

OBX Swim Club

4th Annual "Open Water" Swim Extravaganza and 5k Run
Swims: 1/8 K (125m), 1/2 K (500m), 1 kilometer, 2 Kilometer (1.2mile)

Run: 5k (3.1 miles)

June 26, 2016 7:15AM Manteo, NC.

Join the OBX Swim Club for our 4th Annual Open Water Swim Extravaganza and 5k Run.

NEW this year is a [125m sprint event](#), [More age divisions](#), a [5K run](#) and [School Team Awards](#) for Middle School, High School and College teams in designated events.

Venue Information:

The event will be held at the Ole Swimming Hole, a public swimming area maintained by the Dare County Parks and Recreation Department outside Manteo, NC, in the Croatan Sound. This area is not open to the ocean and is not affected by ocean tides or ocean waves. Weather conditions, wind speed and direction will determine race conditions.

Course Descriptions:

The course for the 2K swim will be a 2 kilometer triangle-shaped course approximately 660 meters by 660 meters by 660 meters. The course for the 1/2 K and 1K swims will be a shorter triangle-shaped course approximately 133 meters by 133 meters by 134 meters. The 1/8 K (125m) race will be a straight out and back sprint past the finish line. **NOTE:** The Swim Race Director reserves the right to shorten the course to a 1000m triangular course (approximately 330m by 330m by 340m) if water conditions deem it necessary or an alternate option is prudent. The [5K run course](#) will follow the Outer Banks Sprint Triathlon run course, out and back, adjacent to the airport.

Start & Finish:

The start and finish will be from a sandy beach area. The start will begin at the water's edge and contestants will finish exiting the water with a short run up a slight slope across the finish line. This swimming location is very safe and has been used for the swim leg and transition area for Outer Banks triathlons for many years. The [5k run](#) start and finish will be from the same location as the finish line for the swim events by the edge of the water.

Safety Meeting & Positive Check-in's:

All swimmers must attend a safety meeting approximately 15 minutes prior to the event. Rules, course and race details will be reviewed. Swimmers must check in before the pre-race meeting to participate in their event

SCHEDULE & DISTANCES

2 Kilometer (1.2): The race will consist of 1 lap around a 2K triangular course marked with large orange buoys.

The Race Director reserves the option to retire swimmers from the race 1:10 minutes after the start if necessary.

CHECK-IN: 6:50am **WU:** 6:50am **Pre-Race Mtg:** 7:15am **START:** 7:30am. **AWARDS:** 9:10am

1 Kilometer: The race consist of 2 laps around a 500-meter triangular course marked with large orange buoys.

The Race Director reserves the option to retire swimmers from the race 35 minutes after the start if necessary.

CHECK-IN: 8:30am **WU:** by 7:20am **Pre-Race Mtg:** 8:30am **START:** Not before 8:45am. **Awards:** 9:45am

1/2 Kilometer: The race will consist of one lap around a 1/2 kilometer triangular course marked with large orange buoys.

The Race Director reserves the option to retire swimmers from the race 30 minutes after the start if necessary.

CHECK-IN: 9:15am **WU:** by 7:20am **Pre-Race Mtg:** 9:15am **START:** Not before 9:30am. **Awards:** 10:15am

125m Sprint: The race will be a straight out and back sprint past the finish line. The Race Director reserves the option to run heats by age group if time permits and to retire swimmers from the race 5 minutes after the start if necessary.

CHECK-IN: 9:15am **WU:** by 7:20am **Pre-Race Mtg:** 9:50am **START:** Not before 10:00am. **Awards:** 10:15am

Swimming Seeding: All like distances will be seeded as a single event without regard to age or gender. Note that an event may be separated into waves depending on the number of participants at the discretion of the meet director.

5K Run: The race will follow the Outer Banks Sprint Triathlon 5K course and consist of an out and back adjacent to the Manteo airport. The Race Director reserves the option to retire runners from the race 45 minutes after the start if necessary.

CHECK-IN: by 10:00am **PRE-RACE Meeting:** 10:20am **START:** No earlier than 10:30am.

SWIM / RUN REGISTRATION & FEES

125Mtr SPRINT Only: Solo Event \$6.00 (Shirt not included for this one event, but may be purchased separately).

8-8 Yr Old Events: 10 & U 5K Run: \$20.00. (Shirt included). 125mtr Sprint & 5k Run selected individually is \$26.00.

9-10 Yr Old Events: Mako (Any 2 Events): \$30.00 . Bullshark (Any 3 Events): \$36.00.

11 & Over Events: Mako (2 Ev): \$40.00 Bullshark (3): \$50.00 Great White (4): \$60.00 King Trident (3): \$65.00

REGISTRATION LINK: raceit.com Please register by Friday, June 17th to receive your T-shirt!

SWIM AND RUN EVENTS AND AGE GROUPS

	W	Age Groups	M	
2K	1	40 & O	2	2K
2K	3	19-39	4	2K
2K	5	15-18	6	2K
2K	7	11-14	8	2K
1K	9	40 & O	10	1K
1K	11	19-39	12	1K
1K	13	College	14	1K
1K	15	15-18	16	1K
1K	17	11-14	18	1K
1/2K	19	40 & O	20	1/2K
1/2K	21	19-39	22	1/2K
1/2K	23	High School	24	1/2K
1/2K	25	13-14	26	1/2K
1/2K	27	11-12	28	1/2K
1/2K	29	10-10	30	1/2K
1/2K	31	9-9	32	1/2K
125m	33	40 & O	34	125m
125m	35	19-39	36	125m
125m	37	High School	38	125m
125m	39	13-14	40	125m
125m	41	11-12	42	125m
125m	43	10-10	44	125m
125m	45	9-9	46	125m
125m	47	8-8	48	125m
5K Run	49	40 & O	50	5K Run
5K Run	51	19-39	52	5K Run
5K Run	53	15-18	54	5K Run
5K Run	55	13-14	56	5K Run
5K Run	57	11-12	58	5K Run
5K Run	59	10-10	60	5K Run
5K Run	61	9-9	62	5K Run
5K Run	63	8-8	64	5K Run

TRIPLE CROWN AWARD

A trophy will be awarded to the male and female winner of the best combined time for the 1/2K, 1K, 2K swimming events.

SCHOOL SCORING AND AWARDS

AWARDS: A gold medal will be awarded to the male and female age group winner of each individual event (both swimming and running) and the winners of the relay. Awards for second and third place may be presented.

High School Team & College Team winner: An team award will be given to the top-scoring college team from the 1K event and the high school team by point totals from both the 1/2K and 125m events. Male and Female individual awards will also be given in corresponding events. Participants of the high school team must attend the school they represent **or be rising 7th or 8th graders** who will attend the high school, or **who have graduated from the high school in 2015**.

Participants of the college team must be enrolled in the college they represent or have graduated from that college in 2016.

“Team Scoring” for High School and College

In the team events, points will be awarded through ten places, male & female as follows: **13-11-9-7-6-5-4-3-2-1**.

SAFETY

Swimmer Numbering and Starting:

Each swimmer will be marked by numbers on their swim cap, shoulders, back and front of one leg. Each swimmer also will be affixed with an RFID ankle bracelet before each event. At the beginning of each race the swimmers will proceed into a closed area and the number of each swimmer will be electronically recorded. A rules and safety meeting will be held before each event. The finish will be out of the water and across the electronic finish line which will immediately record times and account for all swimmers.

Runner Numbering and Starting:

Each runner will be marked by numbers on their back and front of one leg. Each runner will also be affixed with an RFID ankle bracelet before each event. At the beginning of each race the runners will proceed into a closed area and the number of each runner will be electronically recorded. A rules and safety meeting will be held before each event. The finish will be on the float plane ramp and across the electronic finish line which will immediately record times and account for all runners.

Monitoring Swimmers During Race:

At least two power boats with trained personnel aboard will monitor the course. Also monitoring the swim course will be approximately 10 ocean rescue-trained lifeguards on jets skis, kayaks and paddleboards. Additional lifeguards will be on shore. The N.C. Wildlife Resources Commission, and N.C. Marine Fisheries will have boats on scene. All the primary safety personnel will be communicating with each other by radio.

Monitoring Runners During Race:

There will be several monitors along the race course including one at the turnaround/halfway point.

There will be a First Aid station at the start/finish area. An Emergency Medical Technician (EMT) will be on site. A Dare County Rescue Squad station is located near the site, and the Outer Banks Hospital and Emergency Room in Nags Head, NC is 20 minutes away.

ADDITIONAL INFORMATION

This event is hosted by the **OBX Swim Club**, and all proceeds from the event go to the team.

Swim Meet Director:	Robert Trivette	Email: Robert.p.trivette@nccourts.org	(252) 305-3739
5k Race Director:	Barrett Crook	Email: eskimohealer@yahoo.com	(252) 655-1256
Timing & Results	Matt Costa	Email: obxrunning@gmail.com	(252) 489-8239
OBX Swim Coach:	Lou Suta	Email: obxswimcoach@gmail.com	(252) 599-7946
OBX Swim Club:	Click HERE for OBX Swim Club on the Web		
	Our address PO Box 158, Nags Head, NC 27959		

Pre-Race Meetings:

There will be a rules/safety/questions meeting at approximately 7:15 am, and a short course review and question period before each event.

Warm ups:

Swim warm ups on the course area will start at 6:50 am. No warm-ups will be permitted on the course once the events have started. There is a separate warmup and warm down area for swimmers.

Wetsuits:

Wetsuits are allowed, but a swimmer or a relay with a swimmer wearing a wetsuit is *not eligible* for an award.

Weather:

This event site is located in the Croatan Sound just north of Manteo, N.C. The event will be held rain or shine except in severe weather conditions such as persistent lightning or extremely high winds. If severe weather arises, the event may be delayed or canceled. The Meet Director or the Safety Coordinator shall decide to cancel or swim if inclement weather arises. There will be no refunds. Average water temperature is expected to be in the low 70s.

Food:

There will be some free food available for swimmers such as bagels, fruit, water and Gatorade. There will be limited concessions and on-site food vendors. There are numerous restaurants and several grocery stores in Manteo, which is about 5 minutes from the site.

Vendors:

Tri-Sport, a local triathlon shop, will be on site for your swimming and running needs.

The 'Ole Swimming Hole' Site:

There is a large covered picnic area adjacent to a large open grassy area at the site. There is a small playground area. **No alcohol or drugs** may be consumed by any swimmers, coaches or spectators before or during the competition.

Parking:

There is limited parking at the venue site and along the short road leading from Airport Road to the swimming site. Parking is also available in the field just across Airport Road from the entrance to the swimming site. Please **DO NOT** park in the N.C. Aquarium parking lot.

DIRECTIONS

The 'Ole Swimming Hole' is located beside the North Carolina Aquarium on Roanoke Island located at:
374 AIRPORT ROAD, MANTEO, NC 27954.

From Raleigh

1. Take US Hwy 64 East from Raleigh toward Rocky Mount, then, N.C. In Williamston take Exit 515 continuing on US Hwy 64 East toward Plymouth and Manteo for 80 miles.
2. Just before Mann's Harbor Hwy 64 East will merge with Hwy 264 East. Continue east for another 1.5 miles.
3. 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 64/264 **Bypass**. (DON'T GO STRAIGHT).
4. 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
5. Go 1.4 miles. The road will bend to the left near the end. Stay on Airport Road.
6. The Ole Swimming Hole entrance is past the North Carolina Aquarium on the right.

From Chesapeake

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 right and the Ole Swimming Hole is just beyond that address.

Total Estimated Time: 1 hour 50 minutes | Distance: 83.5 miles

SINGLE EVENT: \$30.00 one event (\$20 for ages 9-10)
TRIPLE EVENT: \$50.00 for three events.

DOUBLE EVENT: \$40.00 for two events.
QUAD EVENT: \$60.00 for four events.

125Mtr SPRINT: Additional \$6.00 to other prices. (Shirt not included for this one event, but may be purchased separately).

10 & Under \$30.00 one event (\$20 for ages 9-10) **DOUBLE EVENT:** \$40.00 for two events.
TRIPLE EVENT: \$50.00 for three events. **QUAD EVENT:** \$60.00 for four events.
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8-8 Yr Old Events:

125Mtr SPRINT: 1 Event \$6.00. (Shirt not included for this one event, but may be purchased separately).
10 & U 5K Run: \$20.00. (Shirt included). Spring swim with 5k Run selected individually is \$26.00

9-10 Yr Old Events:

125Mtr SPRINT: 1 Event \$6.00. (Shirt not included for this one event, but may be purchased separately).
9-10 Yr Old Mako: \$30.00 **9-10 Yr Old Bullshark:** \$36.00

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