

**WINTER HAVEN STINGRAYS
2016 ROWDY CUP
LONG COURSE INVITATIONAL**

- Sanction by:** Florida Swimming of USA Swimming # 3621
"In granting this sanction it is understood and agreed that USA S and FL 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, 50 meter, Long Course, Timed Finals
- Host:** Winter Haven Stingrays Swim Team
- Sponsor:** City of Winter Haven, Department of Parks and Recreation
- Date and Time:** **Friday April 22, Saturday April 23, and Sunday April 24, 2016.**
Friday evening session: Warm-up 4:00 Start at 5:00pm
Morning sessions: Warm-up 7:30 Start at 8:30am
Afternoon sessions will not start before 12:00 noon.
- Warm up:** **One hour prior** to start of Friday evening and Morning sessions;
Guarantee of one half hour prior to start of the afternoon sessions.
- Location:** **Rowdy Gaines Olympic Pool**, Chain of Lakes Recreational Complex, 210 Cypress Gardens Boulevard, Winter Haven, Florida
- Pool Specs:** 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. Eight lanes, 50 meter, Outdoor heated pool, Non-turbulent lane lines. Separate diving well available for warm up and warm down.
- Timing System:** Daktronics Electronic Timing Equipment with 10 Lane Electronic Display
- Eligibility:** Open to all USA Swimming registered swimmers of **Invited Teams**.
Limited to first 500 swimmers.
Registered swimmers and teams from foreign countries are welcome. On deck registrations will be allowed. 2016 USA-S form and fee must be presented to the Referee.
- Seeding:** 50 meter times will be used for seeding purposes. Conversions may be made using the formula in the 2016 Florida Swimming Handbook or by the standard computer software used to prepare your entry.
- Scratches:** No penalty for scratching on the block.

- Entry Limit:** **Morning Session:** Three (3) individual events per day plus relays.
Afternoon Session: Four (4) individual events per day plus relays.
Swimmers over entered will be considered as entered in the first maximum events each day. No limit to relay entries, but each entry should indicate "A", "B" etc.
- Awards:** **Individual Events:** 1st- 8th Ribbons **Relays:** 1st - 3rd Ribbons;
Heat Winner ribbons: 11-12, 10&u, 8&u age groups
Rowdy Races: Random heat selection – 12 and under
Team Awards: 1st - 3rd Place
High Point Awards: 1st - 3rd Male and Female each age group
- Scoring:** **Individual:** 9-8-7-6-5-4-3-2-1 **Relays:** 18-14-12-10-8-6-4-2
- 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.
- Entry Forms:** Entries must be in USA Swimming SDIF format. 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.
- Preferred:** Entries will be accepted via electronic mail attachment to jqrazier75@hotmail.com <Free text email will not be accepted>
- Please list all attending coaches and contact phone numbers in the body of the email. Email confirmation will be sent upon receipt of the file.
- 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.
- 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.
- Entry Fees:** \$10.00 per swimmer Meet Surcharge; Age Group and Senior:
\$4.00 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:** **TUESDAY, APRIL 12, 2016.**
Email to: jgrazier75@hotmail.com
Mail entries, "**No signature required**", to:
Laurie Smith, 4510 Riviera Drive, Winter Haven, Florida 33884
- Information:** Jim Grazier
Phone: 863.514.4564
Email: jgrazier75@hotmail.com
- 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 be represented by a certified USA Swimming member coach. The coach must show proof of membership before their swimmers compete in any event.
- 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.
- Officials:** **Head Referee:** Ellen Johnson
Starter: Tara Williams
Head Stroke and Turn: Turksen Shilts
Administrative Official: John Ware
Head Marshall: Laurie Smith
- 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 (signed) to the Referee.
- 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

<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 or 100'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 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 possible. All coaches are requested to help maintain control for the safety of all competitors.**

DIRECTIONS ROWDY GAINES OLYMPIC POOL 210 CYPRESS GARDENS BOULEVARD

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).

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***

Winter Haven Stingrays 2016 Rowdy Cup ORDER OF EVENTS

Friday, April 22, 2016

GIRLS	BOYS	AGE GROUP	EVENTS
1	2	Senior	400 Free*
3	4	13-14	400 Free*
5	6	11-12	200 Free
7	8	10 & under	200 Free
9	10	Senior	400 Individual Medley**
11	12	13-14	400 Individual Medley**
13	14	11-12	200 Individual Medley
15	16	10 & under	200 Individual Medley

*Events 1 & 3 and 2 & 4 will be swum together, but scored separately.

**Events 9 & 11 and 10 & 12 will be swum together, but scored separately.

Note: Events #1-16 will be seeded and swum fastest to slowest.

Events # 17-106 will be seeded and swum slowest to fastest.

13&older events will be scored as a combined events 13-14 and Senior

MORNING Sessions

Saturday, April 23, 2016

GIRLS	BOYS	AGE GROUP	EVENT
17	18	Senior	200 F Relay
19	20	13&older	50 Back
21	22	Senior	200 Free
23	24	13-14	200 Free
25	26	Senior	100 Fly
27	28	13-14	100 Fly
29	30	Senior	200 Back
31	32	13-14	200 Back
33	34	Senior	100 Breast
35	36	13-14	100 Breast
37	38	Senior	200 IM
39	40	13&older	50 Free

Sunday, April 24, 2016

GIRLS	BOYS	AGE GROUP	EVENT
65	66	Senior	200 M Relay
67	68	13&older	50 Fly
69	70	13-14	200 IM
71	72	Senior	100 Free
73	74	13-14	100 Free
75	76	Senior	200 Breast
77	78	13-14	200 Breast
79	80	Senior	100 Back
81	82	13-14	100 Back
83	84	Senior	200 Fly
85	86	13-14	200 Fly
87	88	13&older	50 Breast

AFTERNOON Sessions

Saturday, April 23, 2016

GIRLS	BOYS	AGE GROUP	EVENT
41	42	10&under	50 Free
43	44	11-12	50 Free
45	46	8&under	50 Free
47	48	10&under	100 Breast
49	50	11-12	100 Breast
51	52	10&under	50 Back
53	54	11-12	50 Back
55	56	8&under	50 Back
57	58	10&under	100 Fly
59	60	11-12	100 Fly
61	62	10&under	200 F Relay
63	64	11-12	200 F Relay

Sunday, April 24, 2016

GIRLS	BOYS	AGE GROUP	EVENT
89	90	10&under	100 Free
91	92	11-12	100 Free
93	94	8&under	50 Breast
95	96	10&under	50 Breast
97	98	11-12	50 Breast
99	100	10&under	100 Back
101	102	11-12	100 Back
103	104	8&under	50 Fly
105	106	10&under	50 Fly
107	108	11-12	50 Fly
109	110	10&under	200 M Relay
111	112	11-12	200 M Relay

**WINTER HAVEN STINGRAYS
2016 ROWDY CUP INVITATIONAL
MASTER ENTRY FORM**

TEAM NAME _____ CALL LETTERS _____

ADDRESS _____

COACH _____ PHONE _____

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 USA Swimming listed member coaches will be on deck supervising 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 USA Swimming member) _____

Team _____

Date _____

Entries must be received by Tuesday, April 12, 2016

E-mail entries to (Preferred): jgrazier75@hotmail.com

Mail entries (No signature required) to:

Laurie Smith, 4510 Riviera Drive, Winter Haven, Florida 33884

Phone: Jim Grazier @ 863.514.4564

Financial Recap

We have entered the following:

Total Swimmers (Facility Fee)	@ \$10.00	_____
Individual Events _____	@ \$4.00	_____
Relays _____	@ \$5.00	_____
Hy-tek Fee (team <i>not</i> using Hy-tek)	\$50.00	_____
Total Fees Paid	\$	_____

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