

John Servati Memorial Long Course Invitational

April 22 - 24, 2016

Tupelo, MS

- HOST:** Tupelo Shockwave Aquatic Team.
- SANCTION:** Held under the sanction of United States Swimming and Mississippi Swimming, Inc. **Sanction # 1612.**
- LOCATION:** Tupelo Aquatic Center
692 Veteran's Memorial Boulevard
Tupelo, MS 38804
(662) 840-3768
- FACILITY:** Indoor 8 lane (M) 16-lane (Y), 50 meter by 25-yard competition pool. The competition depth ranges from 5' to 12.5'. The pool setup includes six-inch Competitor lane lines, 5 feet minimum depth, with one movable bulkhead. Equipment includes Paragon Track Start Competitor blocks. The building is designed with permanent upstairs seating for 970 spectators. Continuous warm up/cool down pool is provided in a five lane 25-yard short course pool adjacent to the competition pool. Concessions, on-deck bleachers (for seating up to 500 swimmers only) and first aid will be provided.
- Parents and spectators are not allowed on the pool deck, unless they are timing or officiating.*
- TIMING:** The timing system is a Colorado Time System 6, Colorado Aquagrip pads, Colorado System Full Matrix LED Scoreboard, and Hy-Tek Meet Manager
- RULES:** Current USA Swimming Rules and Regulations will govern the conduct of the meet unless otherwise noted herein.
- SWIMWEAR:** Swimwear will be according to Article 102.8 of USA Swimming Rules and Regulations.
- DECK CHANGE:** Deck changes are prohibited.

ELIGIBILITY: The age of the swimmer on April 22, 2016, determines the age of the swimmer. All swimmers must be current USA registered athletes. The USA numbers must appear on all entry forms (recaps). The person responsible for entering an unregistered swimmer as registered will be subject to a fine of \$100.00 per swimmer. This will be enforced by MSI through the Registration Chair. **SWIMMERS WITHOUT CURRENT USA SWIMMING REGISTRATION NUMBERS WILL BE REJECTED.**

RACING STARTS: 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.

COACHES: Coaches must be current USA Swimming Coach Members in order to perform deck duties. If a coach is not currently certified, he/she may observe the meet in the spectator area on the deck as an observer only. Coaches' Packets will be given to those coaches presenting credentials.

SUPERVISION: A USA Swimming member coach must supervise swimmers during warm-ups, competition and warm-down. 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.

SWIMMERS WITH DISABILITIES: Swimmers with disabilities may enter the meet without regard to time standards. Swimmers with disabilities can score points subject to meet scoring criteria. Please attach disability form with meet entries so time standards can be overridden.

SEEDING: Seeding will be according to Article 102.5 of USA Swimming Rules and Regulations.

POOL: The competition course has been certified in accordance with Article 104.2.2C(4).

**RESTROOM/
LOCKER ROOM
POLICY:**

Use of audio or visual recording devices, including a cell phone, is not permitted in changing rooms, rest rooms or locker rooms. Only athletes are allowed in the locker rooms. Public restrooms are available in the Lobby of the Aquatic Center and on the South end of the pool deck. **Absolutely NO cell phones or cameras are allowed in the boys' or girls' restrooms or locker rooms inside the Aquatic Center.** All swimmers must shower before entering the pool.

FOUR

HOUR RULE:

If an age group event for 12 and under swimmers is swum after the session has been running 4 hours each swimmer has the option to swim the event or receive a refund for the event. A swimmer desiring a refund should declare his/her intent to the Meet Director. There will be no refunds of swimmers not in attendance.

EVENTS:

Events will be swum as timed finals except for those noted. Any swimmer desiring a deck entry should report to the Meet Referee for lane availability before the start of the meet. Deck Entry fees will be assessed.

EVENT LIMIT:

Swimmers may enter 4 individual events per day.

ENTRIES:

Limited to the first 350 swimmers. All entries must include first and last name, age, USA number and best times in LCM (Long Course Meters) for each event entered. **This is a LCM meet.**

The 400 IM, 400 Free and 1500 will be swam fastest to slowest female/male per event.

Positive check in will be required for the 400 IM, 400 Free & 1500 by the end of each warm up session.

ENTRY FEES:

\$5.00 per swimmer for MSI charge.

\$4.00 per individual event.

\$8.00 Deck Entry (Late Entries) Fee

\$10.00 Facility Charge per swimmer

*****Any entries that must be manually entered will be assessed an additional \$15.00 charge for each participant.*****

- AWARDS:** Individual High Point Awards for each age group/sex:
8 and Under, 9-10, 11-12, 13-14 and 15 & Over.
Any points scored in the 10 & Under events will count toward the swimmer's age group as of April 22, 2016.
Ribbons 1st – 8th place for 8 & Under, 9-10, 11-12.
No team trophies will be awarded.
- SCORING:** Individual Events: 9, 7, 6, 5, 4, 3, 2, 1
- WARM-UPS:** Warm-up procedures will follow the MSI guidelines. Participating teams will be assigned to specific lanes for the warm-up period. All warm-up activities in a lane will be coordinated by a coach supervising the swimmers in that lane. The first 30 minutes of the warm-up session, or longer if the warm-up session is more than 50 minutes long, will be for general warm-ups. Swimmers must cautiously enter the pool feet first. **NO DIVING IS ALLOWED DURING THE GENERAL WARM-UPS.** In the last 20 minutes of the warm-up session, supervised diving and backstroke racing starts are permitted with one-way traffic. Diving is permitted only with the direct supervision of a USA Swimming registered coach.
- WARM UP LANE ASSIGNMENTS/ TIMERS:** Warm up lane assignments will be posted at the facility. Teams may also be responsible for providing timers for competition lanes based on number of entries.
All swimmers in distance events must provide their own counter and timer.
- ENTRY DEADLINE:** Entries via HY-TEK must be sent **ONLY** to Merrie Hughes (shockwavewebmaster@gmail.com) no later than **Friday, April 15, 2016**. Late entries will be accepted when the lanes are available but will be charged double the entry fee. No swimmer may scratch one event and enter another.
- MEET FEES:** Meet entry fees should be brought to the meet and given to the Administrative Official.
- REPORTING:** Swimmers in all events will report directly to the starting blocks. All entry cards, except for relays, will be at the appropriate lane according to the heat sheet. It is the responsibility of the coach and the swimmers to see that the swimmer reports to his/her assigned lane at the proper time. There will not be a clerk of course or bullpen.

OFFICIATING: SWAT would greatly appreciate help from visiting teams. Please contact the Meet Director Merrie Hughes and Meet Referee Nancy Leigh McDade if you have officials that can help. As a matter of USA Swimming insurance coverage, official's certification card must be carried on person. We also ask for a list of officials willing to work for any session when emailing your entries.

HEAT SHEETS: **HEAT SHEETS WILL NOT BE FOR SALE AT THE MEET.** Individuals will be responsible for printing their own heat sheet prior to the start of the meet. The Heat Sheet will be available by session to print for your convenience. **Heat Sheet will be posted online at shockwaveaquatics.com by Wednesday, April 20 at 5:00 pm.**

HOSPITALITY: A hospitality room will be provided. Coaches and meet officials are invited for food and drink.

CONCESSIONS: Concessions will be available.

MEET

DIRECTOR: Merrie Hughes
4524 Whitechapel Lane
Belden, MS 38826
662-891-2464
shockwavewebmaster@gmail.com

MEET REFEREE: Nancy Leigh McDade
4418 Woodview Drive
Belden, MS 38826
662-231-4800
mcdade.nancy@yahoo.com

ADMINISTRATIVE

OFFICIAL: Merrie Hughes (see above for contact information)

MEET

SCHEDULE: **Friday:** Warm ups 4:00 p.m. Meet begins at 5:00 p.m.
Saturday and Sunday morning: Warm-ups 7:30-8:15 a.m. Meet begins at 8:30 a.m.

Order of Events

Friday evening, April 22

Warm ups: 4:00 p.m. Competition 5:00 p.m.

1	10 & Under 100 Free (scored as 8 & Under, 9-10)	2
3	11-12 100 Free	4
5	13-14 100 Free	6
7	15 & Over 100 Free (scored as 13-14/15 & Over)	8
9	12 & Under 200 IM (scored as 8 & Under, 9-10/11-12)	10
11	13 & Over 400 IM (scored as 13-14/15 & Over)	12

Saturday, April 23

Warm-ups: 7:30 - 8:15 a.m. Competition: 8:30 a.m.

13	13-14 200 IM	14
15	15 & Over 200 IM	16
17	8 & Under 50 Free	18
19	9-10 50 Free	20
21	11-12 50 Free	22
23	13-14 100 BR	24
25	15 & Over 100 BR	26
27	8 & Under 50 BR	28
29	9-10 50 BR	30
31	11-12 50 BR	32
33	13-14 200 Back	34
35	15 & Over 200 Back	36
37	8 & Under 100 Back	38
39	9-10 100 Back	40
41	11-12 100 Back	42
43	13-14 100 Fly	44
45	15 & Over 100 Fly	46
47	8 & Under 50 Fly	48
49	9-10 50 Fly	50
51	11-12 50 Fly	52
53	13 & Over 1500 Free (scored as 13-14/15 & over)	54
55	12 & Under 400 Free (scored as 8 & Under, 9-10, 11-12)	56

Sunday, April 24

Warm-ups: 7:30 - 8:15 a.m. Competition: 8:30 a.m.

57	13-14 50 Free	58
59	15 & Over 50 Free	60
61	10 & Under 200 Free***	62
63	11-12 200 Free	64
65	13-14 200 Free	66
67	15 & Over 200 Free	68
69	10 & Under 100 BR***	70
71	11-12 100 BR	72
73	13-14 200 BR	74
75	15 & Over 200 BR	76
77	10 & Under 50 Back***	78
79	11-12 50 Back	80
81	13-14 100 Back	82
83	15 & Over 100 Back	84
85	10 & Under 100 Fly***	86
87	11-12 100 Fly	88
89	13-14 200 Fly	90
91	15 & Over 200 Fly	92

***** 10 MINUTE BREAK*****

93	13 & Over 400 Free (scored as 13-14/15 & Over)	94
----	---	----

*****All 10 and Under Events Swam on Sunday will be scored as 8 & Under and 9-10*****

INFORMATION FORM FOR DISABLED SWIMMERS

NAME _____

ADDRESS _____

AGE _____ BIRTHDATE ____/____/____.

EVENTS TO BE SWUM ____/____/____/____/____/____/____/

TYPE OF DISABILITY

Blind _____ Mentally Retarded _____ Deaf _____ Physical _____

EXTENT OF DISABILITY: Be specific, e.g. totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities, etc.

THE FOLLOWING PERSON(S) WILL ACCOMPANY THE SWIMMER FOR ANY NEEDED ASSISTANCE:

TYPE OF MEDICATION _____

PURPOSE OF MEDICATION _____

PARENT'S OR GUARDIAN'S NAME _____

PARENT'S OR GUARDIAN'S SIGNATURE _____

ATHLETES'S SIGNATURE _____

PHYSICIAN'S NAME (please print) _____

PHYSICIAN'S ADDRESS _____

PHYSICIAN'S PHONE NUMBER _____

I have examined the above Entrant and, in my opinion, there is no mental or physical reason why he or she should not participate in USA Swimming competition.
