

2026 NORTH CAROLINA OPEN WATER STATE CHAMPIONSHIPS



Hosted by New Wave Swim Team

May 29 - May 30, 2026

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 #NC26052OW

MEET DIRECTOR	MEET ENTRY COORDINATOR
Jonathan Bescher 919-320-4998 coachbesch@newwaveswimteam.org	Jonathan Bescher PO Box 18012 Raleigh, NC 27619 coachbesch@newwaveswimteam.org
MEET REFEREE	MEET MARSHAL
THORNTON BURNETTE THOR8550@AOL.COM	(male) Tristan Formon tristan@newwaveswimteam.org (female) Laura Goodwin lbgoodwin@gmail.com

LOCAL PROTOCOLS *There will be no changing areas on site. Swimmers are expected to arrive and leave in their suits. **Swimmers are responsible for marking their own race numbers.***

ENTRY & EXIT PROCEDURES *Swimmers will enter the water over the pads, one at a time. They will exit going over the same pads.*

SWIMMER LIMITATIONS *Waves will be limited to discourage crowding; meet management reserves the right to adapt wave sizes. When wave 1 is at the starting line, wave two will be checked in and wait, spread out, in shallow water. When Wave one leaves, Wave 2 will head to the starting line area and wave 3 will be checked in. Timing between waves will be approx. 1.5-2 minutes. Waves will be lined up in designated areas.*

SPECTATOR LIMITATIONS *Spectators are welcome. Please contact meet management if you are interested in volunteering on the water in kayak or on a paddle board.*

PARENTAL ACCESS FOR SAFE SPORT *Parents 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 shore on the outside of the race course.
- The 400 will swim parallel to the dam/edge of the lake, starting at one end of the dam and concluding at the finish line.
- The 5K, 3K, and 2K will swim around a 1 K triangular course.
- The 800 will be an out and back race, swimming parallel to the dam.
- **The competition course has not been certified in accordance with 104.2.2C(4).**
- Parking will be in the soccer field for Friday and Saturday races. Families are asked to arrive just prior to check in and to leave following their races to allow space for other families to park. Parking passes are required; coaches will be emailed the passes and they will be available at newwaveswimteam.org.
- Deck changing is not permitted. Swimmers need to arrive and leave in their suits; NO changing tents will be available

MEET FORMAT

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday May, 19	10:00 PM	Entry deadline
Fri, May 29	4:45 PM	Officials Briefings
Fri, May 29	5:15 PM	Coaches/General Meeting (If needed)
Sat, May 30	7:15 AM	Officials Briefings
Sat, May 30	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 spectators and swimmers must stay off the far side of the dam (road across dam will be blocked off for tents and chairs).

ALL SWIMMERS MUST CLIP NAILS prior to check in—little to no white. Nail clippers will not be on site this year.

Average water temperatures for End of May are 78-80 degrees F; air temperature is 80-90 degrees F. Safety boats will be provided in accordance with the NC Open Water Champs Safety Plan (attached at end of this document).

Medical Information—Closest hospital is First Health Regional in Pinehurst.

Approximate transport time is 18 minutes.

RACING STARTS

NA

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.
RULES	<ul style="list-style-type: none"> ● 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. ● Swimsuit 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.
ELIGIBILITY	<ul style="list-style-type: none"> ● All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to the entry deadline. This meet is open to Club swimmers only. ● Buddy only swimmers (adults) need be USA Swimming Members. If you have a swimmer in event #3, or #4, the 400 M Buddy swim, please send the Buddy swimmer along with the USA Swimming ID. <p>Entries listed as “Registration Applied For” will not be accepted. There will be no on deck registration available at this meet.</p>
SWIMMERS WITH DISABILITIES	<p>New Wave Swim Team 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 accommodation 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 New Wave Swim Team’s ability to accommodate all requests. To request accommodation or modification for swimmers with disabilities, coaches should complete the USA Swimming Accommodation Form and submit it to the Meet Referee and Meet Director prior to the entry deadline.</p>
ENTRIES	<ul style="list-style-type: none"> ● 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 May 31. A swimmer’s age as of 5/29/2026 will determine their age for the entire meet.

**ENTRY
LIMITATIONS**

- **Entries in the Poseidon** (5K-3K-2K) should be in each of the events PLUS the 10K event (for tracking purposes—there is no entry fee associated with it). Poseidon swimmers will swim with their designated age group for each race, or in the top wave for their age group race, should their entry time dictate placing in that wave.
- In Team Unify, please change the Default Individual Event Fee to \$0. Especially if you have someone swimming the Poseidon. This will make sure they don't get charged extra for choosing the Poseidon as an event.

EVENT ENTRY FEES

Default Individual Event Fee:	Default Relay Event Fee:
\$ 0	\$ 0

(Since There Are 4 in a Relay Team, If You \$12.00 Here, Every Swimmer Will Be Charged Per Event.)

- **Please pay attention to race time limits; swimmers may 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 (note: no earlier than 10 days prior to the start date of the meet). Also include: **Late entries may be accepted at the discretion of the Meet Referee with double entry fees. There will be no on deck entries.**

ENTRY FEES

Make checks payable to: New Wave Swim Team; All fees are non-refundable	
Individual Event	\$15.00 per event
NCS Travel Fund	\$3.00
Facility Surcharge & General Entry fee	\$50.00/swimmer
Late Entry Fee	Double fees will apply to late entries and must be paid before entry can be processed.
SEEDING	<p>The conforming time standard for this meet is long course meters, then short course yards for selection in top waves.</p> <p>Entry Times for Seedings in WAVES: It is important that all swimmers submit entry times that are verifiable and provable in SWIMS.</p> <ul style="list-style-type: none">● Waves may be implemented due to the number of entries. If Waves are needed, entry times will be used to determine the Waves.● If Masters swimmers are swimming, they will be in the last Wave by themselves.● Waves may also be used in the 3K (13/14) and the 2K (11/12) races at the Meet Director's discretion.● Poseidon swimmers will swim with age-appropriate waves of 2K & 3K.● There may be 2 minutes between waves.● Acceptable times for consideration in top waves include the following:● 5K/3K / 2K = 1500 LCM / 1650 SCY● 800M = 800 LCM / 1000 SCY● 400M = 400 LCM / 500 SCY

- **Meter times are SELECTED FIRST.**
- Note: Coach estimated LCM times may be allowed for consideration. Verified times in SWIMS will be seeded first.

CHECK-IN	Positive check-in at the registration table will start once the preceding race has begun. GPS chips will be issued at check in; race numbers will be sent to coaches a day before the races and will be available at check in. Teams are responsible for writing numbers vertically on arms and across backs. Should the GPS system not be available, race numbers, written on swimmers' left arms, will be the primary means of determining race finish order. <i>Swimmers with long nails will not be permitted to check in. PLEASE CLIP NAILS PRIOR TO ARRIVAL SO NO WHITE IS SHOWING. A REFEREE WILL BE AT THE REGISTRATION DESK CHECKING NAILS. There will be no nail clipping on site.</i>
PRE-RACE MEETING	Official briefings will be held 20 minutes prior to each race for the meet director to review the course diagram of 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	PRE-RACE MEETING 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. All races are counterclockwise. 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 2 pads. Swimmers must swim through the designated channel and run across the 2 pads. Numbers will be punched as back up and recorded manually. <i>Swimmers who have not completed the race by the designated time limit may be pulled from the water.</i>
PROTESTS	Must be filed in writing on the designated form with the Clerk of Course within 45 minutes of unofficial results being 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. If a swimmer touches any escort craft, he/she must withdraw from the race.
SCRATCHES	There will be no penalty for scratching pre-seeded events.
SCORING	This meet will not be scored.
AWARDS	Poseidon swimmers who complete all 3 races will receive awards; Top 8 in the 400 Open and 5K Open and in each Age Group race will receive medals.

RESULTS	Results will be posted on FS Series' website at FSSeries.com; A link will be sent to the coaches, also posted on newwaveswimteam.org.
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	<p>There will be a need for officials. New Wave Swim Team 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.</p> <p>New Wave Swim Team will also be looking for volunteers to help on Kayaks, registration and the finish area. A signup genius will be sent out to the coaches, along with a link to signup on newwaveswimteam.org.</p>
HOSPITALITY/ CONCESSIONS	There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.
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 and during the meet. Coaches should oversee all swimmers who are warming up at any point. 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.
WAIVER/RELEASE	<p>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. New Wave Swim Team, 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</p>

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.

ORDER OF EVENTS:

Check In	Pre-race Meeting	Men/Women	Distance	Start time	Race Time Limit
Friday 4:30 PM	5:00 PM	1 & 2 (Open) 3 & 4 (Buddy) 400M Splash and Dash	400 M Splash and Dash	5:30 PM (Open) 5:45 PM (Buddy)	NONE
Saturday 8:00 AM	8:55 AM	5 & 6 (Open)	5K	9:15 AM	120 minutes
Saturday 9:20 AM	11:10 AM	7 & 9 (13/14)) 8 & 10 (Open)	3K	11:30 AM	90 minutes
Saturday 11:35 AM	12:55 PM	11 & 13 (11/12) 12 & 14 (Open)	2K	1:15 PM	60 minutes
Saturday 1:05 PM	2:10 PM	15 & 17 (10/U) 16 & 18 (Open)	800 M	2:30 PM	NONE
Saturday --- MUST BE SELECTED ON EVENT FILE FOR POSEIDON SWIMMERS	N/A	19(Boys Open) 20 (Girls Open)	10K *(5K / 3K /2K) 10K *(5K / 3K / 2K)	MUST BE SELECTED FOR POSEIDON SCORING / RECOGNITION	MUST BE SELECTED FOR POSEIDON SCORING / RECOGNITION

SAFETY PLAN: NCS OPEN WATER CHAMPIONSHIPS

Water Quality Certification	Process: Monthly by Seven Lakes Landowners Assoc.			
On Site Medical Personnel	Lead Name(s): Heather Milkowich	Mark one: MD DO EMT-P <input checked="" type="checkbox"/> NP PA DDS	Experience in extreme events: Open water medical for past races	EMS/EMT on Site: Seven Lakes Rescue Squad Backup units & response time: Fire & rescue 0.25 from venue; additional squads 4.5 miles away
Lifeguards & Emergency Care (include location of all on map)	Type: ARC Lifeguards <input checked="" type="checkbox"/> 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.
Watercraft--list types/number for all categories (ie., jon boat, SUPs, pontoon, Jet Skis, Kayaks, etc). Mark locations on the course map.	Safety Craft: (min. 1 motorized, plus 1 driver & two 1st responders) Pontoon/jon 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 MANDATORY for ALL watercraft on course COLOR: RED
Athlete Accountability	Body Numbering location (Mandatory): Left arm & leg Electronic (Rec): Chips by FS Series (timing company)	Poseidon will use a different color cap than everyone else	Accountability plan before/during/end of race: Max athletes on course: 200 Chip check on entry into water & manual count. Swimmers w/drawing from race will check in w/ race admin.	Warm up/Warm Down Plan: Area by start/finish & race admin to be used; lifeguards on site.

Missing Swimmer: EMS, lifeguards, and New Wave Swim Team coaches will activate underwater search and recovery. Concurrently, meet operations will contact the coach/handler, check chip check in list and video, along with withdrawal list.

Abandonment of Race:

Race Control will relay via radio and cell phone to the safety boat to signal abandonment.

Official Boats--5 short blasts, followed by 1 long blast

Lifeguards--5 short blasts, followed by 1 long blast

Swimmers should: 1. Discontinue Swimming 2. Look for directions from Officials/Water Safety Personnel 3.

Check in with Admin Ref once on beach

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 and/or a long air horn sounded to 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 until later in the day or rescheduled for the following day.

OPEN WATER COURSE MAP



NC Open Water Champs
Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to New Wave Swim Team):
New Wave Swim Team
PO BOX 18012
Raleigh, NC, 27619
coachbesch@newwaveswimteam.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$15.00 per event	
Travel Fund		\$3.00 per event	
Late Fees		Double fees will apply to late entries and must be paid before entry can be processed.	
Swimmers (General & Facility Surcharge)		\$50.00 per swimmer	
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. New Wave Swim Team, 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