



2026 CAROLINA CUP OPEN WATER MEET

Hosted by New Wave Swim Team

September 12, 2026

Held at Lake Echo, Seven Lakes (West End), NC 27376

Held under the Sanction of US Masters Swimming,
Sanction

MEET DIRECTOR	MEET ENTRY COORDINATOR
Jonathan Bescher coachbesch@newwaveswimteam.org	Jonathan Bescher 831 Southwick Ave Clayton, NC 27527 coachbesch@newwaveswimteam.org
MEET REFEREE	MEET MARSHALL
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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.

ENTRY & EXIT PROCEDURES *Swimmers will be divided into waves based on 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.*
- *Parents must stay out of designated areas.*

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 races will be swum around a 1 K triangular course.*

Deck changing is not permitted; swimmers should arrive / leave in their suits.

MEET FORMAT

This is a Masters Meet

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday, September 4	6:00 PM	Entry deadline
Sat, Sept 12	7:45 AM	Official Briefings
Sat, Sept 12	8:15 AM	Coaches/General Meeting

SAFETY

The NCS Safety Program is in effect for this meet. NO running or horseplay will be tolerated. All volunteers and swimmers must stay off the far side of the dam.

Average water temperatures for September are 80-82 degrees F; air temperature is 80-90 degrees F. Safety boats will be provided in accordance with the Carolina Cup Safety Plan.

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

Approximate transport time is 18 minutes.

RACING STARTS NA**RULES**

- This meet will be conducted in accordance with the current US Masters 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.
- 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 the pre-staging area.

- ELIGIBILITY**
- All swimmers must be registered with US Masters Swimming, Inc. Swimmers must be registered prior to entry deadline.
 - All swimmers must be members of US Masters Swimming. Single meet memberships are available for non-members.

SWIMMERS WITH DISABILITIES

New Wave Swim Team welcomes all swimmers with disabilities as described in the US Masters Swimming Rules and Regulations, **(Need Place to reference)**, 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 New Wave Swim Teams ability to accommodate all requests.

- ENTRIES**
- Entries will be accepted through Runsignup.
 - <https://runsignup.com/Race/NC/WestEnd/WAVECarolinaCup>

- 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

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.

SEEDING	• There will be 1 wave for Masters.
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ENTRY FEES

Payment will be made through RunSignup	
Individual Event	\$45.00 per event by 8/25, \$55.00 after 8/25

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.

PRE-RACE MEETING

Official briefings will be held 20 minutes prior to each race for the Meet Director / Meet Referee 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 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 chute 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 Meet Director within 45 minutes of unofficial results being posted. Form (for 2026) can be found here: <https://forms.gle/H2CgCChNMScWbrMe9>

SAFETY 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

None

RESULTS

Results will be posted on FS Series' website at FSSeries.com; a link to the site maybe posted on the race site, accessible through newwaveswimteam.org within 24 hours of the meets conclusion.

COACHES

All coaches on deck must be registered and certified with US Masters 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. 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/Masters 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 US Masters 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

Will be filled out with registration through Runsignup.

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
Saturday 9:00 AM	10:10 AM	5 (Masters Men) 6 (Masters Women)	2K	10:30 AM (1 Wave)	60 minutes