



2021 CAROLINA CUP



Hosted by SANDHILLS SANDSHARKS

September 11, 2021

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 #NC21142OW**

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
Scott Gainey Scott@sandshark.org	Scott Gainey PO BOX 657 SOUTHERN PINES, NC 28388 Scott@Sandshark.org
<b>MEET REFEREE</b>	<b>MEET MARSHAL</b>
Jim Riggs JsRiggs1@bellsouth.net	Thornton Burnette Thor8550@aol.com

**CONDITION OF SANCTION**

As a condition of this sanction, Sandhills Sandsharks agrees to comply and to enforce all COVID 19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, and the Sandhills Sandsharks Meet Plan detailed below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID 19 sanctioning period.

**ASSUMPTION OF RISK DISCLAIMER**

Sandhills Sandsharks has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

**COVID-19 RELEASE**

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND NC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF

NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

### SANDHILLS SANDSHARKS COVID 19 MEET PLAN

**FACE COVERINGS** *All meet participants – coaches, officials, administrators, spectators, vendors, and athletes (between events) will comply with recommended, current guidelines (as of race day) for masks and social distancing.*

**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.*

*Teams may set up tents at designated intervals; social distancing guidelines must be maintained while under the tent.*






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

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

**SPECTATOR LIMITATIONS** *None.*

**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 swam 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 in their suits.

**MEET FORMAT** This is a timed final Age Group/Senior, pre-seeded meet. **AGE UP DATE IS 12/31/2021 TO BE IN ACCORDANCE WITH FINA REQUIREMENTS.**

#### DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wed, Sept 1	10:00 PM	Entry deadline
Sat, Sept 11	7:45 AM	Official Briefings
Sat, Sept 11	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 far side of dam.  
ALL SWIMMERS MUST CLIP NAILS prior to check in—little to no white  
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 Carolin 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.
  - ☛ Swim Suit 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 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 (not Single Meet membership) 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 “Registration Applied For” will not be accepted. There will be no on deck registration available at this meet.
  - ☛ Entries may be limited due to COVID-19 constraints.

**SWIMMERS WITH 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.

**ENTRIES**                      ✈ Entries submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries; however, disks are also acceptable. A completed and signed Entry Summary Sheet and payment in full must be received by the Meet Entry Coordinator by 10 AM on June 1. **A swimmer's age as of 12/31/2021 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 Referee with double entry fees. There will be no on deck entries.**

<b>SEEDING</b>	<p>Seeding will be based on 500 Yard times.  <b>Entry Times for Seedings in WAVES:</b> It is important that all swimmers submit entry times that <b>are verifiable and provable in SWIMS.</b>                  ✈ Waves will be 2 min apart. Meet Management reserves the right to change wave spacing.</p>
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**ENTRY FEES**

<b>Make checks payable to: Sandhills Sandsharks; All fees are non-refundable</b>	
Individual Event	\$15.00 per event
NCS Travel Fund	NA
Facility Surcharge & General Entry fee	\$35.00 per swimmer
Late Entry Fee	\$25.00 per swimmer

**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 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 counter-clockwise. All events of equal distances will be swum at the same time in waves. Swimmers will enter the water by walking over pads to register their chips.

### **FINISH**

One shoot with 3 pads. Swimmers must swim through the designated channel and run across the 3 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 Clerk of Course within 45 minutes of unofficial results being posted.

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.

### **ESCORTS**

### **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](http://FSSeries.com); a link to the site will be posted on the race site, accessible through [Sandshark.org](http://Sandshark.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. Sandhills Sandsharks 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. Sandhills Sandsharks, 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.

Check In	Pre-race Meeting	Women/Men	Distance	Start time	Race Time Limit
Saturday 8:00 AM	8:40 AM	1 (15/over women) 3 (13/14 women)	3K	9:00 AM (4 waves)	60 minutes
Saturday 9:00 AM	10:10 AM	2 (15/over men) 4 (13/14 men)	3K	10:30 AM (4 waves)	60 minutes

Saturday 10:30 AM	11:40 AM	5 (12/under women) 6 (12/under men)	2k	12:00 PM (4 waves)	60 minutes
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## ORDER OF EVENTS:

	<b>Carolina Cup</b>			
<b>Water Quality Certification</b>	Process: Monthly by Seven Lakes Landowners Assoc.		SAFETY PLAN	
<b>On Site Medical Personnel</b>	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 Back up units & response time: Fire & rescue 0.25 from venue; additional squads 4.5 miles away
<b>Lifeguards &amp; Emergency Care (include location of all on map)</b>	Type: ARC Lifeguards X  USLA YMCA Equivalent water certified 1st responder:	Number & Location on course: 6 + Hours on duty: 3:30-6:30 Fri; 7:30 to end of day Sat.	Medical Tent location & procedure: EMS & medical personnel located at Start/Finish area. Shade available.	Local Med facility/type: First Health Regional, Pinehurst Distance: 10.5 miles Transit time: 18 min.
<b>Water Craft--list types/number for all categories (ie., john boat, SUPs, pontoon, Jet Skis, Kayaks, etc). Mark locations on course map.</b>	Safety Craft: (min. 1 motorized, plus 1 driver & two 1st responders) Pontoon/john boat	Officials craft: 2 Feeding Stations: NA  Locations: at turns	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 <b>MANDATORY</b> for ALL water craft on course COLOR: RED
<b>Athlete Accountability</b>	Body Numbering location (Mandatory): Left arm & leg Electronic (Rec):	Cap colors by gender/Age:	Accountability plan before/during/end of race:  Max athletes on course: 200	Warm up/Warm Down Plan: Area by start/finish & race





**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 go 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.

**SSS CAROLINA CUP  
Summary of Fees/Release Form**

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

SANDHILLS SANDSHARKS  
ATTN: Marie Cummings  
PO BOX 657  
SOUTHERN PINES, NC, 28388  
SUSANNECOOPER@GMAIL.COM

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$15.00 per event	
Swimmers (General & Facility Surcharge)		\$35.00 per swimmer	
Late Fee		\$25.00 per swimmer	
<b>Total Fees Due</b>			

**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, 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