

2011 USA SWIMMING SOUTHERN ZONE AGE GROUP OPEN WATER CHAMPIONSHIPS JULY 31, 2011

SPONSORED BY: USA Swimming

SANCTIONED BY: Held under the sanction of USA Swimming issued by North Carolina Swimming Sanction # NC11064 Rev 1

HOST: Sandhills Sandsharks, Inc., Pinehurst Resorts, Inc., NC Swimming



LOCATION: Lake Pinehurst, NC

SCHEDULE OF EVENTS: 7:00 AMREGISTRATION/CHECK-IN
7:40 AMMEETING FOR ALL PARTICIPANTS
8:00 AM.....5K.....START FOR 13-18 SWIMMERS
8:15 AM.....3K.....START FOR 11-12 SWIMMERS

If a large number of swimmers enter the meet, the schedule may be adjusted so that each age group swims separately on the course. All events should be finished by 1:00pm.

EVENTS:

13-18 5K: Swimmers will start in the water and will complete 5 circuits of a triangular well marked 1K course. The course depth will be approximately 10-30 feet. The water temperature is expected to be approximately 80 °F.

11-12 3K: Swimmers will start in the water and will complete 3 circuits of a triangular well marked 1K course. The course depth will be approximately 10-30 feet. The water temperature is expected to be approximately 80 °F.

SAFETY: Colored caps will be issued to swimmers so that meet directors can monitor the swimmers' progress through the course. Meet/safety personnel will patrol the course. Qualified first aid providers will be on site. In the case of inclement weather, the meet committee may modify starting times or cancel events.

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, regulations and safety requirements will be enforced for the well-being of the swimmers.

RELEASE: **USA Swimming, Inc., North Carolina Swimming Inc., Sandhills Sandsharks, Inc. and Pinehurst LLC 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.**

ELIGIBILITY: Open to all USA Swimming/Southern Zone registered athletes in the following age groups as of July 31, 2011. Non-zone select team swimmers can register individually through the FS series website; team name and USA Swimming number must accompany registration; **on site registrants must bring their USA Swimming card.**

QUALIFYING STANDARDS:NONE

ENTRIES: Entries shall be submitted using the Hy-Tek format.

Non- Zone Team Member: may enter races via the FS Series Website. ***Team name and USA Swimming number are required; USA Swimming card is required at check-in.***

ENTRY LIMIT: Meet management reserves the right to limit the number of participants in each age group to the fastest 50 swimmers entered.

ENTRY FEE: Entry fees for Southern Zones Age Group Swimming Championships:

Zone Team Members: \$7.50 (required for all Zone Team participants) payable with other entry fees.

Non- Zone Team Member: Open Water events: \$25.00

MAKE CHECKS PAYABLE TO:
SANDHILLS SANDSHARKS, INC.
P.O.Box 1982
Pinehurst NC 28370

SEEDING: THE FOLLOWING LONG COURSE METER EVENTS CAN BE USED FOR ENTRY PURPOSES:

<u>11-12</u>	<u>13-18</u>
800 M	1500 M

HEAT SHEETS: Psyche sheets will be posted near the start/finish line

WARM UP: Warm up procedures will be discussed during the pre-meet meeting

AWARDS: The first place team shall receive a banner.
Individual 1st-8th place awarded in each age group (11/12; 13/14; 15-18) by sex

SCORING: Each zone team and individual team entering the Southern Zone Age Group Open Water championship shall be scored separately. Sixteen places will be scored as follows:

20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

RESULTS: Results of the open water events will be included with the events of the “pool” events; however, they will be scored separately.

MEET DIRECTORS: Taylor Cooper
Susanne Cooper

MEET REFEREE: Richard Pockat

STARTER: Thornton Burnette

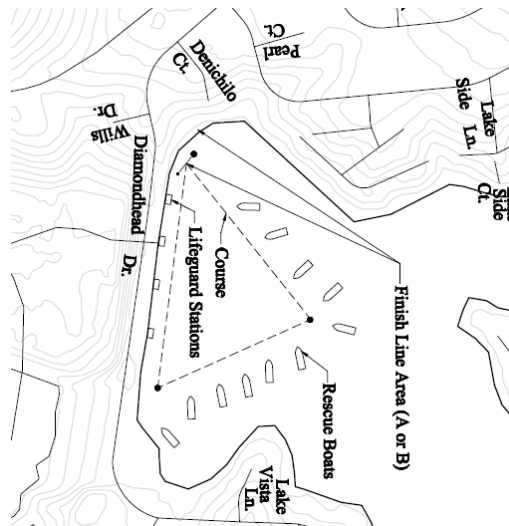
WEB SITE Sandsharks will have a link to Southern Zones Open Water Championships on their website www.sandshark.org

ALL OW ZONE REPS SHOULD SIGN-UP FOR SOUTHERN ZONE OPEN WATER EMAIL BLAST ON THE LINK.

On this page will be

- Direction
- Maps
- Result
- Entry links

COURSE MAP



Venue

