



Long Course Invitational April 24-25, 2010

SANCTION: Sanctioned by Georgia Swimming, Inc. #GA10-

HOST TEAM: Stingrays Swimming, Inc.
www.stingraysswimming.com

MEET DIRECTOR: Stephen Payment - SJPayment@SCJ.COM

ENTRY CHAIRPERSON: E-Mail Entries to:
David Postoll podaddio@aol.com

Mail Checks to:
Stingrays Inc
3023 High Vista Walk
Woodstock, GA 30189
FACILITY: Mountain View Aquatic Center
2650 Gordy Parkway
Marietta, Georgia 30066

The Mountain View Aquatic Center is a 10 lane 50 meter by 25 yard, which will be set up for a 10-lane competition pool with an additional 5-lane 25 yard warm up/warm down pool. An *Omega* timing system with a ten-line scoreboard is used. Ample seating is available; however, no chairs other than those provided by the meet host may be used according to Cobb County Fire Marshall restrictions! Ample parking is also available.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Pool Depth is 5 feet

CONCESSIONS: Breakfast, lunch, and snack items will be for sale at the Aquatic Center for purchase by swimmers and spectators.

RULES: The current United States Swimming (USA) Rules and Regulations will govern the conduct of the meet unless noted otherwise herein. All teams must sign the waiver on the Summary Sheet stating all swimmers and coaches participating in this meet are currently registered with United States Swimming. Membership applications will not be taken at this meet and Stingrays Swimming, Inc. will NOT permit unregistered swimmers to participate in this meet in any manner.

Swimmers are responsible for swimming in their assigned heat and lane.

ENTRY FEES: Entry fees will be \$4.00 each for an individual event & \$6.00 per relay team. A Georgia travel surcharge of \$2.00 for out-of-state athletes will be added for each swimmer. Please include a check with your entries. Make check payable to Stingrays Swimming, Inc.

FORMAT:	<p>All events will be conducted as Timed Finals All events 400 meters and longer will be deck seeded and swum fastest to slowest alternating girls then boys All Relay events will be deck seeded</p> <p>The 400 Free and 400 IM may be limited to the fastest 50 swimmers per event determined by timeline (e.g., up to 5 heats for a single event number).</p>
ELIGIBILITY:	Open to Invited teams registered with United States Swimming.
TIME STANDARDS:	There are no time standards for this meet.
COACHES:	At each session, all coaches will be required to sign in and show their current USA Card.
ENTRIES:	Please submit entries on the enclosed entry form. Each entry must include the swimmer's first and last name, age, USA number, and seeding time. Make sure the swimmer's USA number is entered correctly next to his/her name on the entry form. A swimmer may enter 4 individual events per day. Swimmers should submit his/her best long course times for seeding.
LATE ENTRIES:	Late entries will be accepted for empty lanes only; no new heats will be created to accept late entries. All late entries will be entered with a No-Time (NT). All swimmers entering late should be prepared to show their USA registration card to the Clerk of Course to verify their current USA membership. Fees for late entries will be \$8.00 for individual events. Make checks payable to: Stingrays Swimming, Inc.
ENTRY DEADLINE:	<p>All entries <u>MUST</u> be post marked on or before Tuesday, April 13, 2010. <u>All entries MUST</u> include a check and entry summary sheet. Entries submitted incomplete, may be refused.</p> <p>All out of state entries should be prepared to submit proof of current USA Swimming membership.</p>
ENTRY LIMIT:	This meet will be limited to the first 700 entries received. Swimmers <u>may enter 4 individual events per day.</u>
SEEDING:	All individual events will be pre-seeded as Timed Finals, with the exception of events 400 meters and relay events, which are deck seeded events.
CHECK-IN:	In order to be seeded in the deck-seeded events, swimmers and relays must check in at the Clerk of Course table by: Saturday & Sunday 30mins prior to start of the session.
SCRATCH RULE:	The Georgia Scratch Rule (9/23/2006) will be in effect for all deck-seeded events during the conduct of this meet.

WARM-UP: In accordance with the Georgia LSC, there will be a strict warm-up procedure to be followed by all swimmers and coaches attending this meet. The warm-up procedure will be posted prior to the start of the meet warm-up for each session. Note that each team will be required to provide an USA certified coach to monitor its swimmers during the warm-up period.

FORMAT: The format for Saturday, and Sunday will be as follows:

Saturday, April 24

Sunday, April 25

13 & Over

Warm-up: 7:30 AM - 8:50AM

Timed Finals: 9:00 AM

Warm-up: 7:30-8:50AM

Timed Finals: 9:00AM

12 & Under

Warm-up: Not Before Noon

Timed Finals: Not Before 1pm

Warm-up: Not Before Noon

Timed Finals: Not Before 1pm

The host team reserves the right to modify warm-up and/or start times if required as well as splitting sessions in the case of excessive entries. Teams will be notified by e-mail of any format changes.

The 400 Free and 400 IM will be swum fastest to slowest, alternating Girls then Boys by event

SCORING: Scoring will be according to the USA rulebook. Scoring will be for the TOP 10 fastest times in each event.

AWARDS: Individual: Ribbons 1st -10th places

Relays: Ribbons 1st - 3rd places

OFFICIALS: The meet referees are Glenda Orth and Jeff Seiden. The safety Marshall is Allison Pilchard.

All certified officials are welcome to work at the meet. Please contact the Meet referee 10 days prior to the meet if a specific assignment is requested. Otherwise, report to the Meet Referee 60 minutes prior to a session.

Stingrays welcome visiting officials and appreciate their assistance in officiating this meet. Any certified official or apprentice registered with USAS is encouraged to contact the meet referee prior to the meet if a specific assignment is requested. Otherwise, report to the officials meeting held 60 minutes prior to the sessions you wish to work.

All officials must wear current USAS card while on deck and present current LSC Officials Certification card at check-in.

LIABILITY: Stingrays Swimming, Inc., Georgia Swimming, Inc., USA Swimming, Inc. and Cobb County Parks Recreation Dept. shall be held free and harmless from any and all liabilities.

COACHES: There will be a coaches' meeting Saturday, April 24, at 7:15 AM at the Mountain View Aquatic Center before warm-ups begin



RAYS Long Course Invitational
April 25-26, 2009
Schedule of Events

Sat. Morning
April 24 2010

Session #1

Warm-up: 7:30am
Start: 9:00am

Girls Event #

Event

Boys Event #

1	13/14 200 Free	2
3	15 & Over 200 Free	4
5	13/14 100 Breast	6
7	15 & Over 100 Breast	8
9	13-14 200 Fly	10
11	15 & Over 200 Fly	12
13	13-14 100 Back	14
15	15 & Over 100 Back	16
17	13-14 50 Free	18
19	15 & Over 50 Free	20
	5 min Break	
21	13 & Over 200 Medley Relay	22
	5 min Break	
23	13 & Over 400 IM	24

Sat. Afternoon
April 24 2010

Session #2

Warm-up: Not Before
Noon
Start: Not Before 1pm

Girls Event #

Event

Boys Event #

25	10&U 200 Free	26
27	11-12 200 Free	28
29	10&U 100 Breast	30
31	11-12 100 Breast	32
33	10&U 50 Fly	34
35	11-12 50 Fly	36
37	10&U 100 Back	38
39	11-12 100 Back	40
41	10&U 50 Free	42
43	11-12 50 Free	44
	5 min Break	
45	12&U 200 Medley Relay	46
	5 min Break	
47	11-12 400 IM	48

Sun. Morning April 25, 2010	Session #3	Warm-up: 7:30am Start: 9:00am
Girls Event #	Event	Boys Event #
49	13-14 200 IM	50
51	15 & Over 200 IM	52
53	13-14 100 Fr	54
55	15 & Over 100 Fr	56
57	13-14 200 Breast	58
59	15 & Over 200 Breast	60
61	13-14 100 Fly	62
63	15 & Over 100 Fly	64
65	13-14 200 Bk	66
67	15 & Over 200 Bk	68
	5 min Break	
69	13 & Over 200 Free Relay	70
	5 min Break	
71	13 & Over 400 Free	72

Sun. Afternoon April 25, 2010	Session #4	Warm-up: Not Before Noon Start: Not Before 1pm
Girls Event #	Event	Boys Event #
73	10&U 50 Back	74
75	11-12 50 Back	76
77	10&U 100 Fly	78
79	11-12 100 Fly	80
81	10&U 50 Breast	82
83	11-12 50 Breast	84
85	10&U 100 Free	86
87	11-12 100 Free	88
89	10&U 200 IM	90
91	11-12 200 IM	92
	5 min Break	
93	12&U 200 Free Relay	94
	5 min Break	
95	10-12 400 Free	96

Entry Summary Sheet
 RAYS LC Invitational
 April 24-25, 2010

Team Name: _____ Team Code: _____
 Coach Name: _____
 Mailing Address: _____
 City/State/Zip: _____
 Home Phone: _____ Office Phone: _____

	Number of Swimmers	Number of Individual Events	Number of Relay Events
10 & Under Women	_____	_____	_____
10 & Under Men	_____	_____	_____
11-12 Women	_____	_____	_____
11-12 Men	_____	_____	_____
13-14 Women	_____	_____	_____
13-14 Men	_____	_____	_____
15 & Over Women	_____	_____	_____
15 & Over Men	_____	_____	_____
Total Number of Swimmers Out of State		\$ _____	
		__ (x \$2.00)	
Total Number of Swimmers/Events	_____	\$ _____	\$ _____
		__ (x \$4.00)	__ (x \$6.00)
Total of Entry Fees		\$ _____	\$ _____
		—	—

MAKE ALL CHECKS PAYABLE TO: **STINGRAYS SWIMMING INC.**

ENTRY DEADLINE: No later than **Tuesday, April 13, 2010**

E-Mail Entries to:
David Postoll podaddio@aol.com

Mail Checks to:
Stingrays Inc
3023 High Vista Walk
Woodstock, GA 30189

WAIVER, ACKNOWLEDGMENT, AND LIABILITY RELEASE

I, the undersigned coach/team representative, verify that all of the swimmers and coaches listed on the enclosed entry are currently registered athletes with United States Swimming.

I, acknowledge that I am familiar with the safety rules of USA Swimming and of Georgia Swimming Inc. regarding warm-up procedures, and that I shall be responsible for the compliance of my team to those rules during this meet.

Georgia Swimming Inc., USA Swimming Inc., Cobb County, and Stingrays Swimming, its employees, agents, and coaches shall be free from any liability or claim from damages arising by reason of injuries to anyone during the conduct of this meet.

Signature/Title _____ Date _____

**Please list USA registered coaches who will be attending this meet.*

Adopted by the HOD September 23, 2006

GEORGIA SWIMMING INC.

SCRATCH RULE

The Scratch Rule used in all meets in Georgia where the meet format has preliminary heats, consolation finals, and finals is the same "Scratch Rule" as that found in the current USA Swimming Rules and Regulations. Certain LSC additions listed below apply to all timed final meets as well

"D. Scratching from finals:

1. Any swimmer qualifying for a C, B, or A (bonus and consolation final or) final race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph E. A declared false start under or deliberate delay of meet under is not permitted and will be regarded as a failure to compete.
2. In the event of withdrawal or barring of a swimmer from competition the Referee shall fill the C, B, or A (bonus and consolation final or) final, when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.
3. Where C and B (bonus and consolation) finals have not been swum and a barring or withdrawal is known to the Referee, the Referee shall re-seed the C, B, or A (bonus final, consolation final or) final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.
4. If the C or B (bonus and consolation) final has already been contested, the companion final shall be swum without reseeding for the empty lane(s).

E. Exceptions for failure to compete – No penalty shall apply for failure to withdraw or compete in an individual event if:

1. The Referee is notified in the event of illness or injury and accepts the proof thereof.
2. A swimmer qualifying for a C, B or A (bonus or consolation final or) final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that race that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event.
3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer."

LSC ADDITIONS:

1. Swimmers that qualify for any additional heats beyond the above mentioned "C, B and A" final races will also be subject to the above rules concerning scratching from finals.

2. In deck seeded events, a swimmer who has checked in, been seeded and fails to compete in said event, shall be barred from his or her next individual event, except as noted in section E above. **This rule also applies in timed finals meets where the meet management has placed limits on the number of heats to be contested or the number of individual entries to be accepted for deck-seeded events. Unless so stated in the Meet Information**

3. There is no scratch rule governing relays and there is no penalty regarding relay scratches.

4. **Qualifiers for all finals heats** and first and second alternates are **those as** identified on the original results of the preliminary heats

5. The meet official designated to receive initial intentions not to compete and final intentions shall be announced at the beginning of each session. It is suggested that this official be the Clerk of Course.

6. On the final day of LSC Championship competition, any swimmer who has checked in for finals and fails to show will be assessed a \$50 fine. This fine must be paid before the next LSC Championship meet in which the swimmer intends to compete or the swimmer will be barred from competition.

7. "Positive check-in" , (for deck seeding), designating a swimmer's intent to swim a race, shall be denoted by the swimmer's or coach's initials next to the swimmer's name on the official entry sheet posted at the Clerk of Course.

Adopted by the HOD September 23, 2006