Name of Meet:	2023 Rays of Sunsh	ine Invitational	
Date of Meet:	June 16-18, 2023		
Meet Sanction:	Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC2395LCM and SC2396TT		
Host Club:	YMCA of Upper Pal	metto YMCA Rays	
Meet Director:	Tim Conley	timconley@ymcaup.org	803-831-9622
Meet Referee:	Aimee McMillan	aimeeemcmillan@gmail.com	704-502-5996
Administrative		-	
Official:	Erin Baird	baird.erin@gmail.com	803-818-1687
Meet Entries to:	Lynn Williams	lynnwilliams@ymcaup.org	803-417-8982
	Wayne Lowery	waynelowery@ymcaup.org	803-817-7665
Safety Marshals:	Karelyn Paddock	waynelowery@ynicaup.org	803-817-7665
Facility:	Meet Location:	Fort Mill Aquatics Center	
· · · · · · · · · · · · · · · · · · ·		967 Tom Hall Street	
		Fort Mill, South Carolina 29715	
		803-547-8439	
	lane 50-meter pool with a bulkhead providing twenty 25-yard lanes with an adjacent 25- yard six lane pool. The water depth of the competition course is six (6) feet, seven (7) inches, measured from one (1) meter to five (5) meters, on the starting end of the course, and six (6) feet, seven (7) inches, measured from one (1) meter to five (5) meters, at the turn end of the course. Portions of the warm-up pool will be available for the duration of the meet. Only officials, coaches and swimmers will be allowed on the deck during warm-up and competition. The facility features 2 locker rooms (Boys & Girls) along with separate rest room facilities for spectators including a family rest room. All areas of the facility are handicap accessible.		
	Operation of a dror venue (pools, athle	ne, or any other flying apparatus, is prohibit te/coach areas, spectator areas and open c hletes, coaches, officials and/or spectators	eiling locker
Rules:		onducted in accordance with the current U and Regulations and information herein.	SA Swimming and
		al recording devices, including a cell phone t rooms, and locker rooms.	e, is prohibited in
	IN THE WARMUP P	OBEY THE FACILITY LIFEGUARDS AT ALL TIN OOL MAY RESULT IN THE SWIMMER BEING WARMUP POOL BEING CLOSED.	

Swimwear:	Swimmers 12 years old and younger are not permitted to wear "Technical" suits at this meet. (USA Swimming Rule 102.81.1.F)
	Deck changing is prohibited by USA Swimming and South Carolina Swimming. A first offense will result in the disqualification of the offending swimmer from the next scheduled event. The second offense for the same swimmer will result in the disqualification from the remainder of the meet.
	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.
Athlete Eligibility:	Age is to be determined by the first day of the meet: Thursday, June 15, 2023. All swimmers and teams must be currently registered members of USA Swimming, Inc. 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 USA Swimming member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
Image Release:	By attending or participating in this competition, you agree to be filmed and photographed by the host club approved photographer(s) and videographer(s) and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or SCLSC website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the start of the meet.
Entry Fees:	10 &Under Entry Fee per event: \$3.00 per swimmer 11 &Over Entry Fee per event: \$4.00 per swimmer
	\$25.00 pool fee per swimmer \$2.00 SCLSC Travel Fund/Program fee per swimmer \$2.00 SCLSC Sport Development fee per swimmer \$2.00 SCLSC Out-of-LSC Swimmer Travel Fund/Program fee per swimmer
	Any swimmer competing in an individual or relay time trial and not entered in the meet must pay all surcharges.
Entry limit:	All athletes may enter up to three (3) individual events per day with a meet total of 8.

The total number of swimmers permitted in the meet will be 350 swimmers in addition to RAYS swimmers. Teams will be notified by email as soon as possible if their entries are not accepted.

Meet Format:

- Any swimmer who is positively checked-in for an individual event and does not swim the event will be ineligible for his/her next individual event.
- Positive check-in will close thirty (30) minutes prior to the start of the session.
- All 11-12, 13-14, and 15-Over events, except those noted on the itinerary and below, will be contested as Preliminary/Final events.
- 11-12 200's of stroke (Back, Breast, Fly) will be conducted as Timed Finals with the fastest heat swimming in finals.
- All 10 & Under events will be conducted as Timed Finals during the afternoon Timed Finals sessions.
- Finals: The number of heats in each event final is as follows:
 - 11-12 events: one heat of ten (10) in finals
 - 13-14 events: one heat of ten (10) in finals
 - 15-Over events: two heats of ten (10) in finals
- Finals will be swum in this order: Consolation heat, Championship heat.
- The names of swimmers in each "A" Championship Final heat may be announced prior to the start of the event. The names of swimmers in the "B" consolation heats will be announced as they are in the water.
- Distance events will be all events 400 yards or longer and will be seeded fast to slow alternating girls and boys. All distance events will require positive check in.
- The 1500 Free on Sunday will be contested as a 13 and Over Timed Final event with the fastest heat swimming in finals as the first event.
- Swimmers must provide their own personnel to lap count for the 12 & U 800meter Freestyle and 13 & Over 1500-meter Freestyle events.
- Meet management reserves the right to adjust course breakdown and warm-up times based on number of entries. Meet Management also reserves the right to move an age group to another session based on the time line and number of entries or for the most efficient running of the meet.
- Meet management reserves the right to insert breaks in the meet where necessary to allow athletes proper rest.
- All entry fees must be paid before the meet begins. Late and deck entries will only be accepted at the discretion of the Meet Referee at double the event fee for empty lanes only.
- NO ADDITIONAL HEATS WILL BE CREATED FOR LATE ENTRIES.
- Lanes for general warm-up will be assigned by team for preliminary and timed final sessions. Lane assignments may be made for the finals sessions.
- All SCLSC and USA Swimming safety guidelines will be enforced.
- Digital heat sheets will be emailed to each coach and will be posted on the website, www.swimrays.com. Heat sheets will be posted to Meet Mobile at no additional cost to swimmers/families. Coaches will be provided a printed copy of the heat sheet at the meet.
- Scratch Rule:Timed Final Events: Any swimmer not reporting for or competing in an
individual timed final event shall not be penalized. It is recommended, but not

required, to inform meet administration if the swimmer will not be competing in said event(s).

Positive Check-In Events: The penalty for missing a positive check-in event will result in being barred from the swimmer's next individual event.

Preliminary Events: In all events, except for Positive Check-In Events, where preliminary heats are necessary, any swimmer who fails to compete in an individual preliminary heat in which such swimmer entered shall not be penalized. It is recommended but not required to inform meet administration of the swimmer's election to not compete in said event. If the preliminary heat is a Positive Check-In event, then item noted above applies.

Finals Events: Any Swimmer not planning to swim at night in the finals must scratch so those swimmers who would like to swim again may do so. The penalty for failure to show in a final or consolation final is being barred from their next individual event.

Swim Offs: It is the coaches' and swimmer's responsibility to check for ties leading to swim-offs. Swim-offs will be swum immediately following the preliminary session or not more than 45 minutes after the last heat of any event in which any one of these swimmers is competing in that session. Any swimmer not present for a swim-off will be dropped to the lower place.

Time Trials: Time Trials may be conducted at discretion of Meet Referee. Time Trial fees must be paid upon entry at Clerk of Course. Time trial fees will be \$8.00 per time trial for individual events and \$16.00 per time trial for relay events. A time trial is counted as an individual event & is included in the day and meet total of events. Swimmers entered only in an individual or relay time trial must pay all meet surcharges.
Time of the Meet: Timed Finals on Thursday: Warm-up 4:30 pm, Meet 5:30 pm Prelims for MORNING PRELIM events: Warm-up 7:00 am, Meet 8:00 am Prelims for AFTERNOON PRELIM/TIMED FINAL events: Warm-up not before 12:00 pm, Meet not before 1:00 pm

Finals: 11-12,13-14, and 15-Over: Warm-up 5:00 pm, Finals 5:45 pm

Meet management reserves the right to adjust warm-up and meet start times based upon the number of entries. Meet management also reserves the right to move age groups to a different session of the meet for more efficient running of the meet. Teams will be notified of any changes via e-mail.

Entries: Clubs should submit a single check payable to YMCA of Upper Palmetto for the full amount due. Payment may also be made by phone (803-817-7665) prior to the meet or at the meet by credit card. All entry fees must be paid prior to the start of the first event. The meet host reserves the right to refund fees due to unforeseen circumstances or acts of nature.

	Please use swimmer's full name, age, and sanctioned short course yard times or a no time. Entries submitted electronically using sd3 format is expected. Go to www.hy-tekltd.com to download Team Manager II Lite if your club does not possess team management software. You must submit paper back-up and your signed team summary sheet for verification.
	Checks should be made payable to YMCA of Upper Palmetto.
	Late entries/deck entries will be accepted at the discretion of the Meet Referee and at double the event fee for open lanes only.
Entry Deadline:	All entries must be received by midnight, Tuesday, June 6, 2023.
	SC Swimming does not accept deck registrations.
	All swimmers entered must be USA Swimming registered prior to the start of the meet. SC Swimming requires that any registration issues for SC Swimming registered swimmers, coaches or officials be taken care of by 5:00 pm on Wednesday prior to the start of the meet.
	Mail completed entries to: U.S. Mail: Mail completed meet entry summary sheet, check and hard copies of entry summary to: 2023 Rays "Rays of Sunshine" Invitational c/o Lynn Williams 325 Rawlinson Road Rock Hill, SC 29732 Please send certified or express mail with signature release.
	Electronic Entries: Send electronic entries to lynnwilliams@ymcaup.org. E- mailed entries must also be accompanied by Word or PDF document export summary of individual entries by swimmer and fees. Entry fee checks should be made payable to YMCA of Upper Palmetto.
Awards:	Individual Events: Ribbons: 1st – 10th Place. Heat winner awards will be given to all heat winners.
Scoring:	This meet will be not be scored for points.
Timing:	Colorado timing system and data processing services provided by YMCA of Upper Palmetto YMCA Timing.
Coaches	
Eligibility:	All coaches must be a current member in good standing with USA Swimming and present their credentials daily to receive their heat sheet. Coaches must be able to provide credentials at any time upon request.

	Coaches must check in daily at Clerk of Course and provide current coaching credentials to be permitted on deck.
Coaches Meeting:	A coaches meeting will be held prior to the start of the meet. The Meet Referee may call other coaches' meetings as deemed necessary.
Other	All heat sheets for coaches and any announcements will be available at Clerk of Course.
Information:	Officials: A meeting for all officials will be one hour prior to the listed start times for each session in the Hospitality room. Officials interested in working any session of the meet should contact, by email, the Meet Referee prior to the start of the meet.
	Hospitality: The RAYS prides itself on the hospitality that is provided and is open to all registered coaches and officials. Hospitality for coaches and officials will be available in the Hospitality Room. Swimmers, spectators, and children are not permitted in the Hospitality Room.
	Concessions: RAYS may offer concessions appropriate to a swim meet.
	Host Hotel: Hotel information may be posted on the RAYS website: www.swimrays.com
Directions:	From I-77 take Exit 85 Hwy 160 East into Fort Mill. Follow Hwy. 160 East/Tom Hall Street thru Fort Mill. The Fort Mill Aquatics Center will be on the left approximately 3.5 miles from the exit.
Alternate Contact Person:	Coach Jon "Big Show" Mengering, jonathanmengering@ymcaup.org.

2023 Rays "Rays of Sunshine" Invitational June 16-18, 2023 Held under the sanction of USA Swimming issued by SC Swimming: Sanction number: SC2395LCM & SC2396TT

Order of Events

FRIDAY MORNING PRELIMINARIES

WARM-UP NOT BEFORE 7:00 AM

PRELIMINARIES NOT BEFORE 8:00 AM

GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #
1	PRELIMS 13-14 200 FREE	2
3	PRELIMS 15- OVER 200 FREE	4
5	PRELIMS 13-14 100 BREAST	6
7	PRELIMS 15- OVER 100 BREAST	8
9	PRELIMS 13-14 100 FLY	10
11	PRELIMS 15-OVER 100 FLY	12
13	PRELIMS 13-14 400 IM	14
15	PRELIMS 15-OVER 400 IM	16

FRIDAY AFTERNOON

PRELIMINARIES/TIMED FINALS

WARM-UP NOT BEFORE 12:00 NOON	PRELIMINARIES/TIMED FINALS NOT BEFORE 1:00 PM	
GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #
17	PRELIMS 11-12 200 FREE	18
19	TIMED FINALS 10-UNDER 200 FREE	20
21	PRELIMS 11-12 100 BREAST	22
23	TIMED FINALS 10-UNDER 100 BREAST	24
25	PRELIMS 11-12 100 FLY	26
27	TIMED FINALS 10-UNDER 100 FLY	28
29	**TIMED FINALS 11-12 200 BACK	30
	**FASTEST HEAT IN FINALS	

FRIDAY EVENING FINALS WARM-UP TBA **FINALS TBA** GIRLS BOYS EVENT DESCRIPTION EVENT # EVENT # 17 FINALS 11-12 200 FREE 18 FINALS 13-14 200 FREE 2 1 3 FINALS 15-OVER 200 FREE 4 21 22 FINALS 11-12 100 BREAST 5 FINALS 13-14 100 BREAST 6 7 8 FINALS 15-OVER 100 BREAST 25 FINALS 11-12 100 FLY 26 9 FINALS 13-14 100 FLY 10 11 FINALS 15-OVER 100 FLY 12 29 **TIMED FINALS 11-12 200 BACK 30 13 FINALS 13-14 400 IM 14 15 FINALS 15-OVER 400 IM 16 ****FASTEST HEAT IN FINALS**

SATURDAY MORNING PRELIMINARIES

WARM-UP NOT BEFORE 7:00 AM PRELIMINARIES NOT BEFORE 8:00 AM

GIRLS	EVENT DESCRIPTION	BOYS
EVENT #		EVENT #
31	PRELIMS 13-14 200 IM	32
33	PRELIMS 15-OVER 200 IM	34
35	PRELIMS 13-14 50 FREE	36
37	PRELIMS 15-OVER 50 FREE	38
39	PRELIMS 13-14 200 BREAST	40
41	PRELIMS 15-OVER 200 BREAST	42
43	PRELIMS 13-14 100 BACK	44
45	PRELIMS 15-OVER 100 BACK	46
47	*PRELIMS 13-14 400 FREE	48
49	*PRELIMS 15-OVER 400 FREE	50
	*WILL SWIM COMBINED IN PRELIMS ALTERNATING GIRLS/BOYS	5

SATURDAY AFTERNOON PRELIMINARIES/TIMED FINALS WARM-UP NOT BEFORE 12:00 NOON PRELIMINARIES/TIMED FINALS NOT BEFORE 1:00 PM

GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #
51	PRELIMS 11-12 200 IM	52
53	TIMED FINALS 10-UNDER 200 IM	54
55	PRELIMS 11-12 50 FREE	56
57	TIMED FINALS 10-UNDER 50 FREE	58
59	**TIMED FINALS 11-12 200 Fly	60
61	PRELIMS 11-12 50 BREAST	62
63	TIMED FINALS 10-UNDER 50 BREAST	64
65	PRELIMS 11-12 50 BACK	66
67	TIMED FINALS 10-UNDER 50 BACK	68
69	**TIMED FINALS 11-12 400 FREE	70
71	TIMED FINALS 10-UNDER 400 FREE **FASTEST HEAT IN FINALS	72

SATURDAY EVENING FINALS WARM-UP TBA FINALS TBA

GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #
51	FINALS 11-12 200 IM	52
31	FINALS 13-14 200 IM	32
33	FINALS 15-OVER 200 IM	34
55	FINALS 11-12 50 FREE	56
35	FINALS 13-14 50 FREE	36
37	FINALS 15-OVER 50 FREE	38
59	**TIMED FINALS 11-12 200 FLY	60
61	FINALS 11-12 50 BREAST	62
39	FINALS 13-14 200 BREAST	40
41	FINALS 15-OVER 200 BREAST	42
65	FINALS 11-12 50 BACK	66
43	FINALS 13-14 100 BACK	44
45	FINALS 15-OVER 100 BACK	46
69	**TIMED FINALS 11-12 400 FREE	70
47	FINALS 13-14 400 FREE	48
49	FINALS 15-OVER 400 FREE	50
	**FASTEST HEAT IN FINALS	

SUNDAY MORNING PRELIMINARIES

WARM-UP NOT BEFORE 7:00 AM PRELIMINARIES NOT BEFORE 8:00 AM

GIRLS EVENT #	EVENT DESCRIPTION	BOYS EVENT #
73	PRELIMS 13-14 200 BACK	74
75	PRELIMS 15-OVER 200 BACK	76
77	PRELIMS 13-14 100 FREE	78
79	PRELIMS 15-OVER 100 FREE	80
81	PRELIMS 13-14 200 FLY	82
83	PRELIMS 15-OVER 200 FLY	84
85	**TIMED FINALS 13-OVER 1500 FREE	86
	**TOP 10 IN FINALS	

SUNDAY AFTERNOON PRELIMINARIES/TIMED FINALS WARM-UP NOT BEFORE 12:00 NOON PRELIMINARIES/TIMED FINALS NOT BEFORE 1:00 PM				
GIRLS EVENT #			BOYS EVENT #	
87	**TIME	ED FINALS 11-12 200 BREAST	8	88
89	PREL	IMS 11-12 100 BACK	g	90
91	TIME	ED FINALS 10-UNDER 100 BACK	g	92
93	PREL	IMS 11-12 100 FREE	9)4
95	TIME	ED FINALS 10-UNDER 100 FREE	9	96
97	PREL	IMS 11-12 50 FLY	9	8
99	TIME	ED FINALS 10-UNDER 50 FLY	1	00
101	***TIME	ED FINALS 11-12 800 FREE	1	.02
	**FA	STEST HEAT IN FINALS		
	***ALL HEATS IN PRE	ELIMINARIES/TIMED FINALS SESSION		

SUNDAY EVENING FINALS

WARM-UP TBA **FINALS TBA** GIRLS EVENT DESCRIPTION BOYS EVENT # EVENT # 85 **TIMED FINALS 13-OVER 1500 FREE 86 87 **TIMED FINALS 11-12 200 BREAST 88 89 FINALS 11-12 100 BACK 90 73 FINALS 13-14 200 BACK 74 75 FINALS 15-OVER 200 BACK 76 93 FINALS 11-12 100 FREE 94 77 78 **FINALS 13-14 100 FREE** 79 FINALS 15-OVER 100 FREE 80 97 98 FINALS 11-12 50 FLY 81 FINALS 13-14 200 FLY 82 83 FINALS 15-OVER 200 FLY 84 ****FASTEST HEAT IN FINALS**

JUNE 15-18, 2023 Held under the sanction of USA Swimming issued by S Sanction number: SC2395LCM & SC239 Meet Entry Summary Sheet	•
Total Number of In LSC Swimmers x \$2.00 SCLSC Travel Fund/Program Fee =	\$
Total Number of out of LSC Swimmers x \$2.00 SCLSC Out-of-LSC Travel Fund/P	rogram Fee=\$
Total Number of Swimmers x \$25.00 Facility Fee =	\$
Total # Individual Events: x \$4.00 Per 11 & Over Event=	\$
Total # Individual Events: x \$3.00 Per 10 & Under Event=	\$
Total Fees: (checks payable to YMCA of Upper Palmetto)	\$
Team: Team Code:	
Number of coaches at meet: Fri:Sat: Sun:	
Head Coach:	
Send e-mail results to:	
Team Contact Person	
Home Phone Number Work Phone Number	
F-Mail Address	

I, the undersigned coach or team representative, verify that all the swimmers and coaches listed on the enclosed entry forms are registered with United States Swimming. A copy of our team's current USA Swimming roster is attached for verification purposes.

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

It is further understood that South Carolina LSC, and YMCA of Upper Palmetto Rays 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. It is also understood and agreed that the YMCA of Upper Palmetto, YMCA of Upper Palmetto Timing, its agents, employees, and coaches shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Signature / Title_____

Mail check for the above amount, and signed copy of this form to:
2023 RAYS "RAYS of Sunshine" Invitational
c/o Lynn Williams
325 Rawlinson Road
Rock Hill, S.C. 29732