

2016 IE MRA SIZZLIN' SUMMMER

July 15, 16, and 17, 2016

Held under the sanction of USA Swimming and Inland Empire Swimming, Inc. Sanction # IE- 16-1300

In granting this sanction it is understood and agreed that USA Swimming and Inland Empire Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms, behind the starting blocks, or locker rooms. Deck Changing is prohibited: Changing into or out of swimsuits other than in the facility locker rooms, or other area designated by the host facility, is not appropriate, and is prohibited.

Host: Manta Ray Aquatics
<http://mlmr.org>
Moses Lake, WA
Contact: Steve Washburn / washburnscw@gmail.com / 509-350-0197

Location: Surf'n'Slide Water Park—5th Avenue & Beech in McCosh Park.

From Seattle, take exit 176 and go a couple of miles. Turn right on either Dogwood or Beech Street.

From Spokane, take exit 179 onto Pioneer Way; turn left on 5th Ave.

Facilities: Starting blocks will be used in deep water only. Pool deck is wheelchair accessible. Clean restroom/dressing room areas. The starting area depth is 12 ½ ft at starting end, and 3.5' at the turn end. This is a regulation 50-meter pool, eight 9 foot wide lanes equipped with non-turbulent lane lines. The competition may be reduced to 6 lanes, depending on entries and timeline considerations. The Colorado timing system will be used with touch pads at both ends. The competition course has not been certified in accordance with USA Swimming 104.2.2C (4).

****The Lazy River will be used for warm-up and cool-down**

Tent camping will be permitting in McCosh Park in designated areas only. See map (last page) Restroom facilities will be available in the park 24 hours. Please park in designated parking areas, and carry your belongings to your camp site. Do not drive vehicles in ANY area of the park.

RV and Trailer camping will be available in the designated fenced area across the street from McCosh Park in the fields of Frontier Middle School. No RV's/Trailers will be allowed in McCosh Park's lots. There will be a \$25 charge for camping at Frontier Middle School for the weekend. All campers utilizing this area must register and pay at the Clerk of Course upon arrival.

MRA's use of the Aquatic Center is partially limited. Changing rooms, the competition tank and the grassy area surrounding it, and the lazy river will be available. All other amenities are off limits during the hours of the meet.

Designated Deck Area: Only swimmers, coaches, officials and meet workers are permitted in the deck area. Spectators will not be allowed in the deck area without proof of current USA Swimming membership. The deck area is considered to be a three-foot area from the edge of the pool and the area behind the start platforms up to the timer chairs.

Events: This is a single session format timed finals meet. Submit contestant's best long course time to ensure proper seeding. The 400 Free and 400 IM events may be seeded mixed and regardless of age.

Friday events must conclude by approximately 10 PM. If the timeline exceeds 10 PM, Friday night events may be swum mixed and limited as necessary. Limits will be enacted equally amongst the Friday events. If limits are necessary, swimmers with "NT" times will be deleted, followed by the slowest seed times regardless of gender. All Friday swimmers will be guaranteed 1 of the 2 possible swims. **Relay events may be combined or cancelled to meet schedule requirements.** Fees for any deleted entries will be refunded. The second (2nd) and fourth (4th) legs of the 200 Meter Relays will start in the water.

Eligibility: No entrant will be permitted to compete unless the entrant is a member of USA Swimming as provided in Article 302, at the time of meet entry, and to International swimmers registered through their respective organization.

Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Swimmers age group is determined by the age of the athlete on the first day of the meet July 15, 2016. Athletes with a disability are welcome and are asked to provide advance notice of necessary accommodations.

Results/Scoring

Awards: Results will be scored by gender in ages 9-10, 11-12, 13-14, and 15 & Over. 8 & Under results will be scored as 8 & U for the IES approved 50 Free, Fly, Breast, and Back as well as the 100 Free events. Any other events will be scored as 10 & U. Relays are mixed and will be scored by team per event.

Individual events will be scored first through eighth place per the above age groups distinction. Relay events will be scored first through eighth place. Team Scoring will be kept with Team High Point Plaques awarded to the top 3 teams.

Individual High Point Awards will be given to each age group boys and girls 8 & Under, 9-10, 11-12, 13-14, 15 & Over.

Individual Awards/Ribbons will be given to 8 places in each gender and age group for each event except as noted above. Relay Awards/Ribbons will be given to 3 places for each event.

Please assign one adult from your team to pick up awards. Awards will not be mailed.

Rules: 2016 USA Swimming and IES rules will govern the meet. Swimmers participating in the meet without a coach must report to the meet referee prior to warm-ups. USAS Coaches must be currently registered with USA Swimming and must display current and valid credentials at all times during the meet

Entries: All events are timed finals. Friday night participants may enter two (2) events (Note: No events are available for 8 & Under on Friday due to time constraints). On Saturday and Sunday, swimmers may enter a maximum of five (5) individual events and one (1) relay per day. Entries will be limited to numbers that allow the meet to end by 3:30 PM on Saturday and Sunday. The meet will be limited to approximately 425 swimmers. "NT" entries will be accepted.

Once the meet has been seeded, swimmers that are already registered in the meet may request to deck enter additional events (up to the corresponding daily limit), pending availability of empty lanes, and at the discretion of the referee, with payment of \$3 per event due upon approval. There will be no deck registrations.

Teams will be entered in the order their PAID entries are RECIEVED. (See priority entry date for IES teams).

Submit entries using a Hy-Tek meet entry export file sent as an e-mail attachment to:

david_cutter@yahoo.com

Also send a *Meet Entries Report* for individual and relay events sorted by swimmer exported as a Word document. Check the *Meet Entries Report* for accuracy before you send your entries. Mail Hard Copies and Entry Fees to the address noted below.

Team entries will not be finalized until the entry fees are received.

Entry Fees and Entry Hard Copies must be mailed to:

**David Cutter
1552 Holly Lane
East Wenatchee, WA 98802**

And received no later than Wednesday July 6th or by Wednesday June 29th for IES priority.

Please waive the requirement for signature!!

Entry Fees: \$17.00 surcharge per swimmer plus \$3.00 per individual events and \$12.00 per relay.

The \$17.00 consists of the \$12.00 IES swimmer surcharge, plus a \$5.00 facility fee.

Make checks payable to Manta Ray Aquatics (MRA). No entries will be finalized until entry fees in US funds are received.

Deadline: **Inland Empire priority deadline is June 29th, 2016. All entries must be received no later than July 6th, 2016.**

Time Trials: Time trials will be offered on a limited basis. Time Trial entry requests are due by 10 am, Saturday. Time Trial swimmers must already be entered in swim meet in order to participate in Time Trials and pay a \$5.00 fee for each Time Trial entered. Time Trial swims will count towards the maximum swims allowed per day. Coaches requesting a Time Trial for swimmer that is already entered into the maximum number of events, must scratch that swimmer from an already entered event that day. Meet entry fees for events that are scratched in order to participate in Time Trials will not be refunded. The Meet Referee has the final decision on how many heats of Time Trials will be offered. The Meet Referee may also combine strokes of the same distance within the same heat. Time Trial requests must come from team coaches.

Warm-up & Start times:

Friday

Facility opens at 5:00 pm
Warm-ups 5:10-5:50 pm
Officials Meeting 5:20 pm
Positive Check-in Closes at 6:00 pm
Coaches Meeting 5:50 pm
Competition at 6:00 pm

Saturday

Facility opens at 6:00 am
Warm-ups 6:30-7:10 am (13 & O) 7:10-7:45 am (12 & U)
Officials Meeting 7:20 am\Coaches Meeting 7:45 am
Relay entries turned in to Clerk of Course by 11:00 am
Competition starts at 8:00 am ending by 3:30 pm
Aquatic Center Waterslides open at 4:00 pm

Sunday

Facility opens at 6:00 am
Warm-ups 6:30-7:10 am (13 & O) 7:10-7:45 am (12 & U)
Officials Meeting 7:20 am\Coaches Meeting 7:45 am
Relay entries turned in to Clerk of Course by 11:00 am
Competition starts at 8:00 am ending by 3:30 pm
Aquatic Center Waterslides open at 4:00 pm

Meet Marshals will be present during all warm-up periods.

Officials: **Meet Director:** Steve Washburn, washburnscw@gmail.com
Referee: Susan Schwiesow, seschw@hotmail.com
Starter: Julie Pack
Stroke and Turn Officials: Mitch Heaps, Eric Linberg, Angela Richeson, Melissa Heaps
Administrative Official: David Cutter

The Manta Rays request assistance from visiting officials and parents.

Visiting officials are welcome and encouraged to help. Please bring current certification and USA Swimming registration cards; these will be verified by the Meet Referee before deck assignments are made. Coaches must display current and valid credentials at all times during the meet.

Results: The final results will be e-mailed after the meet.

2016

MANTA RAY AQUATICS

SIZZLIN' SUMMER SWIM MEET

Friday July 15th to Sunday July 17th

Friday, July 15, 2016

Event#	Age	Event
1-2-----	9-12-----	200 IM
3-4-----	13-Over-----	400 IM
5-6-----	9-12-----	200 Free
7-8-----	13-Over-----	400 Free

Saturday, July 16, 2016

Event#	Age	Event
9-10-----	13-Over-----	200 IM
11-12-----	10-Under-----	100 Breast
13-14-----	11-12-----	100 Breast
15-16-----	13-Over-----	100 Breast
17-18-----	10-Under-----	50 Back
19-20-----	11-12-----	50 Back
21-22-----	13-Over-----	200 Back
23-24-----	10-Under-----	100 Fly
25-26-----	11-12-----	100 Fly
27-28-----	13-Over-----	100 Fly
29-30-----	10-Under-----	50 Free
31-32-----	11-12-----	50 Free
33-34-----	13-Over-----	50 Free
35-----	10-Under-----	200 Mixed Medley Relay
36-----	11-12-----	400 Mixed Medley Relay
37-----	13-Over-----	400 Mixed Medley Relay

Breaks may be added depending on circumstances at the discretion of the referee

Sunday, July 17, 2016

Event #	Age	Event
39-40 -----	13-Over-----	200 Free
41-42 -----	10-Under-----	50 Fly
43-44 -----	11-12 -----	50 Fly
45-46 -----	13-Over-----	200 Fly
47-48 -----	10-Under-----	100 Back
49-50 -----	11-12 -----	100 Back
51-52 -----	13-Over-----	100 Back
53-54 -----	10-Under-----	50 Breast
55-56 -----	11-12 -----	50 Breast
57-58 -----	13-Over-----	200 Breast
59-60 -----	10-Under-----	100 Free
61-62 -----	11-12 -----	100 Free
63-64 -----	13-Over-----	100 Free
65 -----	10-Under-----	200 Mixed Free Relay
66 -----	11-12 -----	400 Mixed Free Relay
67 -----	13-Over-----	400 Mixed Free Relay

Breaks may be added depending on circumstances at the discretion of the referee

TEAMS ARE ENCOURAGED TO PARTICIPATE IN LANE TIMING TO ENSURE TIMELY COMPLETION OF THE MEET.

Concessions will be available throughout the meet.

**Suggested Moses
Moses Lake Lodging**

Ameristay Inn & Suites
1157 N. Stratford Rd
509-764-7500
www.ameristayinn.com

Comfort Suites
1700 Kittleson Rd (Exit 179)
509-765-3731
www.comfortsuites.com

Heritage Suites, Inc.
511 S. Division
1-800-457-0271
www.heritage-suites.com

Holiday Inn Express
1735 Kittleson Rd (Exit 179)
509-766-2000
1-800-576-7500
www.hiexpress.com

Inn at Moses Lake
1741 Kittleson Rd (Exit 179)
509-766-7000
1-877-747-8713
www.magnusonhotels.com

Lakefront Hotel (Best Western)
3000 W. Marina Dr (Exit 176)
509-765-9211
1-800-235-4255
www.bestwesternwashington.com

Lakeshore Resort Motel
3206 Lakeshore Dr (Exit 176)
509-765-9201
www.lakeshoreresortmotel.com

Motel 6
2822 W. Driggs Dr (Exit 176)
509-766-0250
www.motel6.com

Motel Oasis
466 Melva Ln (Exit 176)
509-765-8636
www.moteloasisinn.com

Ramada Inn
1745 Kittleson Rd (Exit 179)
509-766-1000
www.ramada.com

Shilo Inn
1819 Kittleson Rd (Exit 179)
509-765-9317
1-800-222-2244
www.shiloinns.com

Sunland Inn
309 E 3rd Ave
509-765-1170
www.sunlandinn.com

Quality Inn
449 Melva Ln (Exit 176)
509-765-8886
1-800-800-8000
www.qualityinn.com

Travel Inn
316 S Pioneer
509-765-8631
www.travelinnml.com

The Manta Rays and the City of Moses Lake welcome meet participants to tent camp in McCosh Park. (Designated areas only & no dogs).
RV and Trailer camping will be available in the designated fenced area across the street from McCosh Park in the fields of Frontier Middle School. No RV's/Trailers will be allowed in McCosh Park's lots.

There will be a \$25 charge for camping at Frontier Middle School for the weekend. All campers utilizing this area must register and pay at the Clerk of Course upon arrival.

The Surf and Slide Water Park will be opened after the meet until 8 pm.
Paid Admission Required.

***Sizzlin' Summer Swim Meet
Manta Ray Aquatics***

***Surf'n'Slide Water Park
July 15, 16, and 17, 2016***

VISITING TEAM INFORMATION

Team: _____

Coach: _____

Address: _____

Phone: _____

E-mail: _____

Entries prepared by: _____

Phone: _____

E-mail: _____

ENTRY FEE TABULATION

Surcharge # Swimmers _____ x \$17.00 = \$ _____

Individual events # Ind. Events _____ x \$3.00 = \$ _____

Relays # Relays _____ x \$12.00 = \$ _____

TOTAL - - - - - \$ _____

Make checks payable to: Manta Ray Aquatics

Mail entries and payment to:

**David Cutter
1552 Holly Lane
East Wenatchee, WA 98802**

MANTA RAY'S SWIM MEET
CAMPING AREA

- RV'S & FRONTIER MIDDLE SCHOOL

TENT CAMPING
AREA

