

RIDE THE WAVE
The 10th Annual Havasu Winter Challenge
January 8-10, 2016
Held under sanction of USA Swimming
Sanction No.: AZ16-5R

Sanctioned by: Arizona Swimming, Inc.

Hosted by: Havasu Stingrays Swim Team

Liability: In granting this sanction, it is understood and agreed that United States Swimming, Inc., Havasu Stingrays Swim Team, the Lake Havasu City Parks and Recreation Aquatic Center and all meet officials shall be held harmless from any and all liabilities or claims for damages by reason of injuries to anyone during the conduct of this meet, which includes warm-up sessions.

Meet Referee: Mary Kramer mckswim@aol.com

Meet Director: Corrie Carver: caden@citlink.net (928)453-6565

Meet Location: Lake Havasu Aquatic Center, 100 Park Ave, Lake Havasu City, AZ 86403. On the corner of Hwy 95 and Park Avenue.

Course • Six lane, 25 meter heated indoor pool. Colorado timing and start system will be used. Warm up and cool down will be available on a limited basis for participating athletes only and must be under coaches supervision.

Eligibility • Open to any USA Swimming registered athlete holding a current registration card as of the meet entry deadline. MAX of 250 swimmers
• This is an **ABC** meet. (See awards)

Rules Governing Sanctioned Meets

1. Age on the first day the meet will govern for the entire meet.
2. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.
3. Swimming competitions shall be conducted in conformance with USA Swimming Technical Rules.
4. 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.
5. The competition course has not been certified in accordance with 104.2.2C(4) as to pool length.
6. The minimum water depth, measured in accordance with Article 103.2.3, is 8 feet, 0 inches at the start end and 4 feet 6 inches at the turn end.
7. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
8. The Arizona Swimming Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.
9. No swimmer will be permitted to compete unless swimmer is a member of USA Swimming. On deck registration is not available at any Arizona Swimming meet.
10. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or behind the blocks.
11. All referees, starters, administrative officials, chief judges and stroke and turn judges serving in an official capacity in a sanctioned event must be non-athlete members of USA Swimming or members of other FINA member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.6 or USA Swimming's "open border" policy, all persons acting in any coaching capacity in a sanctioned event must be a coach member of USA Swimming.
12. Officials and Meet Marshals must sign in and present proof of current membership and/or training respectfully, to the Meet Referee prior to the start of each session of competition. If requested, Arizona Officials and Meet Marshals must present their AzSI issued Picture ID's to the Meet Referee
13. Coaches must sign in and present proof of current membership at the Clerk of Course prior to the start of each session of competition. If requested, Arizona Coaches must present their AzSI issued Picture ID's to the Clerk of Course.
14. All Officials, Coaches and Meet Marshals shall display their valid Arizona Swimming Picture ID badge in a visible manner at all times. Meet Marshal's shall wear their identifying vests.
15. Swimmers with a disability are welcome. The Swimmer (or swimmers coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required

1. All individual events are pre-seeded, timed final events.
2. Entry times must be the swimmers best short-course time or no time (NT).
3. Swimmers are limited to 4 individual events per day, 9 events total for the entire meet. Swimmers are limited to 1 relay per day.
4. Events will be functionally seeded (age groups swim together and scored separately)
5. All heats will be swum slowest to fastest
6. The 400 IM, 400, 800 and 1500 freestyle events will require positive check-in and will be deck seeded. The check-in will close 30 minutes prior to the start of each session.
7. The 400, 800 and 1500 freestyle events require swimmer to provide own timer. The 800 and 1500 require their own lap counter.
8. The 400, 800 and 1500 Freestyle and 400 IM will be swum fastest to slowest, alternating between a girls heat and a boys heat.
9. Time Trials may be offered at the discretion of the Meet Referee.

Session I: Friday pm, Jan 8, Warm-up at 4:00 pm Start 5:00pm

Session II: Saturday am, Jan 9, Warm-up 8:00am Start 9:00am

Session III: Saturday, Jan 9, Warm-up immediately following AM session- no earlier than 11:00 am. Competition begins no more than 45 minutes after start of warm-ups

Session IV: Sunday Jan 10, Warm-up 8:00am Start 9:00am

Session V: Sunday, Jan 10, Warm-up immediately following AM session- no earlier than 11:00 am. Competition begins no more than 45 minutes after start of warm-ups

****Wave pool & slide open at end of session III to all swimmers****

Scoring The top 8 places will be scored. Only top 3 relays will be scored.

Awards Individual Events: Ribbons will be awarded 1st-8th in the following age groups: 6 and under, 7-8, 9-10, 11-12, 13-14, and 15 and Over. Relays: Awards for top 3.
Individual High Point: Trophies for 1st-3rd in the above age groups.
In addition, special Achievement Certificats will be awarded to first time achievers of A and B Arizona Swimming time standards which are published on the Arizona Swimming web site under the Time Standards tab.
Team Points: Trophy 1st-3rd for combined team points
Heat winner prizes will be awarded.

Timing Teams will be assigned lanes to time based on the number of athletes in each session.

Entry Fees Individual events are \$5.00, relays are \$10.00 and there is a \$6.00 surcharge per swimmer. Make checks payable to **HSST**. Entry fees are not refundable and are due at the start of Session I.

Entries Entries must be submitted electronically by COMMLINK file. Email entries to Corrie Carver at caden@citlink.net.
All entries are due by **Monday, December 28th, 2015**. No late entries accepted.

- Concessions**
1. Concessions will be available at all sessions
 2. A swim supply vendor will be available
 3. Hospitality will be provided for coaches and officials

Session I Friday Afternoon, January 8

Warm-up 4:00pm Start time 5:00pm

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
1	Open 800 Freestyle	2
3	Open 1500 Freestyle	4

Session II Saturday Morning, January 9

Warm-up 8:00am Start time 9:00am

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
5	11 & Over 200 Freestyle	6
7	11 & Over 50 Butterfly	8
9	11 & Over 100 Breaststroke	10
11	11 & Over 50 Backstroke	12
13	Open 200 Butterfly	14
15	11 & Over 200 IM	16
17	11-12 200 Mixed Freestyle Relay	17
18	Open 200 Mixed Freestyle Relay	18
19	Open 400 Freestyle	20

Session III Saturday Afternoon, January 9

Warm-up immediately following AM session- no earlier than
11:00 am. Competition begins no more than 45 minutes after start of warm-ups

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
21	10& Under 200 Freestyle	22
23	10& Under 50 Butterfly	24
25	8 & Under 25 Breaststroke	26
27	10 & Under 100 Breaststroke	28
29	10 & Under 50 Backstroke	30
31	8 & Under 25 Freestyle	32
33	10 & Under 200 IM	34
35	8 & Under 200 Mixed Freestyle Relay	35
36	10 & Under 200 Mixed Freestyle Relay	36

****Our Wave Pool and Two Story Water Slide will be open to ALL Swimmers at the End of Session III****

Session IV Sunday Morning, January 10

Warm up 8:00am Start time 9:00am

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
37	Open 400 IM	38
39	11 & Over 100 IM	40
41	11 & Over 100 Freestyle	42
43	11 & Over 100 Backstroke	44
45	11 & Over 50 Breaststroke	46
47	Open 200 Backstroke	48
49	11 & Over 100 Butterfly	50
51	11 & Over 50 Freestyle	52
53	Open 200 Breaststroke	54
55	11-12 200 Mixed Medley Relay	55
56	Open 200 Mixed Medley Relay	56

Session V Sunday Afternoon, January 10

Warm-up immediately following AM session- no earlier than
11:00 am. Competition begins no more than 45 minutes after start of warm-ups

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
57	10 & Under 100 IM	58
59	10 & Under 50 Freestyle	60
61	8 & Under 25 Backstroke	62
63	10 & Under 100 Backstroke	64
65	10 & Under 50 Breaststroke	66
67	8 & Under 25 Butterfly	68
69	10 & Under 100 Butterfly	70
71	10 & Under 100 Freestyle	72
73	8 & Under 100 Mixed Medley Relay	73
74	10 & Under 200 Mixed Medley Relay	74