

## 2011 MOSES LAKE SIZZLIN' SUMMER SWIM MEET

July 15, 16, and 17, 2011

Held under Approval of USA Swimming, Inc. and Inland Empire Swimming

### Approval #IExxxx

*In granting this Approval it is understood and agreed that USA Swimming and Inland Empire Swimming 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.*

**Host:** Moses Lake Manta Rays Swim Team  
<http://mlmr.org>  
Moses Lake, WA  
Contact: Jerry Johnston 509-760-6567  
[mantarayscoach@hotmail.com](mailto:mantarayscoach@hotmail.com)

**Location:** Moses Lake Family Aquatic Center—5<sup>th</sup> Avenue & Beech in McCosh Park. (From Seattle, take exit 176 and go a couple of miles. Turn right on either Dogwood or Beech Street. From Spokane, take exit 179 onto Pioneer Way; turn left on 5<sup>th</sup> Ave.)

**Facilities:** Built in 1993, it is the premier outdoor aquatic facility in the Pacific Northwest. Starting blocks will be used in deep water only. No warm-up pool. Pool deck is wheelchair accessible. Clean restroom/dressing room areas. The starting area depth exceeds the USA-S depth requirement. The turn end of the pool is less than 4 feet depth; any starts at the turn end (200M relays) will be in-water starts. This is a regulation 50-meter pool, eight 9 foot wide lanes equipped with non-turbulent lane lines. The Colorado timing system will be used with touch pads at the start end.

The competition course has not been certified in accordance with USA Swimming 104.2.2C (4).

Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms, or locker rooms.

Tent camping will be permitting in McCosh Park in designated areas only. Restroom facilities will be available in the park 24 hours. Please park in designated parking areas, and carry your belongs to your camp site. Do not drive vehicles in ANY area of the park. RV and Trailer camping will be available in the back parking lot of Frontier Middle School adjacent to McCosh Park. No RV's/Trailers will be allowed in McCosh Park's lots. **MLMR's use of the Aquatic Center is limited to the changing rooms, the competition tank and the grassy area surrounding it. All other amenities are off limits during the hours of the meet.**

**Designated Deck Area: 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 three-foot area from the edge of the pool and the area behind the start platforms up to the timer chairs.**

**Events:** This is a single session format timed finals meet. Submit contestant's best long course time to ensure proper seeding. The 400 Free and 400 IM events will be POSITIVE CHECK -IN and may be seeded mixed and regardless of age. Positive check-in for the 400 IM and 400 Free on Friday will close by 6:00 PM.

Friday events must conclude by approximately 10 PM. If the timeline exceeds 10 PM, Friday night events may be swum mixed and limited as necessary. Limits will be enacted equally amongst the Friday events. If limits are necessary, swimmers with "NT" times will be deleted, followed by the slowest seed times regardless of gender. All Friday

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swimmers will be guaranteed 1 of the 2 possible swims. **Relay events may be combined or cancelled to meet schedule requirements.** Fees for any deleted entries will be refunded.

All Relays will be 200's. The second (2<sup>nd</sup>) and fourth (4<sup>th</sup>) legs of the 200 Relays will start in the water.

**Eligibility:** Open to swimmers currently registered with USA Swimming for 2011 and to International swimmers registered through their respective organization.

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.

Swimmers age group is determined by the age of the athlete on the first day of the meet July 15, 2011. Athletes with a disability are welcome and are asked to provide advance notice of necessary accommodations.

**Results/Scoring/Awards:** Results will be broken out by gender in ages 9-10, 11-12, 13-14, and 15 & Over. 8 & Under results will only be broken out as 8 & U for the IES approved 50 Free, Fly, Breast, and Back and 100 Free events. Any other events will be scored as 10 & U. Relays are mixed and will be scored by team per event.

Individual events will be scored first through eighth place per the above age groups distinction. Relay events will be scored first through eighth place. Team Scoring will be kept with Team High Point Plaques awarded to the top 3 teams in each of Large Team and Small Team categories. (Categories will be set using the number of swimmers entered for each team. Approximately half the teams will be placed in each category. If there is a significantly large gap between team entries at some level, the break point will be set to keep like sized teams in the same category.)

Individual Awards/Ribbons will be given to 8 places in each gender and age group for each event except as noted above. Relay Awards/Ribbons will be given to 3 places for each event.

**INDIVIDUAL HIGH POINTS WILL NOT BE TRACKED OR AWARDED.**

*Please assign one adult from your team to pick up awards. Awards will not be mailed.*

**Rules:** 2011 USA Swimming and IES rules will govern the meet. **IES scratch rules will be in effect. Any swimmer having checked in for a deck seeded (positive check-in) event must notify the Clerk Of Course of their intent to scratch prior to seeding of the event. Failure to do so will bar the swimmer from their next individual event on that day or the next meet day, whichever is first.** (No refund). Swimmers participating in the meet without a coach must report to the meet referee prior to warm-ups. USAS Coaches must be currently registered with USA Swimming and prepared to provide proof upon request.

**Entries:** All events are timed finals. Friday night participants may enter two (2) events (Note: No events are available for 8 & Under on Friday due to time constraints). On Saturday and Sunday, swimmers may enter a maximum of three (3) individual events and one (1) relay per day. Entries will be limited to numbers that allow the meet to end by 3:30 PM on Saturday and Sunday. The meet will be limited to approximately 425 swimmers. "NT" entries will be accepted.

Swimmers may only swim in the events they were entered in at time of entry cut-off. No event switching will be allowed at the meet, unless a data entry error occurred. Please see the Meet Director with any questions.

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Teams will be entered in the order their PAID entries are RECIEVED. (See priority entry date for IES teams). Teams not accepted will be notified by phone and entry fees will be returned. E-mail entries are preferred, but entries are not finalized until complete entry fees are received. No late entries or phone call entries will be accepted.

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. Thanks for your cooperation.

**Entry Forms:** Team entries will not be finalized until the entry fees are received. Entries must be submitted as follows:

Submit entries using a Hy-Tek meet entry export file sent as an e-mail attachment to [mantarayscoach@hotmail.com](mailto:mantarayscoach@hotmail.com) . Also send a *Meet Entries Report* for individual and relay events sorted by swimmer exported as a Word document. Check the *Meet Entries Report* for accuracy before you send your entries. Mail Hard Copies and Entry Fees to the address noted below.

PLEASE CONTACT JERRY JOHNSTON IF YOU ARE UNABLE TO SUBMIT ENTRIES AS NOTED ABOVE.

**Team entries will not be finalized until the entry fees are received.**

**Entry Fees and Entry Hard Copies must be mailed to:**  
**JERRY JOHNSTON-MLMR**  
**PO BOX 452**  
**MOSES LAKE, WA 98837**

**and received no later than Wednesday July 6<sup>th</sup> or by Wednesday June 29<sup>th</sup> for IES priority.**

**Overnight packages may be sent to:**  
**JERRY JOHNSTON-MLMR**  
**918 CAMAS PL**  
**MOSES LAKE, WA 98837**

**Overnight packages must indicate no signature required.**

**Entry Fees:** \$10.00 surcharge per swimmer plus \$3.00 per individual events and \$12.00 per relay. **Make checks payable to Moses Lake Manta Rays (MLMR).** No entries will be finalized until entry fees in US funds are received.

**Deadline:** **Inland Empire priority deadline is June 29, 2011. All entries must be received no later than July 6, 2011.**

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**Warm-up& Start times:**

**Friday**

Facility opens at 5:00 pm  
Warm-ups 5:10-5:50 pm  
Officials Meeting 5:20 pm  
Positive Check-in Closes at 6:00 pm  
Coaches Meeting 5:50 pm  
Competition at 6:00 pm

**Saturday**

Facility opens at 6:00 am  
Warm-ups 6:30-7:10 am (13 & O) 7:10-7:45 am (12 & U)  
Officials Meeting 7:20 am\Coaches Meeting 7:45 am  
Relay entries turned in to Clerk of Course by 11:00 am  
Competition at 8:00 am ending by 3:30 pm  
Aquatic Center Waterslides open at 4:00 pm

**Sunday**

Facility opens at 6:00 am  
Warm-ups 6:30-7:10 am (13 & O) 7:10-7:45 am (12 & U)  
Officials Meeting 7:20 am\Coaches Meeting 7:45 am  
Relay entries turned in to Clerk of Course by 11:00 am  
Competition at 8:00 am ending by 3:30 pm  
Aquatic Center Waterslides open at 4:00 pm

**Meet Marshals will be present during all warm-up periods.**

**Officials:**      **Meet Director:** Jerry Johnston, 509-760-6567 [mantarayscoach@hotmail.com](mailto:mantarayscoach@hotmail.com)  
**Referee:** Susan Schwiesow, 509-989-5809  
**Starter:** Colin Connacher  
**Stroke and Turn Officials:** Kim Jackson & Melissa Pryor

***The Manta Rays request assistance from visiting officials and parents.***

Visiting officials are welcome and encouraged to help. Please bring current certification and USA Swimming registration cards; these will be verified by the Meet Referee before deck assignments are made.

**Contact:**      Jerry Johnston, 509-760-6567 [mantarayscoach@hotmail.com](mailto:mantarayscoach@hotmail.com)

**Results:**      The final results will be e-mailed after the meet.

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**2011**

**MOSES LAKE MANTA RAY**

**SIZZLIN' SUMMER SWIM MEET**

**Friday July 15 to Sunday July 17**

**Friday, July 15, 2011**

**Friday Evening Session**

<b>Event#</b>	<b>Age</b>	<b>Event</b>
1-2	9-12	200 IM
3-4	13-Over	400 IM
5-6	9-12	200 Free
7-8	13-Over	400 Free

**Saturday, July 16, 2011**

**Saturday Morning Session**

<b>Event #</b>	<b>Age</b>	<b>Event</b>
9-10	13-Over	200 IM
11-12	10-Under	100 Breast
13-14	11-12	100 Breast
15-16	13-Over	100 Breast
17-18	10-Under	50 Back
19-20	11-12	50 Back
21-22	13-Over	200 Back

**Saturday Afternoon Session**

General Warm-up as determined by Meet Referee

<b>Event #</b>	<b>Age</b>	<b>Event</b>
23-24	10-Under	100 Fly
25-26	11-12	100 Fly
27-28	13-Over	100 Fly
29-30	10-Under	50 Free
31-32	11-12	50 Free
33-34	13-Over	50 Free
35	10-Under	200 Mixed Medley Relay
36	11-12	200 Mixed Medley Relay
37	13-Over	200 Mixed Medley Relay

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Sunday, July 17, 2011

**Sunday Morning Session**

<b>Event #</b>	<b>Age</b>	<b>Event</b>
39-40	13-Over	200 Free
41-42	10-Under	50 Fly
43-44	11-12	50 Fly
45-46	13-Over	200 Fly
47-48	10-Under	100 Back
49-50	11-12	100 Back
51-52	13-Over	100 Back

**Sunday Afternoon Session**

General Warm-up as determined by Meet Referee

<b>Event #</b>	<b>Age</b>	<b>Event</b>
53-54	10-Under	50 Breast
55-56	11-12	50 Breast
57-58	13-Over	200 Breast
59-60	10-Under	100 Free
61-62	11-12	100 Free
63-64	13-Over	100 Free
65	10-Under	200 Mixed Free Relay
66	11-12	200 Mixed Free Relay
67	13-Over	200 Mixed Free Relay

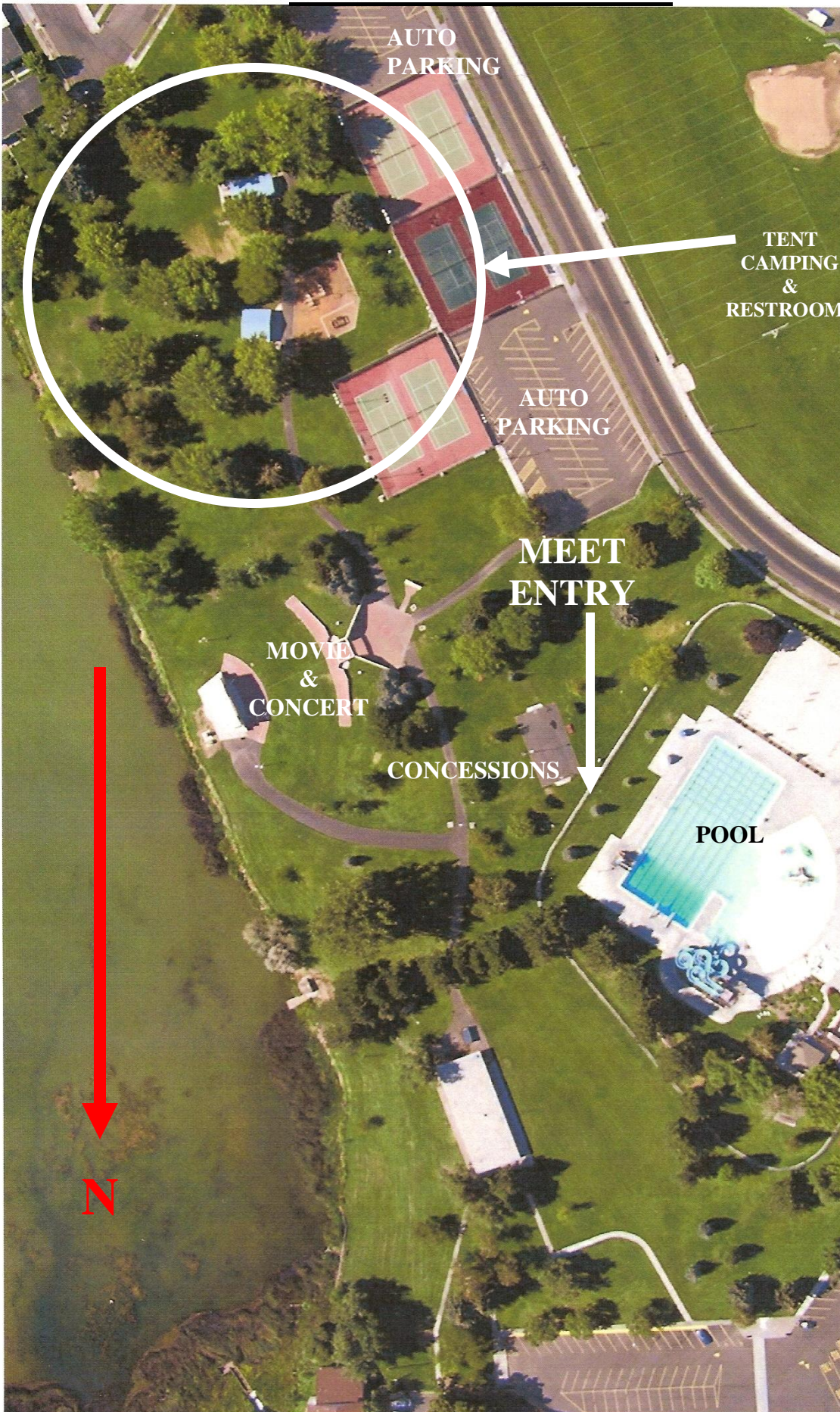
**TEAMS ARE ENCOURAGED TO PARTICIPATE IN LANE TIMING TO ENSURE TIMELY COMPLETION OF THE MEET.**

**Contact: Jerry Johnston MLMR Meet Director**  
**509-760-6567 [mantarayscoach@hotmail.com](mailto:mantarayscoach@hotmail.com)**

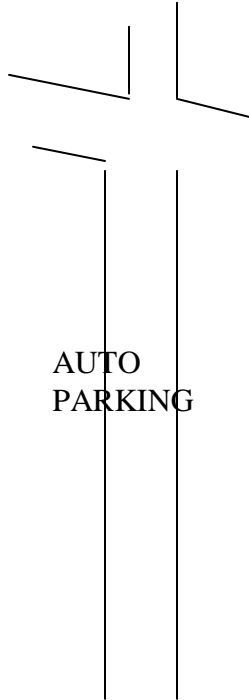
Concessions will be available throughout the meet.

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# McCOSH PARK



RV  
PARKING  
&  
CAMPING  
HERE  
IN  
FRONTIER  
MIDDLE  
SCHOOL  
BACK  
PARKING  
LOT



AUTO  
PARKING

## **Moses Lake Lodging**

Ameristay Inn & Suites  
1157 N. Stratford Rd  
509-764-7500  
[www.ameristayinn.com](http://www.ameristayinn.com)

Comfort Suites  
1700 Kittleson Rd (Exit 179)  
509-765-3731  
[www.comfortsuites.com](http://www.comfortsuites.com)

Heritage Suites, Inc.  
511 S. Division  
1-800-457-0271  
[www.heritage-suites.com](http://www.heritage-suites.com)

Holiday Inn Express  
1735 Kittleson Rd (Exit 179)  
509-766-2000  
1-800-576-7500  
[www.hiexpress.com](http://www.hiexpress.com)

Inn at Moses Lake  
1741 Kittleson Rd (Exit 179)  
509-766-7000  
1-877-747-8713  
[www.magnusonhotels.com](http://www.magnusonhotels.com)

Lakefront Hotel (Best Western)  
3000 W. Marina Dr (Exit 176)  
509-765-9211  
1-800-235-4255  
[www.bestwesternwashington.com](http://www.bestwesternwashington.com)

Lakeshore Resort Motel  
3206 Lakeshore Dr (Exit 176)  
509-765-9201  
[www.lakeshoreresortmotel.com](http://www.lakeshoreresortmotel.com)

Motel 6  
2822 W. Driggs Dr (Exit 176)  
509-766-0250  
[www.motel6.com](http://www.motel6.com)

Motel Oasis  
466 Melva Ln (Exit 176)  
509-765-8636  
[www.moteloasisinn.com](http://www.moteloasisinn.com)

Ramada Inn  
1745 Kittleson Rd (Exit 179)  
509-766-1000  
[www.ramada.com](http://www.ramada.com)

Shilo Inn  
1819 Kittleson Rd (Exit 179)  
509-765-9317  
1-800-222-2244  
[www.shiloinns.com](http://www.shiloinns.com)

Sunland Inn  
309 E 3<sup>rd</sup> Ave  
509-765-1170  
[www.sunlandinn.com](http://www.sunlandinn.com)

Super 8  
449 Melva Ln (Exit 176)  
509-765-8886  
1-800-800-8000  
[www.super8.com](http://www.super8.com)

Travel Inn  
316 S Pioneer  
509-765-8631  
[www.travelinnml.com](http://www.travelinnml.com)

The Manta Rays and the City of Moses Lake welcome meet participants to tent camp in McCosh Park.  
(designated areas only & no dogs).  
RV and Trailer camping will be available in the back parking lot of Frontier Middle School adjacent to McCosh  
Park. No RV's/Trailers will be allowed in McCosh Park's lots.

The Surf and Slide Aquatic Center will be opened after the meet until 8 pm.  
Paid Admission Required.



***Sizzlin' Summer Swim Meet  
Moses Lake Manta Rays***

***Moses Lake Aquatic Center  
July 15, 16, and 17, 2011***

**VISITING TEAM INFORMATION**

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

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

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

\_\_\_\_\_

Phone: \_\_\_\_\_

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

Entries prepared by: \_\_\_\_\_

Phone: \_\_\_\_\_

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

**ENTRY FEE TABULATION**

Surcharge	# Swimmers	_____	x \$10.00	=	\$ _____
Individual events	# Ind. Events	_____	x \$3.00	=	\$ _____
Relays	# Relays	_____	x \$12.00	=	\$ _____
<b>TOTAL</b>	-----				<b>\$ _____</b>

**Make checks payable to: Moses Lake Manta Rays**

Mail entries and payment to:

Moses Lake Manta Rays  
c/o Jerry Johnston  
PO Box xxx  
Moses Lake WA 98837