

## **Winter Haven Stingrays 2010 Short Course Swim Meet Get Rowdy and Race**

- Sanctioned by:** Florida Swimming of USA Swimming # 5222  
"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:** 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. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- 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 Leisure Services
- Dates and Time:** **Friday, September 17, 2010, Saturday, September 18, 2010, Sunday, September 19, 2010.**  
  
**Friday evening session will start at 5:00pm**  
**Morning sessions 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, outdoor, heated pool, non-turbulent lane lines, eight lanes, **or ten lanes if needed**, to meet the 4-hour rule requirement, separate diving well available for warm up and warm down. 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 Electronic Display
- Eligibility:** Open to all USA Swimming registered swimmers.  
**Limited to first 450 swimmers**  
Registered swimmers and teams from foreign countries are welcome.
- Seeding:** 25 yard times will be used for seeding purposes. Conversions may be made using the formula in the 2010 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.
- 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 \$7.00 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.
- Entry Fee:** \$7.00 per swimmer Facility Fee; Age Group and Senior: \$3.00 per individual event, \$5.00 per relay.  
\$50.00 **additional fee** if team **does not** enter the meet using the Hy-tek format.
- Checks payable to: **WINTER HAVEN STINGRAYS.**
- Entry Deadline:** **Master Entry Form** and entry fees must be received by **Tuesday, September 7, 2010 by 5:00 pm.**  
**Email entries to: jgrazier75@hotmail.com**  
Mail entries (**No signature required**) to:  
Laurie Smith, 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:** 11-12, 10&u, 8&u age groups  
**Rowdy Heat Prizes:** 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
- 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.

**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:**

<b>Head Referee:</b> Eva Gronke	
<b>Starter:</b> Charlie Woodcock	<b>Head Stroke and Turn:</b> Joni Cornell
<b>Head Marshall:</b> Laurie Smith	<b>Meet Director:</b> Jim Grazier

**Information:**

**Contact:** Jim Grazier  
**Phone:** 863.514.4564  
**E-mail:** jgrazier75@hotmail.com

**Enclosed:** Order of Events, Proof of Registration, Warm-up Schedule, and Master Entry Form.

**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.

#### WARM UP SCHEDULE

<u>LANE</u>	<u>FIRST 1/2 HOUR (General Warm-up)</u>	<u>SECOND 1/2 HOUR (Controlled Warm-up)</u>
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.**

**DIRECTIONS**  
**ROWDY GAINES OLYMPIC POOL**  
**210 CYPRESS GARDENS BOULEVARD**  
**WINTER HAVEN, FLORIDA**  
**POOL PHONE: 863.291.5656**

**FROM TAMPA:** INTERSTATE 4 EAST TO POLK PARKWAY; POLK PARKWAY EAST TO WINTER HAVEN EXIT, WINTERLAKE RD (S.R. 540); EAST ON WINTERLAKE RD TO S.R. 17; NORTH ON S.R. 17 TO CYPRESS GARDENS BOULEVARD; RIGHT TURN ON CYPRESS GARDENS BLVD TO FIRST ENTRANCE ON THE RIGHT WHICH IS THE ENTRANCE TO THE CHAIN OF LAKES RECREATION COMPLEX. LOOK FOR ORANGE DOME LANDMARK.

**FROM ORLANDO:** INTERSTATE 4 WEST TO U.S. 27; SOUTH ON U.S. 27 TO CYPRESS GARDENS BOULEVARD (S.R. 540); TURN RIGHT ON CYPRESS GARDENS BLVD GOING WEST TO THE CHAIN OF LAKES RECREATION COMPLEX. IT IS APPROXIMATELY 8 MILES TO THE POOL. LOOK FOR THE ORANGE DOME LANDMARK.

**FROM SOUTH FLORIDA:** US 27 NORTH TO CYPRESS GARDENS BLVD. (S.R. 540). WEST TO CHAIN OF LAKES COMPLEX AND ROWDY GAINES OLYMPIC POOL (LOOK FOR THE ORANGE DOME).

**FROM NORTH FLORIDA:** I-75 SOUTH TO FLORIDA TURNPIKE. FLORIDA TURNPIKE TO TOLL ROAD 429. TAKE 429 SOUTH TO I-4. TAKE I-4 WEST TO US 27. US 27 SOUTH TO S.R. 540 (CYPRESS GARDENS BLVD.) GO WEST ON CYPRESS GARDENS BLVD TO THE CHAIN OF LAKES RECREATION COMPLEX AND ROWDY GAINES OLYMPIC POOL. (LOOK FOR THE ORANGE DOME.)

**ACCOMMODATIONS**

**BEST WESTERN ADMIRALS INN**  
**5651 CYPRESS GARDENS BLVD**  
**863.324.5950**

**HAMPTON INN**  
**202 CYPRESS GARDENS BLVD**  
**863.299.9251**

**THE RANCH HOUSE**  
**1911 CYPRESS GARDENS BLVD**  
**863.324.5994**

**HOLIDAY INN**  
**200 CYPRESS GARDENS BLVD**  
**863.292.2100**

**CLARION INN OF WINTER HAVEN**  
**1150 THIRD STREET, SOUTHWEST**  
**863.294.4451**

**HOWARD JOHNSONS**  
**1150 THIRD STREET SOUTHWEST**  
**863.294.7321**

**HAMPTON INN**  
**22900 HWY 27**  
**LAKE WALES**  
**863.734.3000**

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

**Master Entry Form  
Winter Haven Stingrays  
2010 "Get Rowdy and Race" 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.

<b>Name of Coach</b>	<b>Team</b>
_____	_____
_____	_____
_____	_____

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
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**Entries must be received by Tuesday, September 7, 2010**

**Email entries to: [jgrazier75@hotmail.com](mailto:jgrazier75@hotmail.com)**

**Mail entries (No signature required) to:**

**Laurie Smith, 4510 Riviera Drive, Winter Haven, FL 33884**

**Phone: Jim Grazier 863.514.4564**

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**Financial Recap**

We have entered the following:

Total Swimmers \_\_\_\_\_ @ \$7.00 \_\_\_\_\_

Individual Events \_\_\_\_\_ @ \$3.00 \_\_\_\_\_

Relays \_\_\_\_\_ @ \$5.00 \_\_\_\_\_

Hy-Tek Fee (team ***not*** using Hy-tek) \$50.00 \_\_\_\_\_

**Total Fees Paid** \_\_\_\_\_



**“Get Rowdy and Race” Order of Events****Friday, September 17, 2010**

<b>GIRLS</b>	<b>BOYS</b>	<b>AGE GROUP</b>	<b>EVENT</b>
1	2	10 & under	200 Freestyle
3	4	11 - 12	500 Freestyle*
5	6	13 - 14	500 Freestyle*
7	8	Senior	500 Freestyle*
9	10	10 & under	200 Individual Medley
11	12	11 - 12	200 Individual Medley
13	14	13 - 14	400 Individual Medley**
15	16	Senior	400 Individual Medley**

\* Events 3, 5 & 7 and 4, 6 & 8 will be combined and swum together, but scored separately.

\*\*Events 13 & 15 and 14 & 16 will be combined and swum together, but scored separately.

**MORNING SESSIONS: Warm ups begin at 7:30am****Meet Starts at 8:30am****Saturday, September 18, 2010**

<b>GIRLS</b>	<b>BOYS</b>	<b>AGE GROUP</b>	<b>EVENT</b>
17	18	Senior	200 Free
19	20	13 -14	200 Free
21	22	11 - 12	200 Free
23	24	Senior	100 Back
25	26	13 -14	100 Back
27	28	11 - 12	50 Back
29	30	Senior	200 Fly
31	32	13 - 14	200 Fly
33	34	11 - 12	100 Fly
35	36	Senior	100 Breast
37	38	13 -14	100 Breast
39	40	11 - 12	50 Breast
41	42	Senior	50 Free
43	44	13 - 14	50 Free
45	46	11 - 12	50 Free
47	48	Senior	200 M. Relay
49	50	11 - 12	200 M. Relay

**Sunday, September 19, 2010**

<b>GIRLS</b>	<b>BOYS</b>	<b>AGE GROUP</b>	<b>EVENT</b>
79	80	Senior	200 IM
81	82	13 - 14	200 IM
83	84	11 - 12	100 IM
85	86	Senior	100 Free
87	88	13 - 14	100 Free
89	90	11 -12	100 Free
91	92	Senior	200 Back
93	94	13 - 14	200 Back
95	96	11 - 12	100 Back
97	98	Senior	100 Fly
99	100	13 - 14	100 Fly
101	102	11 - 12	50 Fly
103	104	Senior	200 Breast
105	106	13 - 14	200 Breast
107	108	11 -12	100 Breast
109	110	Senior	200 F. Relay
111	112	11 -12	200 F. Relay

**AFTERNOON SESSIONS: Warm ups 30 minutes prior****Will not begin before 12 noon****Saturday, September 18, 2010**

<b>GIRLS</b>	<b>BOYS</b>	<b>AGE GROUP</b>	<b>EVENT</b>
51	52	10 & under	100 Free
53	54	8 & under	50 Free
55	56	6 & under	25 Free
57	58	10 & under	50 Breast
59	60	8 & under	25 Breast
61	62	6 & under	25 Breast
63	64	10 & under	100 Fly
65	66	8 & under	50 Fly
67	68	6 & under	25 Fly
69	70	10 & under	50 Back
71	72	8 & under	25 Back
73	74	6 & under	25 Back
75	76	10 & under	200 F. Relay
77	78	8 & under	100 F. Relay

**Sunday, September 19, 2010**

<b>GIRLS</b>	<b>BOYS</b>	<b>AGE GROUP</b>	<b>EVENT</b>
113	114	10 & under	100 IM
115	116	8 & under	25 Free
117	118	10 & under	50 Free
119	120	8 & under	50 Breast
121	122	10 & under	100 Breast
123	124	8 & under	25 Fly
125	126	10 & under	50 Fly
127	128	8 & under	50 Back
129	130	10 & under	100 Back
131	132	8 & under	100 Free
133	134	10 & under	200 M. Relay
135	136	8 & under	100 M. Relay

