

**WINTER HAVEN STINGRAYS  
“THE ROWDY CUP”  
2010 LONG COURSE SWIM MEET**

- SANCTION BY:** Florida Swimming of USA Swimming # 5081
- TYPE OF MEET:** Age Group and Senior, 50 meter, Long Course, Timed Finals
- HOST:** Winter Haven Stingrays Swim Team
- SPONSOR:** City of Winter Haven, Department of Leisure Services
- DATE AND TIME:** **Friday April 16, Saturday April 17, and Sunday April 18, 2010.**  
**Friday 5:00pm;**  
**Morning sessions begin at 8:30 am;**  
**Afternoon sessions will not begin before 12:00 noon.**
- WARM UP:** **One hour prior** to start of Friday evening and Morning sessions;  
**Guarantee of one half hour prior** to start of the afternoon sessions.
- LOCATION:** Rowdy Gaines Olympic Pool, Chain of Lakes Recreational Complex,  
210 Cypress Gardens Boulevard, Winter Haven, Florida
- POOL SPECS:** Water depth at the competition starting end is a minimum of 4 feet  
6 inches. Eight lanes, 50 meter, Outdoor pool, Non-turbulent lane  
lines. Separate diving well available for warm up and warm down.
- TIMING SYSTEM:** Daktronics Electronic Timing Equipment with Electronic Display
- ELIGIBILITY:** Open to all USA Swimming registered swimmers.  
**Limited to first 400 swimmers.**  
Registered swimmers and teams from foreign countries are welcome.
- SEEDING:** 50 meter times will be used for seeding purposes. Conversions may be  
made using the formula in the 2010 Florida Swimming Handbook or by  
the standard computer software used to prepare your entry.
- SCRATCHES:** No penalty for scratching on the block.
- ENTRY LIMIT:** Four (4) individual events per day plus relays. Swimmers over entered  
will be considered as entered in the first 4 events each day. No limit to  
relay entries, but each entry should indicate “A”, “B” etc.
- AWARDS:** **Individual Events:** 1<sup>st</sup>- 8<sup>th</sup> Ribbons  
**Relays:** 1<sup>st</sup>- 3<sup>rd</sup> Ribbons;  
**Heat Winner ribbons:** 11-12, 10&u, 8&u age groups  
**Rowdy Prizes:** Random heat selection  
**Team Awards:** 1<sup>st</sup>- 3<sup>rd</sup> Place  
**High Point Awards:** 1<sup>st</sup>- 3<sup>rd</sup> Male and Female each age group

**SCORING:** **Individual:** 9-8-7-6-5-4-3-2-1 **Relays:** 18-14-12-10-8-6-4-2

**RULES:**

- \* Current USA Swimming rules will govern the meet. Safety rules, as outlined by USA Swimming, and as recommended by the Head Marshall, will be in effect during all warm-ups and in all warm-up areas.
- \* No recall false start will be used as outlined in 102.14.48.
- \* Fly-over starts will be used at the discretion of the head referee.
- \* Meet Management reserves the right cancel relays to be in accordance with the 4 hour rule.

**ENTRY FORMS:** Entries must be in USA Swimming SDIF format. Sent by email using Hy-Tek team manager. Corrupted, unreadable, or incorrectly formatted files must be corrected within 24 hours. Errors in entries submitted electronically are the responsibility of the applicant.

***Preferred:*** Entries will be accepted via electronic mail attachment to [jgrazier75@hotmail.com](mailto:jgrazier75@hotmail.com) <Free text email will not be accepted>

**Please** list all attending coaches and contact phone numbers in the body of the email. **Email confirmation will be sent upon receipt of the file.**

A signed hard copy printout also serves as proof of entry. The legal name and current USA Swimming registration number for each swimmer must be listed on the entry file, including "relay only" swimmers.

**DECK ENTRIES:** Deck entries are to be submitted to meet management no later than 30 minutes prior to the start of each session. The fee for deck entries is \$10.00 per event. **If the swimmer is not already in the meet, the \$7.00 facility fee is also due.** Fees must be paid at the time the entry is made. Deck entries will be accepted only if there are open lanes in the desired event. Swimmers must still comply with the maximum per session entry limit and other eligibility requirements. Swimmers may not scratch an event in order to deck enter a new event. Proof of USA Swimming registration must be met.

**ENTRY FEE:** ***REDUCED MEET FEES!*** 😊  
\$7.00 per swimmer Meet Surcharge; Age Group and Senior:  
\$2.75 per individual event, \$5.00 per relay.  
\$50.00 ***additional fee*** if team ***does not*** enter the meet using the Hy-tek format.  
Checks payable to: **WINTER HAVEN STINGRAYS.**

**ENTRY DEADLINE:** Entries must be received by **TUESDAY, APRIL 6, 2010.**  
Mail entries, "**No signature required**", to:  
**Laurie Smith, 4510 Riviera Drive, Winter Haven, Florida 33884**

**Email to (Preferred):** [jgrazier75@hotmail.com](mailto:jgrazier75@hotmail.com)

**INFORMATION:** Jim Grazier  
Phone: 863.514.4564  
Email: [jgrazier75@hotmail.com](mailto:jgrazier75@hotmail.com)

**CONDITIONS OF****SANCTION:**

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**REPRESENTATIVE:**

Prior to the start of the meet, the name of one person, other than the Coach, who will check with the Referee about any matter pertaining to the meet must be given to the Referee. The Coach and that person only will be recognized. All swimmers must be represented by a certified USA Swimming member coach. The coach must show proof of membership before their swimmers compete in any event.

**IDENTIFICATION:**

Coaches and Officials shall wear their USA Swimming registration card in a conspicuous manner, on their person, at all times while on deck during the meet.

**OFFICIALS:**

**Head Referee:** Eva Gronke  
**Starter:** Lorne Wenzel  
**Head Stroke and Turn:** Joni Cornell  
**Head Marshall:** Laurie Smith

**SUPERVISION:**

A current coach member of USA Swimming must supervise each swimmer participating in a Florida Swimming sanctioned meet during warm-up and competition. An unattached athlete or an athlete not escorted by a coach member must check in with the meet referee upon arrival at the meet. Such athletes must find a substitute coach who will supervise him/her during warm-up and competition and must submit the enclosed alternate coaches form (signed) to the Referee.

**WARM UP SCHEDULE**

<b><u>LANE</u></b>	<b><u>FIRST 1/2 HOUR (General Warm-up)</u></b>	<b><u>SECOND 1/2 HOUR (Controlled Warm-up)</u></b>
1	Push off 50's or 100's pace (circle swimming)	Push off 50's pace (circle swimming)
2	Swimming and pulling only (push off)	Racing start, one length only
3	Swimming and pulling only (push off)	Swimming and pulling only (push off)
4	Swimming and pulling only (push off)	Swimming and pulling only (push off)
5	Swimming and pulling only (push off)	Swimming and pulling only (push off)
6	Swimming and pulling only (push off)	Racing start, one length only
7	Swimming and pulling only (push off)	Racing start, one length only
8	Push off 50's pace (circle swimming)	Push off 50's pace (circle swimming)

**\*NO EQUIPMENT TO BE USED DURING WARM-UP**

**\*NO RACING STARTS IN WARMUP OR WARM DOWN LANES DURING THE MEET**

**\*ENTER THE WATER FEET FIRST WITH ONE HAND ON THE DECK WHEN ENTERING THE POOL AT ALL TIMES DURING THE WARM-UP INCLUDING WHEN SWIMMERS ARE NOT DOING A RACING START**

**DIRECTIONS  
ROWDY GAINES OLYMPIC POOL  
210 CYPRESS GARDENS BOULEVARD**

**FROM TAMPA:** INTERSTATE 4 EAST TO POLK PARKWAY; POLK PARKWAY EAST TO WINTER HAVEN EXIT, WINTERLAKE RD (S.R. 540); EAST ON WINTERLAKE RD TO S.R. 17; NORTH ON S.R. 17 TO CYPRESS GARDENS BOULEVARD; RIGHT TURN ON CYPRESS GARDENS BLVD TO FIRST ENTRANCE ON THE RIGHT WHICH IS THE ENTRANCE TO THE CHAIN OF LAKES RECREATION COMPLEX. LOOK FOR ORANGE DOME LANDMARK.

**FROM ORLANDO:** INTERSTATE 4 WEST TO U.S. 27; SOUTH ON U.S. 27 TO CYPRESS GARDENS BOULEVARD (S.R. 540); TURN RIGHT ON CYPRESS GARDENS BLVD GOING WEST TO THE CHAIN OF LAKES RECREATION COMPLEX. IT IS APPROXIMATELY 8 MILES TO THE POOL. LOOK FOR THE ORANGE DOME LANDMARK.

**FROM SOUTH FLORIDA:** US 27 NORTH TO CYPRESS GARDENS BLVD. (S.R. 540); WEST TO CHAIN OF LAKES COMPLEX AND ROWDY GAINES OLYMPIC POOL (LOOK FOR THE ORANGE DOME).

**ACCOMMODATIONS**

**BEST WESTERN ADMIRALS INN  
5651 CYPRESS GARDENS BLVD  
863.324.5950**

**HAMPTON INN  
202 CYPRESS GARDENS BLVD  
863.299.9251**

**HOLIDAY INN OF WINTER HAVEN  
200 CYPRESS GARDENS BLVD  
863.292.2100**

**HOWARD JOHNSONS  
1150 THIRD STREET SOUTHWEST  
863.294.7321**

**CLARION INN  
1150 THIRD STREET SW  
863.294.4451**

**THE RANCH HOUSE  
1191 CYPRESS GARDENS  
863.3245994**

***WHEN MAKING RESERVATIONS INDICATE THAT YOU ARE WITH A SWIM TEAM  
ATTENDING THE WINTER HAVEN STINGRAYS SWIM MEET TO OBTAIN SPECIAL  
DISCOUNTED RATE.***

\*\*\*\*\*

**WINTER HAVEN STINGRAYS 2010 Rowdy Cup  
ORDER OF EVENTS**

<b>FRIDAY, APRIL 16, 2010</b>		<b>START at 5:00PM</b>	<b>WARM UPS at 4:00PM</b>
<b>GIRLS</b>	<b>BOYS</b>	<b>AGE GROUP</b>	<b>EVENTS</b>
1	2	10 & under	200 Free
3	4	11 –12	400 Free
5	6	13 – 14	400 Free*
7	8	Senior	400 Free*
9	10	10 & under	200 Individual Medley
11	12	11 – 12	200 Individual Medley
13	14	13 – 14	400 Individual Medley**
15	16	Senior	400 Individual Medley**

\*Events 5 & 7 and 6 & 8 will be swum together, but scored separately.

\*\*Events 13 & 15 and 14 & 16 will be swum together, but scored separately.

**MORNING SESSIONS**

**START at 8:30 am**

**WARM-UPS begin at 7:30 am**

**SATURDAY, APRIL 17, 2010**

**SUNDAY, APRIL 18, 2010**

<b>GIRLS</b>	<b>BOYS</b>	<b>AGE GROUP</b>	<b>EVENT</b>	<b>GIRLS</b>	<b>BOYS</b>	<b>AGE GROUP</b>	<b>EVENT</b>
17	18	Senior	200 Free	63	64	Senior	200 IM
19	20	13-14	200 Free	65	66	13-14	200 IM
21	22	Senior	100 Fly	67	68	Senior	100 Free
23	24	13-14	100 Fly	69	70	13-14	100 Free
25	26	Senior	200 Back	71	72	Senior	200 Breast
27	28	13-14	200 Back	73	74	13-14	200 Breast
29	30	Senior	100 Breast	75	76	Senior	100 Back
31	32	13-14	100 Breast	77	78	13-14	100 Back
33	34	Senior	50 Free	79	80	Senior	200 Fly
35	36	13-14	50 Free	81	82	13-14	200 Fly
37	38	Senior	200 F. Relay	83	84	Senior	200 M. Relay

**AFTERNOON SESSIONS**

**WARM-UPS 30 minutes prior**

**Will not begin before 12:00 noon**

**SATURDAY, APRIL 17, 2010**

**SUNDAY, APRIL 18, 2010**

<b>GIRLS</b>	<b>BOYS</b>	<b>AGE GROUP</b>	<b>EVENT</b>	<b>GIRLS</b>	<b>BOYS</b>	<b>AGE GROUP</b>	<b>EVENT</b>
39	40	11-12	100 Free	85	86	11-12	50 Free
41	42	10 & under	100 Free	87	88	10 & under	50 Free
43	44	11-12	50 Breast	89	90	8 & under	50 Free
45	46	10 & under	50 Breast	91	92	11-12	100 Breast
47	48	8 & under	50 Breast	93	94	10 & under	100 Breast
49	50	11-12	100 Back	95	96	11-12	50 Back
51	52	10 & under	100 Back	97	98	10 & under	50 Back
53	54	11-12	50 Fly	99	100	8 & under	50 Back
55	56	10 & under	50 Fly	101	102	11-12	100 Fly
57	58	8 & under	50 Fly	103	104	10 & under	100 Fly
59	60	11-12	200 F. Relay	105	106	11-12	200 Free
61	62	10 & under	200 F. Relay	107	108	10 & under	200 M. Relay
				109	110	11-12	200 M. Relay

**WINTER HAVEN STINGRAYS  
2010 "ROWDY CUP" LONG COURSE SWIM MEET  
MASTER ENTRY FORM**

**TEAM NAME** \_\_\_\_\_ **CALL LETTERS** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**COACH** \_\_\_\_\_ **PHONE** \_\_\_\_\_

**Swimmers/Coach Registration**

I certify that all individuals listed on the attached forms are currently registered members of USA Swimming and are eligible to compete in this meet. I further certify that one or more of the USA Swimming listed member coaches will be on deck supervising during warm-up and competitive sessions at the meet.

**Name of Coach:**

**Team:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I certify that all individuals listed above are currently registered USA Swimming Coach Members, and that I am a current USA Swimming registered Non-athlete member.

\_\_\_\_\_  
Signature (must be USA Swimming member)

\_\_\_\_\_  
Team

\_\_\_\_\_  
Date

**Entries must be received by Tuesday, April 6, 2010**

**E-mail entries to (Preferred): jgrazier75@hotmail.com**

**Mail entries (No signature required) to:**

**Laurie Smith 4510 Riviera Drive Winter Haven, Florida 33884**

**Phone: Jim Grazier @ 863.514.4564**

\*\*\*\*\*

**Financial Recap**

We have entered the following:

Total Swimmers	_____	@ \$7.00	_____
Individual Events	_____	@ \$2.75	_____
Relays	_____	@ \$5.00	_____
Hy-tek Fee (team <b><i>not</i></b> using Hy-tek)		\$50.00	_____
Total Fees Paid		\$	_____

