



2022 CAROLINA CUP OPEN WATER MEET

Hosted by SANDHILLS SANDSHARKS

September 10, 2022

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 #NC22129OW

MEET DIRECTOR	MEET ENTRY COORDINATOR
Scott Gaaney OPENWATER@SANDSHARK.ORG	Scott Gaaney PO BOX 657 SOUTHERN PINES, NC 28388 OPENWATER@SANDSHARK.ORG
MEET REFEREE	MEET MARSHALL
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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 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

NCS FACE COVERING STATEMENT	NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.
LOCAL PROTOCOLS	<p><i>Athletes will be under the supervision of coaches the entire time they are on site.</i></p> <p><i>There will be no changing areas on site. Swimmers are expected to arrive and leave in their suits.</i></p> <p><i>Teams may set up tents at designated intervals; social distancing guidelines must be maintained while under the tent.</i></p>
ENTRY & EXIT PROCEDURES	<p><i>Swimmers will be divided into waves based on state protocols for group sizes, if applicable.</i></p>
SWIMMER LIMITATIONS	<p><i>Waves may be limited in size; meet management reserves the right to adapt wave sizes.</i></p>
SPECTATOR LIMITATIONS	<p><i>None.</i></p>
PARENTAL ACCESS FOR SAFE SPORT	<p><i>Parents may attend and will be within view of swimmers and are encouraged to volunteer for the event.</i></p>
FACILITY	<ul style="list-style-type: none">● 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	<p>This is a timed final Age Group/Senior, pre-seeded meet. AGE UP DATE IS 12/31/2022 TO BE IN ACCORDANCE WITH FINA REQUIREMENTS.</p>
ZONE QUALIFIER	<p>This meet is being used as the 2023 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.</p>