

Name of Meet: **2024 Rays “The Rock” Classic**

Date of Meet: **January 19-21, 2024**

Meet Sanction: Held under the sanction of USA Swimming issued by SC Swimming:
Sanction Number SC2451SCY and SC2452TT



Host Club: **YMCA of Upper Palmetto Rays**

| | | | |
|-------------------------|-----------------------|----------------------------------|--------------|
| Meet Director: | Caroline Andrychowski | ymcaupraysmeetdirector@gmail.com | 704-779-5892 |
| Meet Referee: | Aimee Onoszko | aonoszko@bellsouth.net | 816-665-6080 |
| Admin Referee: | Aimee McMillan | aimeeemcmillan@gmail.com | 704-502-5996 |
| Meet Entries to: | Jon Mengerling | ymcaupraysmeetentries@gmail.com | 803-817-7665 |
| Safety Marshal: | Wayne Lowery | waynelowery@ymcaup.org | 803-817-7665 |
| | Lauren Mozingo | laurenmozingo@ymcaup.org | 803-817-7665 |

| | | | |
|------------------|----------------|--|--------------|
| Facility: | Meet Location: | Rock Hill Aquatics Center 325 Rawlinson Road Rock Hill, South Carolina 29730 | 803-817-7665 |
|------------------|----------------|--|--------------|

The Rock Hill Aquatics Center is an indoor climate-controlled facility with a ten lane 25-yard pool and adjacent eight lane warm-up pool. The warm-up pool will be available for the duration of the meet. The Paddock built competition pool has eight-foot-wide lanes with bottom striping and wall targets. The pool also features an Automatic Surge Reduction guttering system with non-turbulent lane lines and collegiate starting blocks. The facility features bleacher seating for 500 spectators and ample deck space with on-deck bleachers for swimmers. The facility also features a ten lane Colorado Timing Olympex Scoreboard. Only officials, coaches and swimmers will be allowed on the deck during warm-up and competition. The facility features 4 locker rooms (Boys & Men, Girls & Women) along with separate restroom facilities for spectators. All areas of the facility are handicap accessible. Overflow parking is available at the adjacent elementary school. The water depth of the competition course is eight (8) feet, six (6) inches, measured from one (1) meter to five (5) meters, on the starting end of the course, and five (5) feet, two (2) inches, measured from one (1) meter to five (5) meters, at the turn end of the course. The water depth of the warm down course is four (4) feet, eleven (11) inches, measured from one (1) meter to five (5) meters, on the starting end of the course, and three (3) feet, six (6) inches, measured from one (1) meter to five (5) meters, at the turn end of the course. The competition course has been certified in accordance with 104.2.2C(4). A copy of the certification is on file with USA Swimming.

Medical supervision will be provided by the Rock Hill Aquatics Center Lifeguard staff.

Rules:

The Meet is to be conducted in accordance with the current USA Swimming and SC Swimming Rules and Regulations and information herein.

RAYS welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meet. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the meet director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit RAYS' ability to accommodate all requests.

Stadium seats and deck chairs are not permitted in the bleachers.

Use of audio or visual recording devices, including cell phones, is prohibited in changing areas, rest rooms, and locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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.

Swimwear: Swimmers 12 years old and younger are not permitted to wear "Technical" suits at this meet. (USA Swimming Rule 102.8.1.F)

MAAPP 2.0: 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 ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Athlete Eligibility:

This competition is open to any USA-S registered swimmer. Swimmers will compete at their age as of January 19, 2024. 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.

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:

Entry limit: All athletes may enter up to two (2) individual events on Friday and up to three (3) individual events per day on Saturday and Sunday including time trials. Entry fees will be:

- \$25.00 per swimmer for pool use
- \$4.00 per event
- \$2.00 per SCLSC Travel Fund/Program Fee
- \$2.00 Sport Development Fee
- \$2.00 per swimmer out of LSC SCLSC Travel Fund/Program Fee
- \$5.00 Digital heat sheet fee
- \$8.00 per time trial
- \$8.00 per event for deck/late entries

Entries will be limited to the first 600 swimmers that have submitted all required documents and fees by the meet deadline. If a team's entries exceed this limit, all entries for that team will be accepted.

Meet Format:

- All events on Friday are timed finals. All events 11 & Over will be prelims/finals except for the 12 & Under 500 Free which will be contested as timed finals. All 10&Under events will be timed finals.
- The 400 IM, 500 Free, and 1650 Free will be deck seeded and require positive check-in. Positive check-in will close 30 min prior to the start of the session. The 12 & Under 500 Free and the 1650 Free will be contested fast to slow alternating heats girls and boys. Swimmers must provide their own personnel to lap count.
- Any swimmer who is positively checked in for an event and does not swim will be disqualified from their next individual event. All other events will be pre-seeded.
- 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. Swimmers that fail to show for their event at finals will be disqualified from their first event the next day.
- Finals will be contested slow to fast. The following heats will return for finals.
 - 11-12 - 1 Heat (Top 10)
 - 13-14 - 2 Heats (Top 20)
 - 15 & Over - 2 Heats (Top 20)
- A swimmer who misses their assigned heat may be entered into another heat at the Meet Referees discretion.
- The meet host reserves the right to refund fees due to unforeseen circumstances or acts of nature.
- Friday evening events may be limited to keeping the session at the desired timeline.

Swim Offs:

It is the coaches' and swimmers' 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 will be conducted at the end of the session and at the discretion of the Meet Referee. Time trial fees must be paid upon entry at the Clerk of Course. A time trial is counted as an individual event. Each swimmer swimming in a time trial will be required to provide their own timer.

| | | | |
|----------------------|-----------------------|---|---|
| Time of Meet: | FRIDAY | All Ages | Warm-up 5:00 pm Competition 6:00 pm |
| | SATURDAY | 13 & Over Prelims | Warm-up 7:00 am Competition 8:00 am |
| | | 12 & Under Prelims/ TF | Warm-up Not before 12:00 Noon Competition not before 1:00 pm |
| 11 & Over Finals | | Warm-up 5:00 pm Competition 6:00 pm | |
| SUNDAY | 13 & Over Prelims | Warm-up 7:00 am Competition 8:00 am | |
| | 12 & Under Prelims/TF | Warm-up Not before 12:00 Noon Competition not before 1:00 pm | |
| | 11 & Over Finals | Warm-up 5:00 pm Competition 6:00 pm | |

Meet management reserves the right to make changes to ensure that the meet is run as efficiently as possible. This could include changes to warm-up/session start times, session assignments, or deletion of events.

Entries: Please use swimmer's full name, age as of January 19, 2024, and sanctioned short course yards entry times. Attach a copy of your current USA Swimming roster with athlete numbers as supplied by your LSC registration chairman for verification purposes. Electronic entry using SDIF format is encouraged. You must submit a paper back-up copy for verification.

Meet entries should be received by 11:59 pm Tuesday, January 9, 2024.

Hard copies and checks should be mailed to:
 2024 Rays "The Rock" Classic Entries
 c/o YMCA of Upper Palmetto Timing
 325 Rawlinson Road
 Rock Hill, SC 29732

E-mailed entries must also be accompanied by Word document exports of the entries by swimmer and entry fee summary. E-mail entries should be sent to ymcaupragsmeetentries@gmail.com. Please send any certified or express mail with a signature release. **Checks should be made payable to the YMCA of Upper Palmetto.** **Entry fees must be paid in full by the first event of the meet.** Payment may also be made by credit card. For advance payment of entry fees by credit card please call Caroline Andrychowski between 6:00 and 11:30 am Monday – Friday at 803-817-7665.

All swimmers deck entering the meet must provide proof of current USA Swimming membership. SC Swimming does not accept deck registrations, all swimmers entered must be registered at time of entry deadline.

Awards: Ribbons will be awarded for first (1st) - tenth (10th) place by age group (10&Under, 11-12, 13-14 and 15 & Over).

Scoring: This meet will not be scored for individual or team points.

Timing: Colorado Timing System and data processing will be managed by YMCA of Upper Palmetto Timing. Timers from participating teams are requested in proportion to the number of swimmers entered in the meet.

Coaches Eligibility: All coaches must be a current coach in good standing with USA Swimming and present their credentials daily to receive their coaching packet/heat sheet. There may be a coaches meeting on Friday prior to the start of the session. Each team should have one representative coach present for this meeting.

Other Information: **Officials:** Certified officials willing to work are most welcome. Officials interested in working should email the Meet Referee. An official's meetings will begin one (1) hour prior to the start of each session. On Sunday prelims and afternoon sessions, the dress will be your favorite concert shirt and pants will be navy blue. Please make sure the shirt has kid appropriate graphics and language. The dress for Saturday and Sunday finals will be white over navy pants.

Heat Sheets: Digital heat sheets will be posted on the Rays website, www.swimrays.com and will be emailed to the person who submits entries for each team. The heat sheet will also be posted at no charge on Meet Mobile. Hard copies of the heat sheet will be provided to coaches at the meet.

Warm-up Procedures: Teams will be assigned lanes for prelims and timed finals. Saturday finals will be open warm-ups. Equipment such as kickboards, pull buoys, etc. may not be used during any warm-up. The warm-down pool will be available during the swim meet for swimmers in the meet only. However, swimmers who horseplay in the warm-down pool may be asked to get out of the pool and may be disqualified from the remainder of their events for the meet.

Contact Person: Caroline Andrychowski ymcaupraysmeetdirector@gmail.com
Alternate Contact: Jon Mengerling jonathanmengerling@ymcaup.org

Directions: From I-77 take Exit 82C Hwy 161 towards York. Hwy 161 (Celanese Road) will be six lanes wide at this point. Continue straight until it becomes 4 lanes. Turn left onto Rawlinson Road. Cross Hwy. 901 at the light. The pool will be on the left.

Hotel Information: Hotel information may be posted on www.swimrays.com

Order of Events:

2024 Rays "The Rock" Classic

January 19-21, 2024

Held under the sanction of USA Swimming issued by SC Swimming:

Sanction Number SC2451SCY and SC2452TT

Friday -Timed Finals

Warm-up: 5:00 pm

Meet: 6:00 pm

| Girls Event # | <u>ORDER OF EVENTS</u> | Boys Event # |
|---------------|------------------------|--------------|
| 1 | Open 400 IM | 2 |
| 3 | 11-12 200 IM | 4 |
| 5 | Open 1650 Free | 6 |

Saturday - Prelims

Warm-up: 7:00 am

Meet: 8:00 am

| Girls Event # | <u>ORDER OF EVENTS</u> | Boys Event # |
|---------------|------------------------|--------------|
| 7 | 13-Over 500 Free | 8 |
| 9 | 13-Over 100 Free | 10 |
| 11 | 13-Over 200 Fly | 12 |
| 13 | 13-Over 100 Breast | 14 |
| 15 | 13-Over 200 Back | 16 |

Saturday- Prelims/Timed Finals

Warm-up: Not before 12:00 pm

Meet: Not before 1:00pm

| Girls Event # | <u>ORDER OF EVENTS</u> | Boys Event # |
|---------------|------------------------|--------------|
| 17 | 11-12 100 IM | 18 |
| 19 | 10-Under 100 IM | 20 |
| 21 | 11-12 100 Free | 22 |
| 23 | 10-Under 100 Free | 24 |
| 25 | 11-12 50 Fly | 26 |
| 27 | 10-Under 50 Fly | 28 |
| 29 | 11-12 100 Breast | 30 |
| 31 | 10-Under 100 Breast | 32 |
| 33 | 11-12 50 Back | 34 |
| 35 | 10-Under 50 Back | 36 |

Saturday - FINALS

Warm-up: 5:00 PM

Meet: 6:00 PM

| Girls Event # | <u>ORDER OF EVENTS</u> | Boys Event # |
|----------------------|-------------------------------|---------------------|
| 17 | 11-12 100 IM | 18 |
| 7 | 13-Over 500 Free | 8 |
| 21 | 11-12 100 Free | 22 |
| 9 | 13-Over 100 Free | 10 |
| 25 | 11-12 50 Fly | 26 |
| 11 | 13-Over 200 Fly | 12 |
| 29 | 11-12 100 Breast | 30 |
| 13 | 13-Over 100 Breast | 14 |
| 33 | 11-12 50 Back | 34 |
| 15 | 13-Over 200 Back | 16 |

Sunday- Prelims

Warm-up: 7:00 AM

Meet: 8:00 AM

| Girls Event # | <u>ORDER OF EVENTS</u> | Boys Event # |
|----------------------|-------------------------------|---------------------|
| 37 | 13-Over 100 Fly | 38 |
| 39 | 13-Over 200 Breast | 40 |
| 41 | 13-Over 50 Free | 42 |
| 43 | 13-Over 200 IM | 44 |
| 45 | 13-Over 100 Back | 46 |
| 47 | 13-Over 200 Free | 48 |

Sunday - Prelims/Timed Finals

Warm Up: Not before 12:00 PM

Meet: Not Before 1:00 PM

| Girls Event # | <u>ORDER OF EVENTS</u> | Boys Event # |
|----------------------|-------------------------------|---------------------|
| 49 | 10-Under 100 Fly | 50 |
| 51 | 11-12 100 Fly | 52 |
| 53 | 10-Under 50 Breast | 54 |
| 55 | 11-12 50 Breast | 56 |
| 57 | 10-Under 50 Free | 58 |
| 59 | 11-12 50 Free | 60 |
| 61 | 10-Under 100 Back | 62 |
| 63 | 11-12 100 Back | 64 |
| 65 | 10-Under 200 Free | 66 |
| 67 | 11-12 200 Free | 68 |
| 69 | 10-Under 200 IM | 70 |
| 71 | 12-Under 500 Free | 72 |

Sunday - FINALS
Warm-up: 5:00 PM
Meet: 6:00 PM

| Girls Event # | <u>ORDER OF EVENTS</u> | Boys Event # |
|---------------|------------------------|--------------|
| 51 | 11-12 100 Fly | 52 |
| 37 | 13-Over 100 Fly | 38 |
| 55 | 11-12 50 Breast | 56 |
| 39 | 13-Over 200 Breast | 40 |
| 59 | 11-12 50 Free | 60 |
| 41 | 13-Over 50 Free | 42 |
| 43 | 13-Over 200 IM | 44 |
| 63 | 11-12 100 Back | 64 |
| 45 | 13-Over 100 Back | 46 |
| 67 | 11-12 200 Free | 68 |
| 47 | 13-Over 200 Free | 48 |

Meet Entry Summary Sheet:

2024 Rays "The Rock" Classic

January 19-21, 2024

Held under the sanction of USA Swimming issued by SC Swimming:

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Meet Entry Summary Sheet

| | | |
|--|--|------------|
| Total Number of Swimmers _____ | x \$2.00 SCLSC Travel Fund/Program Fee | = \$ _____ |
| Total Number of Swimmers _____ | x \$2.00 SCLSC Sports Development Fee | = \$ _____ |
| Total Number of out-of-LSC _____ | x \$2.00 SCLSC Travel Fund/Program Fee | = \$ _____ |
| Total Number of Swimmers _____ | x \$25.00 Facility Fee | = \$ _____ |
| Total Number of Swimmers _____ | x \$5.00 Electronic Heat Sheet Fee | = \$ _____ |
| Total # Individual Events: _____ | x \$4.00 Individual Event Fee | = \$ _____ |
| Total Fees: (checks payable to YMCA of Upper Palmetto) | | = \$ _____ |

Team: _____ Team Code: _____

Head Coach: _____ Phone Number: _____

Head Coach Email Address: _____

Team Entry Contact Person _____

Team Entry Contact Person Phone Number _____

Team Entry Contact Email Address _____ (results will be sent to this address)

Number of Coaches at Meet: Fri: _____ Sat: _____ Sun: _____

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:

2024 Rays "The Rock" Classic
c/o YMCA of Upper Palmetto Timing
325 Rawlinson Road
Rock Hill, S.C. 29732