach Phone | 910/690 2870--Taylor; 910 638-3118--Susanne (Meet Director for Admin) |
| Coach Email | susannecooper@gmail.com ssssandshark@mindstream.com |
| Team Address | PO Box 657 Southern Pines, NC 28388 |

| Item | Total Number | Cost per Swimmer | Total |
|-----------------------|--------------|------------------|-------|
| Swimmer Fee for meet | | \$40 | |
| 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. Sandhills Sandsharks, Seven Lakes Landowners, Inc, 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

TITLE

DATE