

# MRA Sprint Shootout

*Manta Ray Aquatics*

*Tony St. Onge Pool of Dreams*

*Moses Lake*

**September 21<sup>st</sup>, 2019**

*(ENTRY DEADLINE – September 16<sup>th</sup>, 2019)*

Held under Sanction of United States Swimming, Inc. and  
Inland Empire Swimming, Inc., **Sanction #IE 19-1403**

*In granting this sanction it is understood and agreed that USA Swimming (USA-S) and Inland Empire Swimming (IES) 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. Use of audio or visual recording devices (including a cell phone camera), is not allowed in changing areas, behind starting blocks, rest rooms or locker rooms. Deck Changing is prohibited: Changing into or out of swimsuits other than in the facility locker rooms, or other designated area 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.*

**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: 8:00 a.m.  
Warm-ups: 12 & Under / 8:30-9:00 a.m.  
13 & Over / 9:00-9:45 a.m.  
Events start: 10:00 a.m.

**Meetings:** Coaches: 8:15 a.m.  
Officials: 8:45 a.m.

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

**Entry Deadline:** All entries must be received by **Monday, September 16<sup>th</sup>, 2019 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. IES scratch rules will be in effect. 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.

**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. The pool meets USA Swimming water depth and starting block height requirements. The competition course has been certified in accordance with 104.2.2C(4). Meet Marshalls will be on deck during warm-up sessions.

**Timing:** 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 in 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 finals Shootout will immediately follow the relays, alternating gender. All individual events will start from the starting block side of the pool. Touch pads 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. 15 & Over events will be swum as Mixed but will be scored separately by gender. All other events may be combined and swum as Mixed depending on entries, but they will also be scored separately by gender.

**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). **These relays will NOT be scored. These relays are both free, and swimmers are encouraged to participate!**

**Awards:** For all events, ribbons will be awarded for 1<sup>st</sup>-8<sup>th</sup> place in each age group and gender. Separate awards in each age group and gender will be given to the 1<sup>st</sup> & 2<sup>nd</sup> 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 \$4.00 for each individual event, and a \$12.00 IES surcharge per swimmer.

**Please make checks payable to: Manta Ray Aquatics.**

**Entries: Submitting Instructions for e-mailing entries:**

E-mail entries to: [mrmeetentries@gmail.com](mailto:mrmeetentries@gmail.com)

**Payment must be received by September 21<sup>st</sup> for entries to be considered official.**

**Please e-mail the following attachments by 11:59 p.m. September 16<sup>th</sup>, 2019:**

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:** Steve Washburn: [washburnscw@gmail.com](mailto:washburnscw@gmail.com)

**Meet Referee:** Rod Richeson: [rodr@desmodue.com](mailto:rodr@desmodue.com)

**Administrative Official:** Steve Washburn: [washburnscw@gmail.com](mailto:washburnscw@gmail.com)

**Head Starter:** Angela Richeson

**Stroke & Turn:** Robb Davis, Emily Burke, Eric Lindberg, Melissa Heaps

**Officials Contact:** Rod Richeson: [rodr@desmodue.com](mailto:rodr@desmodue.com)

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

<b>Lodging:</b>	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:** Programs & concessions will be available for sale at the meet. There will be no credit/debit card purchases available.

**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 the time throughout the meet. The pool deck and Gold Gym are wheel chair accessible.

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

**Results:** Results will be posted in the pool house throughout the meet. The results will also be available on the Meet Mobile and Meet Bop apps. Final results will be posted on the IES website after the conclusion of the meet.

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Entry Fee Tabulation

Team: \_\_\_\_\_ Coach: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

# of Coaches attending: \_\_\_\_\_

Computations:

Surcharge per swimmer (# of swimmers) \_\_\_\_\_ x \$12.00 = \_\_\_\_\_

Number of individual entries \_\_\_\_\_ x \$4.00 = \_\_\_\_\_

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&amp;T</u>	<u>E-mail Address</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____

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

# Preliminary Events

- 1 Girls 8 & Under 25 Butterfly
- 2 Boys 8 & Under 25 Butterfly
- Break: 3 Minutes:
- 3 Girls 9-10 50 Butterfly
- 4 Boys 9-10 50 Butterfly
- 5 Girls 11-12 50 Butterfly
- 6 Boys 11-12 50 Butterfly
- 7 Girls 13-14 50 Butterfly
- 8 Boys 13-14 50 Butterfly
- 9 Mixed 15 & Over 50 Butterfly
- Break: 5 Minutes:
- 10 Girls 8 & Under 25 Backstroke
- 11 Boys 8 & Under 25 Backstroke
- Break: 3 Minutes:
- 12 Girls 9-10 50 Backstroke
- 13 Boys 9-10 50 Backstroke
- 14 Girls 11-12 50 Backstroke
- 15 Boys 11-12 50 Backstroke
- 16 Girls 13-14 50 Backstroke
- 17 Boys 13-14 50 Backstroke
- 18 Mixed 15 & Over 50 Backstroke
- Break: 5 Minutes:
- 19 Girls 8 & Under 25 Breaststroke
- 20 Boys 8 & Under 25 Breaststroke
- Break: 3 Minutes:
- 21 Girls 9-10 50 Breaststroke
- 22 Boys 9-10 50 Breaststroke
- 23 Girls 11-12 50 Breaststroke
- 24 Boys 11-12 50 Breaststroke
- 25 Girls 13-14 50 Breaststroke
- 26 Boys 13-14 50 Breaststroke
- 27 Mixed 15 & Over 50 Breaststroke
- Break: 5 Minutes:
- 28 Girls 8 & Under 25 Freestyle
- 29 Boys 8 & Under 25 Freestyle
- Break: 3 Minutes:
- 30 Girls 9-10 50 Freestyle
- 31 Boys 9-10 50 Freestyle
- 32 Girls 11-12 50 Freestyle
- 33 Boys 11-12 50 Freestyle
- 34 Girls 13-14 50 Freestyle
- 35 Boys 13-14 50 Freestyle
- 36 Mixed 15 & Over 50 Freestyle
- 37 Girls 8 & Under 100 IM
- 38 Boys 8 & Under 100 IM
- 39 Girls 9-10 100 IM
- 40 Boys 9-10 100 IM
- 41 Girls 11-12 100 IM
- 42 Boys 11-12 100 IM
- 43 Girls 13-14 100 IM
- 44 Boys 13-14 100 IM
- 45 Mixed 15 & Over 100 IM
- Break: 10 Minutes:
- 46 Mixed 10 & Under 100 Kickboard Relay
- 47 Mixed 11 & Over 200 T-Shirt Relay