

SIZZLIN' SUMMER INVITATIONAL
A/B MEET

July 11, 12, and 13, 2008

Held under sanction of USA Swimming, Inc. And Inland Empire Swimming
Sanction # IE0819

In granting this sanction 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
PO Box 452
Moses Lake, WA 98837

Location: Surf-n-Slide Water Park—5th 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 5th 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 2006 USA-S depth requirement. This is a regulation 50-meter pool, eight 9 foot wide lanes equipped with non-turbulent lane lines dividing outer lanes from the walls and an electronic timing system with touch pads. The Colorado timing system will be used with touch pads at each end of the pool. .

Tent, RV, and trailer camping will be permitting in McCosh Park in designated areas only.

Restroom facilities will be available in the Aquatic Center during meet hours.

Please park in designated parking areas, and carry your belongings to your camp site.

Do not drive vehicles in ANY area of the park. MLMR's use of the Aquatic Center is limited to 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 non-split timed finals, A/B meet. Submit contestant's best long course time to ensure proper seeding. 9 & Over, 11 & Over and 13 and Over individual events will be seeded and swum together but awarded separately. Friday night events may be limited to four (4) heats. In the event that Friday events cannot fit into four heats, all swimmers with "NT" times will be scratched. Positive check-in for Friday night's 400 IM and 400 Free is no later than 5:00 PM. On Sunday, the 800 requires positive check-in by 12:00 noon. "A" and "B" swimmers will be seeded together but scored and awarded separately. The second (2nd) and fourth (4th) legs of the 200 Relay will start in the water.

Eligibility: Open to swimmers currently registered with USA Swimming for 2008. Swimmers age group to enter is determined by the age of the athlete on the first day of the meet July 11, 2008. Athletes with a disability are welcome and are asked to provide advance notice of necessary accommodations.

Awards: A & B individual events will be seeded and swum together by times, but will be awarded separately. All individual "A" and all 15 and Over events will be awarded medals first through third place. Ribbons will be awarded fourth through tenth place in the "A" division and the 15 and Over division. All individual "B" events will be awarded first through tenth place ribbons. Relays will be awarded ribbons first through third place. Individual high point trophies will be awarded to eighth place in each age group and gender division in the "A" division. Team high point plaques will be awarded for 1st through 3rd places. IES "A" certificates will be awarded to "B" entrants achieving an IES "A" time. Please assign one adult from your team to pick up awards. Awards will not be mailed.

Scoring: Individual events will be scored first through tenth place in the “A” division only. Relay events will be scored first through third place with no A/B distinction. There will be no A/B distinction for 15 and Over events. 15 and Over events will be scored 1st through 10th place.

Rules: 2008 USA Swimming and IES rules will govern the meet. IES scratch rules will be in effect. Swimmers participating in the meet without a coach must report to the meet referee prior to warm-ups. 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. 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. If a team’s entries exceed the time limit, all that team’s entries will not be accepted. A team will be accepted or rejected as a unit. Teams not accepted will be notified by email and entry fees will be returned. Entries will be accepted in the order they are POSTMARKED. “NT” entries will be accepted for “B” events only. Time trial events may be held if time allows. 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 accepted unless accompanied by entry fees. Entries must be submitted using either:

- 1) By Hy-Tek meet entries export file that is sent a) by US Mail on a disk (3.5 inch disk preferred) b) as an e-mail attachment to swim@mlmr.org Along with either of these please send the *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.

OR

- 2) Use the IES Master Entry Form found at: www.ieswim.org/forms/06forms/IEmasterentryform.pdf Include the name and phone number of a contact person for entry questions. Enter the entry times for all swimmers and relays directly on the form.

Entry Fees: \$10.00 surcharge per swimmer plus \$2.25 per individual events and \$9.00 per relay. **Make checks payable to Moses Lake Manta Rays (MLMR).** No entries will be accepted unless accompanied with entry fees in US funds.

Deadline: **Inland Empire priority deadline is June 21, 2008. All entries must be received no later than June 28, 2008.**

Send completed entries to: Moses Lake Manta Rays
PO Box 452
Moses Lake, WA 98837

Warm-up Start times:	<u>Friday evening:</u>	Warm-ups	4:30-5:20 pm
		Meet starts	5:30 pm
	<u>Saturday and Sunday</u>	Warm-ups	7:00-7:45 am (13 & Over)
		Meet starts	7:45-8:20 am (12 & Under) 8:30 am

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

Officials: **Meet Director:** Hilda Grant, 1423 S. Skyline Drive, Moses Lake, WA, 509-765-6432
Referee: Joe Nuess, jnuess@icehouse.net
Starter: Finley Grant
Stroke and Turn Officials: Nancy Cortez, Hilda Grant, Randy Fair
Manta Rays request assistance from visiting officials and parents.

Visiting Officials: the theme of the meet is tropical, so wear your favorite tropical shirts!
We will provide tropical accessories. Our hope is that we all have FUN!

Contact: Hilda Grant, 509-765-6432
Kim Garza, 509-766-1259

Results: The final results will be emailed after the meet. A team can request a hardcopy if so desired.

If time permits, time trials will be swam at the conclusion of each day. Time trials will count toward the maximum events allowed per day. A time trial swim will cost \$3.00.

2008 Sizzlin' Summer Invitational Swim Meet

Friday

Event #	Age	Event
1-2 A/B	9- 10	200 IM
3-4 A/B	11-12	200 IM
5-6 A/B	13& Over	400 IM
7-8 A/B	9-10	200 Free
9-10 A/B	11 & Over	400 Free

Saturday

Event #	Age	Event
11-12 A/B	13 & Over	200 IM
13-14 A/B	8 & Under	200 Medley Relay
15-16 A/B	10 & Under	200 Medley Relay
17-18 A/B	11-12	200 Medley Relay
19-20 A/B	13 & Over	400 Medley Relay
21-22 A/B	8 & Under	50 Breast
23-24 A/B	9-10	50 Breast
25-26 A/B	11-12	50 Breast
27-28 A/B	13 & Over	100 Breast
29-30 A/B	8 & Under	50 Free
31-32 A/B	9-10	50 Free
33-34 A/B	11-12	50 Free
35-36 A/B	13 & Over	50 Free
37-38 A/B	9-10	100 Back
39-40 A/B	11-12	100 Back
41-42 A/B	13 & Over	200 Back
43-44 A/B	9-10	100 Fly
45-46 A/B	11-12	100 Fly
47-48 A/B	13 & Over	200 Fly
49-50 A/B	11 & Over	200 Free

Sunday

Event #	Age	Event
51-52 A/B	8 & Under	50 Back
53-54 A/B	9-10	50 Back
55-56 A/B	11-12	50 Back
57-58 A/B	13 & Over	100 Back
59-60 A/B	8 & Under	200 Free Relay
61-62 A/B	10 & Under	200 Free Relay
63-64 A/B	11-12	200 Free Relay
65-66 A/B	13 & Over	400 Free Relay
67-68 A/B	8 & Under	50 Fly
69-70 A/B	9-10	50 Fly
71-72 A/B	11-12	50 Fly
73-74 A/B	13 & Over	100 Fly
74-76 A/B	8 and Under	100 Free
77-78 A/B	9-10	100 Free
79-80 A/B	11-12	100 Free
81-82 A/B	13 & Over	100 Free
83-84 A/B	9-10	100 Breast
85-86 A/B	11-12	100 Breast
87-88 A/B	13 & Over	200 Breast
89-90 A/B	13 & Over	800 Free

Suggested Moses Lake Motels

Lakeshore Resort Motel
3206 Lakeshore Drive
509-765-9201
www.lakeshoreresorts.com

Motel 6
2822 W. Wapato Drive
509-766-0250

The Lake Inn (Best Western)
3000 W. Marina Drive
1-800-235-4255
509-765-9211

Ameristay Inn & Suites
1157 N. Stratford Road
509-764-7500
www.ameristayinn.com

Super 8
449 Melva Lane
1-800-800-8000
509-765-8886

Shilo Inn
1819 E Kittleson Rd
1-800-222-2244
765-9317
www.shiloinns.com

Holiday Inn Express
1745 E. Kittleson Road
1-800-576-7500
www.hiexpress.com

The Inn at Moses Lake
1741 E. Kittleson Road
509-766-7000

Travel Lodge
316 S. Pioneer
509-765-8631

Comfort Suites
1700 Kittleson Road
509-765-3731
www.comfortsuites.com

The City of Moses Lake welcomes meet participants to tent camp in McCosh Park (designated areas only & no dogs). RV parking is available close to the pool. Signs will be posted.

The Surf-n-Slide Water Park will be open after the meet until 8 pm. The cost is \$8.00 for adults, \$7.00 for students (13-17), \$6.00 for children (5-12) and 4 & Under is free.

***Sizzlin' Summer Invitational
Moses Lake Manta Rays***

***Moses Lake Aquatic Center
July 11, 12, and 13, 2008***

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 \$2.25	=	\$ _____
Relays	# Relays	_____	x \$9.00	=	\$ _____
TOTAL	-----				\$ _____

Make checks payable to: Moses Lake Manta Rays

Mail entries and payment to:

Moses Lake Manta Rays
P.O. Box 452
Moses Lake, WA 99937