



OUTER BANKS DAY AT THE BEACH
Open Water Swim
June 30, 2013
SANCTION NO. VS-13-69



SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Southern Zone/North Carolina Swimming, and Virginia Swimming, Inc. SANCTION NO: VS-13-69USA Swimming, Inc., Southern Zone, North Carolina Swimming, Virginia Swimming, Inc., Dare County, N.C., Outerbanks Swim Club, and all agencies involved in the operation of the meet 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.
LOCATION:	Manteo "Ole Swimming Hole" located directly next to the NC Aquarium, 374 Airport Rd., Manteo, NC 27954
FACILITY:	<ul style="list-style-type: none">Open water: The race course will be a triangular course marked with large red buoys. There will be a beach start /finish line. Finish Banner marks finish line. Automatic timing system utilizing RFID Chips.All swimmers who have not completed the course during the prescribed time limit will be asked to retire.One distance will be swum at a time.Details of race course with landmarks will be available at check-in.Expected water temperature is Low 70's degrees
MEET DIRECTOR:	Robert Trivette Email: Robert.p.trivette@nccourts.org Phone: (252) 305-3739
ELIGIBILITY:	<ul style="list-style-type: none">Open to all USA Swimming and US Masters athletes age 11 and older registered prior to the first day of the meet.Must be registered USA swimmer. Single day event membership available for an additional \$12. Registration form can be found on the last page of this announcement.No registration the day of the event will be permitted.Age on June 30, 2013 will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none">Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director.The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
FORMAT:	<ul style="list-style-type: none">Events will be swum one at a time beginning with the 2K followed by the 500M and then the 1K swim.Swimmers will be sent off in waves of 30 to 50 spaced 3 to 5 minutes apart depending on the number of entries.All events will be timed finals.This is a rain or shine event.
WARM-UP:	<ul style="list-style-type: none">Warm-ups at 7:30 am; competition starts at 8:30 am.There will be an area for continuous warm-up/Warm-down during competition.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY, JUNE 21, 2013.</p> <ul style="list-style-type: none">Submit entries via on-line through Setup events at http://setupevents.com/. See OBX Open Water Swim 2013. Entries also may be submitted by filling out the attached entry form. Please use the online entry system if at all possible.Swimmers may enter a maximum of 2 individual eventsEntries will be processed in the order received. Each event will have a maximum of 250 swimmers. This meet will have a 400 swimmer maximum.The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events, which actions may require reseeding.

FEES:	<p>Individual events: \$30.00 for first event, \$10.00 for additional event. Swimmer surcharge: \$10.00 per person (entered in the meet in any capacity, this includes a T-shirt)</p> <ul style="list-style-type: none"> • Checks should be made payable to: OBX Swim Club. • Mail payment to: OBX Swim Club PO Box 1058 Nags Head, NC 27959 • All entries received after June 21, 2013 may require a \$5.00 late fee. • Those entering the meet after June 21, 2013 may not receive a T-shirt. There is no reduction of fees. • No refunds will be given if event is cancelled due to inclement weather. 				
AWARDS:	<ul style="list-style-type: none"> • Individual events: Medals will be awarded for first through third place. Ribbons will be awarded for fourth through eighth place in the age group events only. <ul style="list-style-type: none"> ○ Awards will be awarded by 11-12, 13-14, and 15-18 age groups. ○ Open category (19+) will be given separate awards. Depending on the number of Open entries, the Open Age Group may be broken down into age groups as follows: 19-30; 31-45; and 45 & older. 				
SEEDING:	<ul style="list-style-type: none"> • All Like-distances will be seeded as a single event, without regard to swimmer's age or gender. • Positive check-in for each event is listed on the description of event and schedule page. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. 				
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be marked as exhibition for the event swum illegally and the event shall be re-scored and awarded. • Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results. • Clubs entering swimmers not legally registered with USA Swimming before the first day of the meet may be fined \$100 per swimmer in each event(s) swum • If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer. 				
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • All swimmers participating in the meet must be dive certified. <ul style="list-style-type: none"> ○ Swimmers unaccompanied by a USA-S coach must be certified by a USA-S coach as proficient in performing a racing start or must start each race from within the water. ○ Ensuring compliance is the responsibility of the swimmer or the swimmer's legal guardian. • Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the start area is <u>not permitted</u>. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged. • In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet <ul style="list-style-type: none"> ○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the athlete area. 				
OFFICIALS:	<table border="0" style="width: 100%;"> <tr> <td style="width: 25%;">Meet Referee:</td> <td style="width: 25%;">Ronnie Roach Email: ronnie.roach@gmail.com Phone: (919) 412-7472</td> <td style="width: 25%;">Independent Safety Monitor:</td> <td style="width: 25%;">Thornton Burnette Email: tgburnette@gmail.com Phone: (919) 750-5775</td> </tr> </table> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Maria Wise, Email: wisetchr@gmail.com, Phone: (252) 202-8899 no later than June 22, 2013. • Officials meeting will be at 7:00 am at the hospitality pavilion. 	Meet Referee:	Ronnie Roach Email: ronnie.roach@gmail.com Phone: (919) 412-7472	Independent Safety Monitor:	Thornton Burnette Email: tgburnette@gmail.com Phone: (919) 750-5775
Meet Referee:	Ronnie Roach Email: ronnie.roach@gmail.com Phone: (919) 412-7472	Independent Safety Monitor:	Thornton Burnette Email: tgburnette@gmail.com Phone: (919) 750-5775		
SAFETY:	<ul style="list-style-type: none"> • Swimmer Numbering and Identification <ul style="list-style-type: none"> ○ The meet is a beach start with swimmers held in a closed area marked by numbers on 				

swim cap, shoulders, back and front of one leg.

- **Each swimmer will also be affixed with an RFID ankle bracelet before each event.**
- **The number of each swimmer will be recorded and delivered to each judge before the start of each race.**
- **There will be instructions of the course and rules of play to swimmers, then the start. At each turn, there will be an accounting of the swimmers by S/T and sweep judge (3 on the water and one on land).**
- **Any one leaving the course will be accounted for and communicated to the chief sweep judge. When the swimmers finish it will be a beach finish and the swimmers will again be held in the closed starting area until all swimmers and RFID bracelets are accounted for.**
- **Monitoring Swimmers During Race**
 - Safety boats will monitor the entire course (at least 2 power boats, one at each end or out of bounds of course, with 3 safety canoes, 3 paddles boards, and 2 jet safety jet Skis)
 - 10 Lifeguards will be on location, (8 in the water on the water safety craft, and 2 on the land with view of entire course.
 - The N.C. Wildlife Resources Commission, and N.C. Marine Fisheries, and the U.S. Coast Guard will have boats on scene.
- **Medical Services**
 - There will be a First Aid station/ tent available at start/finish beach.
 - The Dare County Rescue Squad will be on site with one ALS team and one BLS team.
 - The Outer Banks Hospital Emergency Room at the Outer Banks Hospital in Nags Head, NC is 20 minutes away.
 - Divers will be on call through the Dare County Rescue Squad.
- **Safety Communications Plan**
 - Each official and safety officer will have a radio and air horn, each safety stations will have a whistle, One Radio channel will be devoted to safety. One blast on whistle or one blast on air horn to attract attention then radio explanation of safety need.
 - The Safety Officer will be in charge of all safety at the event, overseeing life guards, EMT's and swimmer's safety. The Safety Officer will be in contact with officials, life guards and EMT's by radio.
- **Feeding Stations**
 - The course is 500M closed loop and feeding stations are not required; however, there will be a hospitality pavilion that will provide water, and Gatorade on the east side of the course.
 - There will not be escort for swimmers but there will be 8 safety watercraft stations viewing each swimmer and accounting of each swimmer 2 times each lap as they pass each S/T on course.
- **Accounting for swimmers**
 - Refer to monitoring swimmers
 - This is the most important duty of the safety team.
 - Each S/T official will ring bell if there is a DQ in their jurisdiction and follow with radio protocol also radio when last swimmer passes there station each lap.
- **Technical Meeting**
 - The technical Meeting will be held at 7:30 AM to 8 AM day of race. This technical Meeting will be posted and emailed to each team prior to meet day. This will also be review with each heat prior to start of each race.
 - Safety during pre-race warm-up and post-race warm-down
 - There will be a separate warm up warm down area and swimmers will not be allowed to warm up or warm down on the course after the first session has started.
 - The warm up area will also have at least one life guard and one marshal in addition we will have at least one canoe on water to prevent any swimmers beyond buoy markings of warm up course.
 - We will also require the swimmer to give their number to marshal prior to entering warm-up area and check out with the Marshall when leaving the warm-up area.

TIMERS:	The host team will provide timing through Setup Events and employ the use of RFID bracelets for timing. Manual stop watches will be the secondary timing system.
GENERAL:	<ul style="list-style-type: none"> • This event is on the public beach on the Croatan Sound and will be held rain or shine. • Event may be delayed or cancelled due to lightning or inclement weather. The meet referee shall decide to cancel or swim if inclement weather arises. No refunds. • Average water temperature is expected to be in the low 70s • Extra T-shirts for coaches and spectators may be ordered on your registration form for \$10 each. • Tri-Sport, a local triathlon shop, will be on site for your swimming needs. Meet T Shirts may be purchased on site while quantities last. • There will be a Hospitality Area for coaches, meet officials, life guards and medical personnel. • There will be some free food available for swimmers such as bagels, oranges, water and Gatorade. • There will be an on-site food vendor for the event.
FACILITY RULES:	No alcohol can be consumed by any swimmers, coach or spectator before or during the competition on race day.
DIRECTIONS:	<p><u>From Raleigh</u> Take US Hyw 64 East from Raleigh toward Rocky Mount, then, N.C. In Williamston take Exit 515 continuing on US Hyw 64 East toward Plymouth and Manteo for 80 miles. Just before Mann’s Harbor Hwy 64 East will merge with Hwy 264 East. Keep going east for another 1.5 miles. Turn left in Mann’s Harbor staying on US Hwy 64/264. This turn is at the foot of the new bridge toward the Outer Banks, which will be marked Hwy 64/264Bypass. DON’T GO STRAIGHT. Travel 6.8 miles through Mann’s Harbor and then over the Old Mann’s Harbor Bridge. About 1 mile past the east end of the bridge, turn right onto Airport Road Go 1.4 miles. The road will bend to the left near the end. Stay on Airport Road Park in the field at the end of the road on your left and the venue is on your right past the N.C. Aquarium. Please DO NOT park in the N.C. Aquarium parking lot.</p> <p><u>From Chesapeake</u> 1. Merge onto VA-168 S/Chesapeake Expy (Portions toll). 2. Keep right at the fork to go on VA-168 S (Portions toll) (Crossing into North Carolina). 3. VA-168 S becomes NC-168. 4. NC-168 becomes US-158 E. 5. US-158 E becomes US-64/US-264. 6. Turn slight right. 7. Turn slight right onto S US Hwy 64/US-64/US-264. 8. Turn left onto Airport Rd. 9. 374 AIRPORT RD is on the left. - Your destination is just past Old County Rd ----- B) 374 Airport Rd, Manteo, NC 27954-9485 US ----- >> TOTAL ESTIMATED TIME: 1 hour 50 minutes DISTANCE: 83.5 miles</p>

DAY AT THE BEACH

ORDER OF EVENTS

June 30, 2013

Morning Session		
Warm-up: 7:30 am; Start: 8:30 am		
Girls	Events	Boys
1	15-18 2k	2
3	13-14 2k	4
5	11-12 2k	6
7	Open 2k	8
9	15-18 500M	10
11	13-14 500M	12
13	11-12 500M	14
15	Open 500M	16
17	15-18 1k	18
19	13-14 1k	20
21	11-12 1k	22
23	Open 1k	24

Description of events and Schedule

2K: The race will consist of a 2000 meter swim. The race will consist of 2 laps around a 1000-meter triangle-shaped course (approximately 300m x 400m x 300m) marked with large orange buoys. The race will end 1 hour and 15 minutes after the start. All swimmers who have not completed the course will be required to exit the race immediately. Check-in starts at 7:00 AM; Pre-race Meeting is at 8:00 AM; Event starts at 8:30 AM.

500 M: The race will consist of a 500 meter swim. The race will consist of 1 lap around a 500-meter triangle-shaped course (approximately 150m x 200m x 150m). The race will end 45 minutes after the start. All swimmers who have not completed the course will be required to exit the race immediately. Check-in at approximately 9:30 AM; Pre-race Meeting at approximately 9:45 AM; Event start at approximately 10:00 AM.

1K: The race will consist of a 1000 meter swim. The race will consist of 1 lap around a 1000-meter triangle-shaped course (approximately 300m x 400m x 300m) marked with large orange buoys. The race will end 45 minutes after the start. All swimmers who have not completed the course will be required to exit the race immediately. Check-in at approximately 10:45 AM; Pre-race Meeting at approximately 11:00 AM; Event start at approximately 11:15 AM.



We prefer that you enter online at <http://setupevents.com/>
See OBX Sharks Open Water Swim

OBX Swim Club
Open Water Swim Mail-in Entry Form
June 30, 2013

Name: _____ Age _____ Gender _____

Street Address _____

City _____ State _____ Zip _____

E-mail _____

Emergency Contact _____ Cell Phone _____

USA Swimming Number _____ (If not a member of USA Swimming, fill out one-day membership form below.)

Fees: First Event \$30.00, \$10 for each additional event. For non-USA-Swimming entries there is an additional \$12.00 fee for the one-day event membership.

Check Event(s) to be swum: 1/2k _____ 1k _____ 2k _____ (You may swim two events.)

T-Shirt Size (Adult Sizes Only): S _____ M _____ L _____ XL _____ XXL _____

		<u>Amount Enclosed</u>
First Event	\$30.00	\$ _____
Second Event	\$10.00	\$ _____
One Day USA-S Fee	\$12.00	\$ _____
TOTAL ENCLOSED		\$ _____

Mail Checks, Registrations, and Release to: OBX Aquatics, Inc.
PO Box 1058
Nags Head, N.C. 27959

Please read and sign the liability release:

Liability Release

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Age Group Swimming (Training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the USA Swimming or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages caused by the negligence, active or passive, of the following: USA Swimming, Virginia Swimming, Inc, OBX Swim Club, Virginia Game, Wildlife and Fisheries, Dominion Power, Manteo, United States Coast Guard, Meet Sponsors, Meet Committees, and or any individuals officiating at the meet or supervising such activities. In addition, I agree to abide by and be governed by the rules of USA Swimming. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Swimmer's Signature _____

Parent's Signature if under 18: _____ Date: _____

USA SWIMMING 2013 SINGLE-MEET OPEN WATER ATHLETE APPLICATION

LSC:

REG DATE / OFF USE ONLY	NAME OF MEET/DATE(S)						
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**THIS MEMBERSHIP IS ONLY FOR MEETS
ZONE, SECTIONAL AND NATIONAL LEVELS.**

PLEASE PRINT LEGIBLY ● COMPLETE ALL INFORMATION:

LAST NAME	LEGAL FIRST NAME	MIDDLE NAME

PREFERRED NAME	DATE OF BIRTH (MO./DAY/YR.)	SEX (M/F)	AGE						
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FATHER/GUARDIAN LAST NAME	FATHER/GUARDIAN FIRST NAME	MOTHER/GUARDIAN LAST NAME	MOTHER/GUARDIAN FIRST NAME

MAILING ADDRESS

CITY	STATE	ZIP CODE					
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AREA CODE	TELEPHONE NO.	FAMILY/HOUSEHOLD E-MAIL ADDRESS	U.S. CITIZEN?										
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ARE YOU A MEMBER OF ANOTHER

FINA

NO

MAKE CHECK PAYABLE TO:

FEDERATION? **YES**

DISABILITY:

- A. Legally Blind or Visually Impaired
- B. Deaf or Hard of Hearing
- C. Physical Disability such as amputation, cerebral palsy, dwarfism, spinal injury, mobility impairment
- D. Cognitive Disability such as mental retardation, severe learning disorder, autism

RACE AND ETHNICITY (You may make up to two choices if appropriate):

- Q. Black or African American
- R. Asian
- S. White
- T. Hispanic or Latino
- U. American Indian & Alaska Native
- V. Some Other Race
- V. Native Hawaiian & Other Pacific Islander

MAIL APPLICATION & PAYMENT TO:

IF YES, WHICH FEDERATION: _____

REGISTRATION FEE	
USA Swimming Fee	\$10.00
LSC Fee	2.00
Total Fee	\$12.00

YEAR LAST REGISTERED:: _____

SIGN

HERE x _____
SIGNATURE OF ATHLETE, PARENT OR GUARDIAN

USA Swimming occasionally makes its membership list available to its marketing partners. Please notify USA Swimming's Member Services Dept. at 719/866-4578 if you do not wish to receive these mailings.

- Check if you would like to learn more about USA Swimming's community initiatives
- Check if you would like to receive the electronic USA Swimming Newsletter (must be 13 years of age or older)