

## **Winter Haven Stingrays 2017 Get Rowdy Invitational Short Course Swim Meet**

- Sanctioned by:** Florida Swimming of USA Swimming # 4132  
"In granting this approval it is understood and agreed that USA Swimming and Florida Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event."
- Condition of Sanction:** 1. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.  
2. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.  
3. 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. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations.
- Type of Meet:** Age Group and Senior; 25 yard, Short Course; Timed Finals
- Host:** Winter Haven Stingrays Swim Team
- Sponsor:** City of Winter Haven, Department of Parks and Recreation
- Dates and Time:** **Friday, September 22, 2017, Saturday, September 23, 2017, Sunday, September 24, 2017.**  
  
**Friday evening session: Warm-up 4:00pm Start at 5:00pm**  
**Morning sessions: Warm-up 7:30am Start at 8:30am**  
**Afternoon sessions will not start before 12:00 noon.**
- Warm up:** **One hour prior** to the start of the Friday evening and Morning sessions:  
**Guarantee of one half hour prior** to the start of the Afternoon sessions.
- Location:** **Rowdy Gaines Olympic Pool**  
Chain of Lakes Recreational Complex  
210 Cypress Gardens Boulevard  
Winter Haven, Florida
- Pool Specs:** Certified 25 yard, **10 lane**, outdoor, heated pool, non-turbulent lane lines, Water depth at the competition-starting end is a minimum of 4 feet 6 inches and the turn end is a minimum of 4 feet 6 inches.
- Timing System:** Daktonics Electronic Timing Equipment with 10 lane Electronic Display
- Eligibility:** Open to all USA Swimming registered swimmers.  
**Limit - 500 swimmers**  
On deck registrations will be allowed. The 2017 USA-S form and Fees must be presented to the Referee.

- Seeding:** 25 yard times will be used for seeding purposes. Conversions may be made using the formula in the 2017 Florida Swimming Handbook, or by the standard computer software used to prepare your entry.
- Scratches:** No penalty for scratching on the block.
- Entry Limit:** Four (4) individual events per day, plus relays. Swimmers over entered will be considered as entered in the first 4 events each day. No limit to relay entries, but each entry should indicate "A","B" etc.
- Entry Forms:** Entries must be in USA Swimming SDIF format or Hy-Tek CL2 sent by email using Hy-Tek team manager. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant. Email confirmation will be sent upon receipt of the file.  
**Preferred:** Entries will be accepted via electronic mail attachment to [jgrazier75@hotmail.com](mailto:jgrazier75@hotmail.com)  
Free text email **will not** be accepted.  
Please list all attending coaches and contact phone numbers in the body of the email.  
A signed hard copy printout also serves as proof of entry. The legal name and current USA Swimming registration number for each swimmer must be listed on the entry file, including "relay only" swimmers.
- Identification:** Coaches and Officials shall wear their USA Swimming registration card in a conspicuous manner, on their person, at all times while on deck during the meet or prove current USA-S coach membership on Deck Pass.
- Deck Entries:** Deck entries are to be submitted to meet management no later than 30 minutes prior to the start of each session. The fee for deck entries is \$10.00 per event. **If the swimmer is not already in the meet, the \$10.00 facility fee is also due.** Fees must be paid at the time the entry is made. Deck entries will be accepted only if there are open lanes in the desired event. Swimmers must still comply with the maximum per session entry limit and other eligibility requirements. Swimmers may not scratch an event in order to deck enter a new event. Proof of USA Swimming registration must be met.
- Heat Sheets** Heat Sheets will be emailed to all competing teams' contact person. Heat Sheets will be posted on [www.midnightsports.com](http://www.midnightsports.com) and [www.floridaswimming.org](http://www.floridaswimming.org) no later than 48 hours prior to the start of the meet. Coaches are to inform swimmers and parents of the online heat sheet and posting sites made available for them to view and download. Heat sheets will NOT be available for purchase.
- Entry Fee:** \$10.00 Facility Fee per swimmer  
\$4.00 per Individual Event  
\$5.00 per Relay  
\$2.00 Online Heat Sheet Fee per swimmer  
\$50.00 **additional fee** if team **does not** enter the meet using the Hy-tek format.  
Checks payable to: **WINTER HAVEN STINGRAYS.**
- Entry Deadline:** **Tuesday, September 12, 2017 by 5:00 pm.**  
**Email entries to: [jgrazier75@hotmail.com](mailto:jgrazier75@hotmail.com)**  
Mail entries (**No signature required**) to:  
Laurie Grazier, 4510 Riviera Drive, Winter Haven, Florida 33884

- Awards:** **Individual Events:** 1<sup>st</sup> - 10<sup>th</sup> Ribbons  
**Relays:** 1<sup>st</sup> - 3<sup>rd</sup> Ribbons  
**Heat Winner Ribbons:** 10&u, 8&u, 6&u age groups  
**Rowdy Heat Prizes:** 10&u (random heat selection)  
**Team Award:** 1<sup>st</sup> - 3<sup>rd</sup> Place  
**High Point Award:** 1<sup>st</sup> - 3<sup>rd</sup> Male & Female each age group:  
6&u, 8&u, 9-10, 11-12, 13-14, Senior
- Scoring:** **Individual:** 11-9-8-7-6-5-4-3-2-1 **Relays:** 22-18-16-14-12-10-8-6-4-2
- Rules:** \*Current USA Swimming rules will govern the meet. Safety rules, as outlined by USA Swimming and as recommended by the Head Marshall, will be in effect during all warm-ups and in all warm-up areas.  
\*No recall false start will be used as outlined in 102.14.48.  
\*Fly-over starts will be used at the discretion of the head referee.  
\*Meet Management reserves the right cancel relays to be in accordance with the 4 hour rule.  
\*If deemed necessary meet management reserves the right to implement positive check-in procedures for Friday evening events.
- Team Representative:** Prior to the start of the meet, the name of one person other than the Coach who will check with the Referee about any matter pertaining to the meet must be given to the Referee. The Coach and that person only will be recognized.  
All swimmers must have representation by a certified USA Swimming member coach. The coach must show proof of membership before their swimmers compete in any event.
- Officials:** **Head Referee:** Ellen Johnson      **Admin Official:** John Ware  
**Starter:** Tara Williams      **Head Stroke & Turn:** Turksen Shilts  
**Head Marshall:** Laurie Grazier      **Meet Director:** Jim Grazier
- Information:** **Contact:** Jim Grazier    **E-mail:** jgrazier75@hotmail.com  
**Phone:** 863.514.4564
- Coach Supervision:** A current coach member of USA Swimming must supervise each swimmer participating in a Florida Swimming sanctioned meet during warm-up and competition. An unattached athlete or an athlete not escorted by a coach member must check in with the meet referee upon arrival at the meet. Such athletes must find a substitute coach who will supervise him/her during warm-up and competition and must submit the enclosed alternate coaches form to the Referee. The alternate coaches' form must be signed.

**Camera Zones:**

Per Florida Swimming Rule 223.12, Meet Management shall designate and inform the public of "Camera Zones" at each swim meet where both still photography and video photography of a race or a competitor in a race may be taken. Acceptable "Camera Zones" may include, but are not limited to the side courses of a pool, team gathering areas, concession area, turn-end of competition course when not in use as a "start-end," etc. Meet Management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, restrooms, or any other dressing area. Any individual failing to abide by this rule could be subject to the Florida Swimming Code of Conduct violation as defined in Rule 239.2.

**Conduct:**

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 prohibited.

**WARM UP SCHEDULE**

<b><u>LANE</u></b>	<b><u>FIRST 1/2 HOUR (General Warm-up)</u></b>	<b><u>SECOND 1/2 HOUR (Controlled Warm-up)</u></b>
1	Push off 50's pace (circle swimming)	Push off 50's pace (circle swimming)
2	Swimming and pulling only (push off)	Racing start, one length only
3	Swimming and pulling only (push off)	Swimming and pulling only (push off)
4	Swimming and pulling only (push off)	Swimming and pulling only (push off)
5	Swimming and pulling only (push off)	Swimming and pulling only (push off)
6	Swimming and pulling only (push off)	Racing start, one length only
7	Swimming and pulling only (push off)	Racing start, one length only
8	Push off 50's pace (circle swimming)	Push off 50's pace (circle swimming)

- \* NO EQUIPMENT IS TO BE USED DURING WARM-UP.
- \* NO RACING STARTS IN WARMUP OR WARM DOWN LANES DURING THE MEET.
- \* ENTER THE WATER FEET FIRST WITH ONE HAND ON THE DECK WHEN ENTERING THE POOL AT ALL TIMES DURING THE WARM-UP INCLUDING WHEN SWIMMERS ARE NOT DOING A RACING START.

\*Warm up procedures may be altered by the meet referee to accommodate needs if it is deemed necessary. Coaches are expected to help maintain control for the safety of all competitors.

**ACCOMMODATIONS**

**HAMPTON INN  
202 CYPRESS GARDENS BLVD  
863.299.9251**

**HOLIDAY INN OF WINTER HAVEN  
200 CYPRESS GARDENS BLVD  
863.292.2100**

***WHEN MAKING RESERVATIONS INDICATE THAT YOU ARE WITH A SWIM TEAM ATTENDING THE WINTER HAVEN STINGRAYS SWIM MEET TO OBTAIN A POSSIBLE DISCOUNTED RATE***

**Master Entry Form  
Winter Haven Stingrays  
2017 Get Rowdy Invitational Short Course Swim Meet**

TEAM NAME \_\_\_\_\_ CALL LETTERS \_\_\_\_\_

ADDRESS \_\_\_\_\_

COACH \_\_\_\_\_

PHONE (H) \_\_\_\_\_ (W) \_\_\_\_\_

**Swimmers/Coach Registration**

I certify that all individuals listed on the attached forms are currently registered members of USA Swimming and are eligible to compete in this meet. I further certify that one or more of the following USA Swimming coach members will be on deck supervising these individuals during warm-up and competitive sessions at the meet.

Name of Coach	Team
_____	_____
_____	_____
_____	_____

I certify that all individuals listed above are currently registered USA Swimming Coach Members, and that I am a current USA Swimming registered Non-athlete member.

\_\_\_\_\_  
Signature (must be a USA Swimming Member)      Team      Date

**Entries must be received by Tuesday, September 12, 2017**  
**Email entries to: [jgrazier75@hotmail.com](mailto:jgrazier75@hotmail.com)**

**Mail entries (No signature required) to:**  
**Laurie Grazier, 4510 Riviera Drive, Winter Haven, FL 33884**  
**Phone: Jim Grazier 863.514.4564**

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**Financial Recap**

We have entered the following:

Facility Fee _____	@ \$10.00 _____
Heat Sheet Fee _____	@ \$2.00 _____
Individual Events _____	@ \$4.00 _____
Relays _____	@ \$5.00 _____
Hy-tek Fee (team <b><u>not</u></b> using Hy-tek) _____	\$50.00 _____
<b>Total Fees Paid</b> _____	

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## 2017 Winter Haven Stingrays Short Course Invitational Get Rowdy Swim Meet

### Order of Events

\*Friday PM, Saturday AM, and Sunday AM sessions will be scored by age group based on the swimmers age, regardless of the event swum.

\*Scored age groups will be 6&U, 8&U, 9-10, 11-12, 13-14, and Senior.

\*Events 3- 4 will be scored for the 10&U age group only.

\*Events 7- 8 will be scored for the 10&U & 11-12 age groups only.

\*All events will be swum fastest to slowest.

#### Friday, September 22, 2017

GIRLS	BOYS	AGE GROUP	EVENT
1	2	11 & older	500 Free
3	4	10 & under	200 Freestyle
5	6	13 & older	400 Individual Medley
7	8	12 & under	200 Individual Medley

#### Saturday AM, September 23, 2017

GIRLS	BOYS	AGE GROUP	EVENT
9	10	Open	200 F Relay
11	12	11 & older	100 Breast
13	14	11 & older	50 Free
15	16	13 & older	200 Fly
17	18	11 & older	50 Fly
19	20	11 & older	100 Back
21	22	11 & older	200 Free

#### Sunday AM, September 24, 2017

GIRLS	BOYS	AGE GROUP	EVENT
51	52	Open	200 M Relay
53	54	13 & older	200 IM
55	56	11-12	100 IM
57	58	11 & older	100 Free
59	60	13 & older	200 Breast
61	62	11 & older	50 Breast
63	64	11 & older	100 Fly
65	66	13 & older	200 Back
67	68	11 & older	50 Back

#### Saturday PM, September 23, 2017

GIRLS	BOYS	AGE GROUP	EVENT
23	24	10 & under	200 F Relay
25	26	8 & under	100 F Relay
27	28	10 & under	100 Free
29	30	8 & under	50 Free
31	32	6 & under	25 Free
33	34	10 & under	50 Breast
35	36	8 & under	25 Breast
37	38	6 & under	25 Breast
39	40	10 & under	100 Fly
41	42	8 & under	50 Fly
43	44	6 & under	25 Fly
45	46	10 & under	50 Back
47	48	8 & under	25 Back
49	50	6 & under	25 Back

#### Sunday PM, September 24, 2017

GIRLS	BOYS	AGE GROUP	EVENT
69	70	10 & under	200 M Relay
71	72	8 & under	100 M Relay
73	74	10 & under	100 IM
75	76	8 & under	25 Free
77	78	10 & under	50 Free
79	80	8 & under	50 Breast
81	82	10 & under	100 Breast
83	84	8 & under	25 Fly
85	86	10 & under	50 Fly
87	88	8 & under	50 Back
89	90	10 & under	100 Back