

Shockwave Rock & Roll Long Course Invitational

June 24 - 26, 2016

Tupelo, MS

- HOST:** Tupelo Shockwave Aquatic Team.
- SANCTION:** Held under the sanction of United States Swimming and Mississippi Swimming, Inc.
Sanction Number: 1618
Sanction Number for Time Trial: 1618TT
- 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 venue for long course is one eight lane course, minimum width 8.5'. The competition depth ranges from 5' to 12.5'. Equipment includes Paragon Track Start Competitor blocks. The building is designed with permanent upstairs seating for 970 spectators. Continuous warm-up/cool down area will be provided in a five lane 25-yard short pool adjacent to the competition pool. Hospitality will provided for coaches and officials. 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 June 24, 2016 determines the age of the swimmer. **All swimmers must be current USA Swimming registered athletes.** The USA swimming number 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 their 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 areas, rest rooms or locker room. 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 pool.

MEET FORMAT: Preliminary/final events and timed final events.

All 10 and under events will be timed finals to be swum during preliminaries.

All 10 and under, 11-12 and 13-14 relays will be swum in their order during the preliminary session. 15 & Over relays will be swum during the Finals session. A swimmer may swim one (1) relay per session.

Positive check in is required for the 400 IM, 400 Freestyle and 800 Freestyle events. For these events, swimmers must provide their own timer. Positive check in will close at the end of each warm up session. These events will have a ten minute break prior to the start of the event.

The 800 Free will be swum as timed finals events during the prelims, combined ages, fastest to slowest, alternating girls/boys. For 13 and older, the 400 IM and the 400 Free will be swum as timed final events during the prelims, combined ages, fastest to slowest, alternating girls/boys. These events will be scored separately by age and gender.

For 11 and older swimmers, all individual events other than the 400 IM, 400 Free and 800 Free will be circle seeded and swum twice regardless of the number of swimmers entered. The swimmers with the sixteen fastest times in each individual event during preliminaries will qualify for finals session.

**MEET
SCHEDULE**

PRELIMS:

FRIDAY, JUNE 24 SATURDAY, JUNE 25 & SUNDAY, JUNE 26

Warm up Session 1: 7:00 am - 7:45 am

Warm up Session 2: 7:45 am - 8:30 am

Competition begins at 8:45 am

The Meet Director has full discretion to adjust warm up times based on the number of entries. Coaches will be notified of said changes.

MEET SCHEDULE

FINALS:

FRIDAY, JUNE 24, SATURDAY, JUNE 25 & SUNDAY, JUNE 26

Open warm-up. Actual start time of open warm-up will be announced each day during Prelims. This will be a 45-minute open warm up session. Finals competition will begin one hour after the start of warm-up session. The pool will be available at 3:00 pm for anyone who would like to warm-up prior to the open warm up session.

ENTRY LIMITS:

A swimmer may enter a maximum of seven (7) individual events for the entire meet, and no more than three (3) individual events per day. A swimmer may enter one (1) relay per session. Time trial individual events count as one of the three (3) individual events allowed on a given day, but do not count as one of the seven (7) individual events in the meet.

ENTRIES:

Limited to the first 400 swimmers. All entries must include first and last name, age, USA Swimming number and best times in LCM (Long Course Meters) for each event entered. **This is a LCM meet.**

ENTRY FEES:

\$5.00 per swimmer for MSI charge.

\$4.00 per individual event.

\$8.00 deck entry (late entry)

\$12.00 per Relay event

\$12.00 Facility Charge per swimmer

\$10.00 per Time Trial (Individual & Relay)

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

Make checks payable to Shockwave Aquatics.

TIME TRIALS: Time trials may be held at the end of competition on Friday, Saturday & Sunday at the conclusion of the preliminary session. Time trials will be subject to the limit of event rules (see above) and will be held at the discretion of the Meet Referee.
*****Requests for Time Trials must be submitted to the Administrative Referee by 10:00 am each day with the proper corresponding payment of Time Trial entry fees.*****

ENTRY

DEADLINE: Entries via **HY-TEK** must be sent to Merrie Hughes (shockwavewebmaster@gmail.com) ***NO LATER than Tuesday, June 14, 2016 at 5:00 pm (CST). A confirmation email will be sent within 24 hours upon receipt of team entry.***

LATE ENTRIES: Late entries will be accepted for available lanes on a first-come, first-serve basis pending lane availability. No new heats will be formed. Coaches must submit entry cards for late entries at the meet.

AWARDS: Ribbons 1st - 8th place for 12 & Under swimmer only.
No high point awards will be given.
No team trophies will be awarded.

SCORING: The meet will not be scored.

SCRATCHES: Coaches are encouraged to and should provide the Meet Referee his/her scratches from preliminary events prior to the beginning of the sessions. This is not required and will not result in a penalty. However, modified USA Swimming Championship Scratch Rules and Procedures apply for scratching from finals and deck seeded events. Failure to swim is subject the following rules:

- i. Failing to swim in a deck seeded event after a positive check-in will result in the swimmer being barred from his/her next individual event, whether a preliminary or final event.
- ii. Any swimmer failing to properly scratch and failing to compete in the consolation finals or finals will result in the swimmer being barred from his/her next individual event. The “next” event for the athlete being penalized will be reseeded according to 207.11.6D2-4 as time permits.

There will be no penalty for not competing in pre-seeded relays.

Per USA Swimming Rule 207.11.6.D(1), declared false starts are not allowed in the bonus, consolation or championship final heats of a prelims/finals event.

WARM-UPS:

PRELIM SESSION: Preliminary Session Warm-up procedures will follow the MSI guidelines. Participating teams will be assigned to specific lanes for the warm-up period. Teams must have a USA Swimming member coach assigned to supervise their lane. Swimmers must cautiously enter the pool feet first. **NO DIVING IS ALLOWED DURING THE GENERAL WARM-UP.** 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 UPS: MSI safety guidelines and warm-up procedures will be in effect. The first 30 minutes will be general warm-ups. Teams must have a USA Swimming member coach assigned to supervise their lane. Swimmers must cautiously enter the pool feet first. **NO DIVING IS ALLOWED DURING THE GENERAL WARM-UPS.** In the last 15 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.

LANE

ASSIGNMENTS/

TIMERS:

Lane assignments will be included in the Coaches' Packets as well as posted at the facility. Teams may also be responsible for providing timers for competition lanes based on number of entries.

REPORTING:

Swimmers in all events will report directly to the starting blocks.

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 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.

FOUR HOUR

RULE:

If an age group event for 12 and under swimmers is swim after the session has been running four (4) hours, each involved swimmer has the option of either swimming the event or receiving a refund for that event. A swimmer desiring the refund must declare his/her intent to the Meet Director or the Meet Director's designee. There will be no refund for swimmers not in attendance.

HEAT SHEETS:

Heat sheets will be for sale at the meet.

HOSPITALITY:

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

CONCESSIONS:

Concessions will be available for purchase.

MEET DIRECTOR:

Merrie Hughes
4524 Whitechapel Lane
Belden, MS 38826
662-422-6047
shockwavewebmaster@gmail.com

MEET REFEREE:

Wade Kojima
172 Whisper Lake Blvd.
Madison, MS 39110
601-668-3201
[**wkojima@comcast.net**](mailto:wkojima@comcast.net)

ADMINISTRATIVE OFFICIAL:

Alissa Kojima
172 Whisper Lake Blvd.
Madison, MS 39110
847-809-9550
[**ak813@comcast.net**](mailto:ak813@comcast.net)

HOTELS:

www.tupelo.net

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.

RELEASE

On behalf of each of the listed competitors, I understand and agree that USA Swimming, Mississippi Swimming, Inc., Tupelo Aquatic Center, Shockwave Aquatic Team and meet officials shall be free of all liabilities or claims for loss of valuables or damages arising by any reason of injuries to anyone during travel to and from this meet or during the conduct of this meet or during any social gathering associated with this meet. I expressly agree to waive as condition of being allowed to enter this meet.

Signed: _____
(team coach/team representative)

Date: _____

**ORDER OF EVENTS
FRIDAY, JUNE 24**

GIRLS

BOYS

1	10 & Under 50m Breast	2
3	11-12 50m Breast	4
5	13-14 100m Breast	6
7	15 & Over 100m Breast	8
9	10 & Under 100m Back	10
11	11-12 100m Back	12
13	13-14 200m Back	14
15	15 & Over 200m Back	16
17	10 & Under 200m Free	18
19	11-12 200m Free	20
21	13-14 200m Free	22
23	15 & Over 200m Free	24
25	10 & Under 50m Fly	26
27	11-12 50m Fly	28
29	13-14 100m Fly	30
31	15 & Over 100m Fly	32
33	10 & Under 200m Free Relay	34
35	11-12 200m Free Relay	36
37	13-14 200m Free Relay	38
39**	15 & Over 200m Free Relay	40**

-10 MINUTE BREAK-

41	12 & Under 400 Free (scored as 9-10/11-12)	42
43	13 & Over 400mIM (scored as 13-14/15 & Over)	44

****Swum during Finals**

**ORDER OF EVENTS
SATURDAY, JUNE 25**

45	10 & Under 200mIM	46
47	11-12 200mIM	48
49	13-14 200mIM	50
51	15 & Over 200mIM	52
53	10 & Under 100m Free	54
55	11-12 100m Free	56
57	13-14 100m Free	58
59	15 & Over 100m Free	60
61	10 & Under 100m Breast	62
63	11-12 100m Breast	64
65	13-14 200m Breast	66
67	15 & Over 200m Breast	68
69	10 & Under 200m Medley Relay	70
71	11-12 200m Medley Relay	72
73	13-14 200m Medley Relay	74
75**	15 & Over 200m Medley Relay	76**
-10 MINUTE BREAK-		
77	11 & Over 800m Free (scored as 11-12/13-13/15 & Over)	78

****Swum during Finals**

**ORDER OF EVENTS
SUNDAY, JUNE 26**

79	10 & Under 50m Back	80
81	11-12 50m Back	82
83	13-14 100m Back	84
85	15 & Over 100m Back	86
87	10 & Under 50m Free	88
89	11-12 50m Free	90
91	13-14 50m Free	92
93	15 & Over 50m Free	94
95	10 & Under 100m Fly	96
97	11-12 100m Fly	98
99	13-14 200m Fly	100
101	15 & Over 200m Fly	102

-10 MINUTE BREAK-

103	13 & Over 400m Free (scored as 13-14/15 & Over)	104
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TEAM ENTRY SUMMARY REPORT SHEET

Total # of swimmers entered: _____ at \$17.00 = \$ _____

of individual entries: _____ at \$4.00 = \$ _____

of relays entered: _____ at \$12.00 = \$ _____

TOTAL FEES: _____ \$ _____

(please make checks payable to SHOCKWAVE AQUATICS)

Complete Club Name: _____

Club Code (up to 4 letters): _____

Complete Club Address: _____

Contact person: _____ Phone #: _____

Attending Coaches:

1. _____

2. _____

3. _____

