

MRA Sprint Shootout

Manta Ray Aquatics

Tony St. Onge Pool of Dreams

Moses Lake

September 21st, 2024

(ENTRY DEADLINE – September 11th, 2024)

Held under the Sanction of United States Swimming, Inc. and

Inland Empire Swimming, Inc., **Sanction # IE-24-1566**

In granting this sanction it is understood and agreed that USA Swimming (USA-S) 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. It is further understood that Inland Empire Swimming, Inc., all meet officials, the Tony St. Onge Pool of Dreams, Moses Lake School District, and the Manta Ray Aquatics Swim Team 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 meet. Use of audio or visual recording devices (including a cell phone camera), is not allowed in changing areas, behind starting blocks, restrooms, or locker rooms. Deck Changing is prohibited: Changing into or out of swimsuits other than in the facility locker rooms, or other designated areas designated by the host facility, is not appropriate, and is 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. All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP") and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

Host: Manta Ray Aquatics, P.O. Box 452, Moses Lake, WA 98837

Location: Tony St. Onge Pool of Dreams (MLHS), 803 Sharon Avenue, Moses Lake, WA 98837

Format: Prelims / Finals Swim offs

Schedule: Facility Opens: 7:20 a.m.

Warm-ups: 7:40-8:45 a.m.

Events start: 9:00 a.m.

Meetings: Coaches: 8:45 a.m.

Officials: 8:00 a.m.

***Warm-up and start times are subject to change depending on entries.**

Entry Deadline: All entries must be received by **Wednesday, September 11th, 2024 at 11:59 p.m.** to ensure entrance into the meet. We reserve the right to change the warm-up and start times after all entries are received. Swimmers entering the meet must be registered with their LSC by the meet entry deadline.

Rules: Current USA Swimming Rules will govern throughout the meet. The rules and procedures of Inland Empire Swimming also apply. The referee of the meet shall be the final authority for the conduct of the competition. 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. 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 3-foot area from the edge of the pool and the area behind the start platforms up to the timer chairs.

Medical supervision will be available to all athletes participating in the meet. Lifeguards with current Red Cross lifeguarding, first aid, and CPR/AED certification will be on duty throughout warm-ups. In addition, each coach's credentials include current Red Cross water safety skills, first aid, and CPR/AED certification. The facility's AEDs are located in the southwest corner of the natatorium under the scoreboard.

Course: Indoor, 25-yard, 8-lane pool with turbulence control racing lane lines. 6 lanes (3-8) are used for competition, and lane 1 will be open for warm-up/cool-down with lane 2 as a buffer lane throughout the meet. All races including the 25-yard races will begin from the starting block end of the pool. The pool meets USA Swimming water depth and starting block height requirements. The host will ensure the required course dimensions. The pool depth is 12' at the start end & 3.5' at the turn end. Meet Marshalls will be on deck during warm-up sessions.

Timing: Touch pads will be installed at both ends of the pool. The Daktronics Timing System will be the primary time recording system; however, lane timers will be needed throughout the meet. Each team will be responsible for sharing the timing duties.

Eligibility: All participants must be currently registered with USA Swimming. USA-S numbers must be included with the entries. Swimmers compete for scoring in their respective age groups. Age on the first day of the meet shall govern the full meet. Swimmers not represented by a coach must check in with the meet referee before warm-ups. Athletes with a disability are welcome and are asked to provide advance notice of necessary accommodations.

SWIMS: **The USA Swimming SWIMS database requires that ALL swimmer data be correct before any meet data (swimmer times) will be loaded into the USA Swimming database. If you know of any swimmer data that is NOT correct in the meet database, please notify the meet referee as soon as possible. The appropriate changes will be made. The data will be sent to USA Swimming within 3 days of the meet.**

Coaches: All Coaches must be currently USA Swimming certified. Proof of current certification must be supplied to the meet referee or administrative office upon request.

Meet Format: All events except the Shootout will be run as timed finals. The sum of the times achieved in the individual events will be used to determine who advances to the Shootout, with the fastest 8 swimmers (total time for all 5 individual events) advancing from prelim rounds to the Shootout in each age group and gender. In the event of a DQ, the swum time will still be eligible for consideration into the Shootout, but with a 10-second penalty added in, so long as the stroke swum was the correct stroke for that event. The Shootout will be run with pairs of swimmers competing against each other 1 on 1 in elimination rounds. The final configuration of the shootout will be determined after the entries have been finalized. 8 & Under swimmers will **NOT** participate in the Shootout, but medals will be awarded to the 2 lowest cumulative time achievers for both 8 & Under boys and girls. 9 & Over participants will swim 25-yard races in the Shootout. For each age group, the final Shootout will immediately follow the relays, alternating gender. All individual events will start from the starting block side of the pool. Touchpads are installed at the turn end of the pool for electronic finishes for the 25-yard events.

Entry Limits: Swimmers may enter a maximum of five (5) individual events. Note that all swimmers wishing to participate in the Shootout should enter all 5 individual events (see format above) but isn't required. We reserve the right to adjust the warm-up and start times after the entries are received. The meet director reserves the right to limit entries to ensure that sessions fall within USA Swimming's recommended guidelines for age group competitions. All events will be swum as Mixed but will be scored separately by age group and gender.

Once the meet has been seeded, swimmers that are already registered in the meet may request to deck enter additional events (up to the daily limit), pending availability of empty lanes, and at the discretion of the referee, with payment of \$5 per event due upon approval. Deck-entered events will be swum as "Exhibition" and will not be eligible for awards.

Deck registrations will be allowed with approval from the referee and the availability of empty lanes. Deck-registered swimmers will swim as "Exhibition" and not qualify for the Shootout or awards.

Relays: After the qualifying rounds of individual events, we will be holding two relays. The 10 & Under may take part in a 100 Freestyle (mixed) KICKBOARD and PULL BUOY relay. This will be followed by an 11 & Over 200 Freestyle (mixed) T-shirt relay (swimmers must exit the pool and transfer a T-shirt to the next swimmer before continuing). **The relays will NOT be scored. Both relays are free and swimmers are encouraged to participate!**

Awards: For all individual events, ribbons will be awarded for 1st-8th place in each age group and gender. Separate awards in each age group and gender will be given to the 1st & 2nd place winners for each shootout. Since the 8 & Under swimmers will not be participating in the Shootout, the 2 boys and girls with the lowest cumulative times for the 5 events swum in prelims will also receive medals. Awards will not be mailed. Please ensure that a team representative picks up all awards at the end of the meet.

Seeding: All events will be seeded with SCY times.

Entry Fees: Entry fees are \$5 for each individual event. Each swimmer will be charged a **\$20.00** fee which includes a \$15 IES surcharge and free access to the event heat sheet via Meet Mobile or by printing the posted pdf. Once the meet is seeded, the heat sheet pdf will be sent to each team.

Please make checks payable to: Manta Ray Aquatics

Entries: Submitting Instructions for e-mailing entries:

E-mail entries to: mrmeetentries@gmail.com

Payment must be received by September 21st for entries to be considered official.

Please e-mail the following attachments by 11:59 p.m. September 11th, 2024:

1. ZIP entry file from Team Manager or Team Unify
2. Print to file (Word format or PDF) of team individual entries.
3. Print to file (Word format or PDF) of meet fees due.

**Send payment to: Manta Ray Aquatics
P.O. Box 452
Moses Lake, WA 98837**

*****Please waive requirements for signature*****

Meet Director: Tony Preston: preston.tony@gmail.com

Meet Referee: Nichole Preston: nic.preston@gmail.com

Administrative Official: Steve Washburn: washburnscw@gmail.com

Head Starter: Marie Molitor

Stroke & Turn: Tony Law, Michael Stevens, Tristan Leeder, Lawrence Cristoloveanu

Officials Contact: Nicole Preston: nic.preston@gmail.com

***The Manta Rays welcome help from visiting officials.
The uniform is a white Polo shirt, blue shorts/pants/skirt, and white shoes.***

Lodging:	Ten Pin Inn & Suites	(509) 764-7500	Inn at Moses Lake	(509) 766-7000
	Lakeshore Inn	(509) 765-9201	Ramada Inn	(509) 766-1000
	Best Western	(509) 765-9211	Quality Inn	(509) 765-8886
	Wingate	(509) 766-2000	Comfort Suites	(509) 765-3731
	Holiday Inn Express	(509) 766-8000	SureStay Plus	(509) 765-9317
	Econolodge	(509) 765-8631	Travelodge	(509) 760-1737
	Motel 6	(509) 766-0260	Fairfield Inn	(509) 765-0500

Concessions: Limited concessions will be available at the meet. Credit/debit cards will **NOT** be accepted.

Facility: Additional spectator and athlete seating will be available in the Gold Gym inside the back door of the high school behind the pool locker rooms. There will be a scoreboard in the Gold Gym that will display the current event number, heat, and time throughout the meet. The pool deck and Gold Gym are wheelchair accessible.

Hospitality: MRA will be providing concessions to all Coaches and Officials.

Results: The results will also be available on the Meet Mobile app. Final results will be posted on the IES website after the conclusion of the meet.

Safe Sport: The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries, and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes who are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at <http://www.uscenterforsafesport.org/report-a-concern>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit <http://www.usaswimming.org/report>.

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before September 21, 2024, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or before September 21, 2024, who competes in this USA Swimming-sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

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Entry Fee Tabulation

Team: _____ Coach: _____

Address: _____

Telephone: _____ E-mail: _____

of Coaches attending: _____

Computations:

Surcharge per swimmer (# of swimmers) _____ x \$20.00 = _____

Number of individual entries _____ x \$5.00 = _____

Total Entry Fee \$ _____

Make checks payable to: **Manta Ray Aquatics**

Mail to: **Manta Ray Aquatics**
P.O. Box 452
Moses Lake, WA 98837

*Please help us to staff officials for this meet. We would like a list of your certified starters and stroke & turn officials. Our referee will contact you via e-mail to sign your officials up for times for them to work at the meet. Thanks for your help.

<u>Officials Name</u>	<u>Starter or S&T</u>	<u>E-mail Address</u>

Please mail to:
Manta Ray Aquatics
P.O. Box 452
Moses Lake, WA 98837

Events

8 & Under 25 Butterfly

-3 Minute Break-

9 & Over 50 Butterfly

-3 Minute Break-

8 & Under 25 Backstroke

-3 Minute Break-

9 & Over 50 Backstroke

-3 Minute Break-

8 & Under 25 Breaststroke

-3 Minute Break-

9 & Over 50 Breaststroke

-3 Minute Break-

8 & Under 25 Freestyle

-3 Minute Break-

9 & Over 50 Freestyle

-3 Minute Break-

OPEN 100 I.M

-3 Minute Break-

10 & Under Kickboard & Pull Buoy Relay

11 & Over T-Shirt Relay

Finals - Shootout