

Sizzlin' Summer Splash

*Manta Ray Aquatics
Surf 'N Slide Water Park
Moses Lake*

July 11th-13th, 2025

Held under Sanction of United States Swimming, Inc. and
Inland Empire Swimming, Inc., **Sanction #IE-25-1595**

In granting this sanction it is understood and agreed that USA Swimming (USA-S) 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 further understood that Inland Empire Swimming, Inc., all meet officials, the Surf 'N Slide Water Park, and the Manta Ray Aquatics Swim Team 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 meet. Use of audio or visual recording devices (including a cell phone camera), is not allowed in changing areas, behind starting blocks, restrooms, or locker rooms. Deck Changing is prohibited: Changing into or out of swimsuits other than in the facility locker rooms, or other designated areas designated by the host facility, is not appropriate, and is prohibited. 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. All 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 MAAPP is a condition of participation in the conduct of this competition.

Host: Manta Ray Aquatics, P.O. Box 452, Moses Lake, WA 98837

Location: Surf 'N Slide Water Park, 5th Avenue & Beech in McCosh Park.

From Seattle: take exit 176 and turn left onto Broadway Ave. Go about 2 miles and turn right on Dogwood Street.

From Spokane: take exit 179 and turn right onto Pioneer Way. Go about 2.5 miles and turn left on 5th Ave.

Format: Timed Finals, Split

Schedule: Friday: Facility Opens: 3:15 p.m.
Warm-ups: 3:30-4:25 p.m.
Events start: 4:30 p.m.

Saturday and Sunday: Facility Opens: 6:30 a.m.
13 & Over Warm-ups: 6:50-7:25 a.m.

Events start: 7:30 a.m.

*12 & Under warmups will start immediately after the conclusion of the 13 & Over session and run for 30 minutes

Approximate Event Start: 12:30

Meetings: Friday: Coaches: (prior to meet via Zoom) - Officials: 4:00 p.m.
Saturday & Sunday: Coaches: (only if necessary) - Officials: 7:00 a.m.

Heat Sheets: Heat sheets are included as part of the athlete surcharge. The Timeline and Meet Program will be available on Meet Mobile at no charge and the pdf of the heat sheet will be sent to each team to distribute to attendees as well as being posted on the IES website. Heat sheets will NOT be available at the meet.

Entry Deadline:

Entries must be received no later than **Wednesday, June 25th, 2025 at 11:59 p.m.** to ensure entrance into the meet. Entries will be limited to include teams up to and including the team that has the 425th swimmer entered. We reserve the right to change the warm-up and start times after all entries are received.

Eligibility:

Open to currently registered USA Swimming Athletes. No entrant will be permitted to compete unless the entrant is a member of USA Swimming as provided in Article 302 at the time of meet entry. Open to 2025 registered World Aquatics athletes with coach in good standing and pending final confirmation from USA Swimming. Age on the first day of the meet determines the age group to enter. Each swimmer must swim in his/her respective age group. Athletes with a disability are welcome and are asked to provide advance notice of necessary accommodations.

SWIMS:

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.

Course:

Outdoor, 50-meter, 8-lane pool with turbulence control racing lane lines. Depending on meet attendance and timeline considerations, seeding may be reduced to 6 Lanes for competition, providing a warm-up/cool-down lane that would be available during competition. The pool meets USA Swimming water depth and starting block height requirements. The start end of the pool is 12.5' deep, with the turn end being 3.5' deep. The host will ensure the required course dimensions. In-water starts will be used for the turn end during the 200-meter relays.

Warm-ups:

Warm-up time slots and sessions will be determined and posted once all of the entries are received. Meet Marshalls will be on deck during warm-up sessions. With the concurrence of the Meet Referee, the Meet Marshalls have the authority to remove any swimmer, coach, or team from warm-ups and or the meet if they do not follow the safety rules and protocols of the event.

****The Lazy River will be used for warm-up and cool-down throughout the meet.**

Rules:

Current USAS rules will govern. The rules and procedures of IES also apply. Any protests or questions concerning the outcome of an event shall be directed in writing to the meet referee by the team coach. The meet referee will be the final authority for the conduct of the competition. Coaches that have an athlete with a disability that requires accommodations to the starting procedure must notify the referee prior to the athlete's swim. All swimmers entered in the meet must be under the supervision of a USA Swimming member coach or World Aquatic coach covered under USA Swimming's "Open Border" policy during warm-up, competition, and warm-down. Only USA Swimming and World Aquatics athletes, coaches, officials & designated meet volunteers are permitted in the deck area. The deck area is considered to be a 3-foot area from the edge of the pool and the area behind the start platforms up to the timer chairs. There will be no swimming in the Lazy River except for swimmers to warm up prior to their events and cool down immediately thereafter. 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. This meet may be covered by media showing swimmers participating in this meet. Entry into this meet is an acknowledgment of this fact.

Medical supervision will be available to all athletes participating in the meet. Lifeguards with current Red Cross lifeguarding, first aid, and CPR/AED certification will be on duty throughout the event. In addition, each coach's credentials include current Red Cross water safety skills, first aid, and CPR/AED certification.

Coaches:

Coaches must be current members of USAS or Swimming/Natation Canada (SNC). Proof of coaching certification must be produced on request at any time by the referee.

Awards:

All individual events entered by the deadline will score toward high point scoring. Deck entries will not be scored. Combined events will be separated into 8 & Under; 9-10; 11-12; 13-14; and 15 & Over as appropriate for each gender. Ribbons will be awarded for 1st through 8th place for individual events. Relays will not be scored nor earn awards. Individual high-point awards will be given to each girl and boys age group. Please assign an adult representative of your team to pick up awards at the conclusion of the meet as they will not be mailed.

Individual Entries:

Swimmers may enter a maximum of two (2) individual events on Friday (Note: No events are available for 8 & under on Friday due to time constraints), and a maximum of three (3) individual events on Saturday, and a maximum of three (3) individual events on Sunday for a total of eight (8) individual events over the weekend. Entries will be limited to the team that has the 425th swimmer entered. The date of receiving entries determines the order of entry. "No Time" (NT) entries are allowed. However, if we are going to exceed the time constraints for Friday's events, NTs will be the first to be scratched. All entries must be in meters or converted yards times. Once the meet has been seeded, swimmers that are already registered in the meet may request to deck enter additional events (up to the corresponding daily limit), pending availability of empty lanes, and at the discretion of the referee. Payment of \$10 per event is due upon approval. There will be no deck registrations. All events on Friday will be swum from fastest to slowest.

***In the event that the meet is going to exceed the time constraints issued by the facility, we will be forced to scratch events starting with "NT" entries on Friday and the relays on Saturday and Sunday.**

Relay Entries: 13 & Over swimmers may enter a maximum of one (1) relay per day (Saturday & Sunday). Due to time constraints, teams are only allowed to enter two relay teams per event. For entry and scoring purposes, there are separate events for boys, girls, and mixed. These events, however, will be swum together. Mixed relay entries must consist of two girls and 2 boys. Non-compliant relay teams can swim but will be DQ'd upon completion.

***In the event that the meet is going to exceed the time constraints issued by the facility for Saturday and Sunday, we will be forced to scratch events starting with the relays.**

Entry Fees: Entry fees are \$5.00 for each individual event, \$16.00 for each relay, and a \$40 surcharge per athlete (\$20.00 IES surcharge and a \$20.00 facility and heat sheet fee per swimmer).

Please make checks payable to: Manta Ray Aquatics.

Entries: Submitting Instructions for e-mailing entries:

E-mail entries to: mrmeetentries@gmail.com

Payment must be received by July 11th for entries to be considered official.

Please e-mail the following attachments no later than 11:59 p.m. June 25th, 2025:

1. Commlink entry file from Team Manager or Team Unify
2. Print to file (Word format or PDF) of team individual entries.
3. Print to file (Word format or PDF) of team relay entries.
4. Print to file (Word format or PDF) of meet fees due.

Payment sent to: Manta Ray Aquatics
P.O. Box 452
Moses Lake, WA 98837

*****Please waive requirements for signature*****

Meet Director: Mikey Stevens: mikeynxcoug01@msn.com
Meet Referee: Nicole Preston: nic.preston@gmail.com
Administrative Official: Steve Washburn: washburnscw@gmail.com
Head Starter: Marie Molitor
Stroke & Turn: Kristin Stevens, Lawrence Cristoloveanu, Tristan Leeder, Toni Law
Officials Contact: Nicole Preston: nic.preston@gmail.com

The Manta Rays welcome help from visiting officials.

The uniform is a white Polo shirt, blue shorts/pants/skirt, and white shoes.

Timing: A Daktronics Timing System will be the primary time recording system with touch pads at both ends of the pool. 2 lane timers will also be required throughout the meet. Each team will be responsible for sharing in the timing duties.

Results:

Results will be posted in the pool area throughout the meet. The results will also be available on the Meet Mobile app. Final results will be posted on the IES website after the conclusion of the meet.



Facility:

Absolutely no tent camping will be permitted in McCosh Park in any area this year.

No tobacco products, glass containers, weapons, or alcoholic beverages are allowed within the pool area or any area of the park. No pets are allowed within the pool fence area.

RV and Trailer camping will be available in the designated areas across the street from McCosh Park on the grounds of Frontier Middle School. No RVs/Trailers will be allowed in McCosh Park's lots. **There will be a \$20 charge (except for coaches that provide credentials at Clerk of Course during camping registration) for camping at Frontier Middle School for the weekend. All campers utilizing this area must register and pay at the Clerk of Course upon arrival.**

MRA's use of the Aquatic Center is partially limited. Changing rooms, competition tank, the grassy area surrounding the pool, and the lazy river will be available. All other amenities and areas are off-limits during the hours of the meet.

The pool deck is wheelchair accessible.

Hospitality:

MRA will be providing concessions to all Coaches and Officials.

Lodging:

Ten Pin Inn & Suites	(509) 764-7500	Inn at Moses Lake	(509) 766-7000
Lakeshore Inn	(509) 765-9201	Ramada Inn	(509) 766-1000
Best Western	(509) 765-9211	Quality Inn	(509) 765-8886
Wingate	(509) 766-2000	Comfort Suites	(509) 765-3731
Holiday Inn Express	(509) 766-8000	SureStay Plus	(509) 765-9317
Econolodge	(509) 765-8631	Travelodge	(509) 760-1737
Motel 6	(509) 766-0260	Fairfield Inn	(509) 765-0500

Water Park:

The Surf 'N Slide Water Park will open to the public at 4:00 p.m. Saturday and Sunday after the meet. Admission must be paid to enter the Water Park after the meet. Admission tickets may be purchased during the meet in the Water Park's office prior to the meet concluding that will allow patrons to enter the Water Park through the VIP Gate and avoid waiting in line to pay.

- Safe Sport:** **No cameras (including cell phone cameras) or other recording devices are allowed behind the blocks at any time. If you see a camera/phone in use, you should:**
- **Inform the camera/phone user of the policy and request that it be put away.**
 - **Inform the Meet Director or Facility Manager of the camera use. Do this even if the camera user puts the camera/phone away when asked.**
 - **Exception: a credentialed, official Meet Photographer identified by the Meet Director, stated in the Meet Announcement, and available to all athletes is allowed behind the blocks after the start of the race.**
 - **Behind the blocks is defined as the area behind the starting edge of the block and behind.**

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries, and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes who are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at <http://www.uscenterforsafesport.org/report-a-concern>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit <http://www.usaswimming.org/report>.

All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before the first day of the meet, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or before the start of the meet, who competes in this USA Swimming-sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

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Entry Fee Tabulation

Team: _____ Coach: _____

Address: _____

Telephone: _____ E-mail: _____

Of Coaches attending: _____

Computations:

IES Surcharge per swimmer (# of swimmers) _____ x \$20.00 = _____

Facility/heat sheet fee per swimmer (# of swimmers) _____ x \$20.00 = _____

Number of individual entries _____ x \$5.00 = _____

Number of relays _____ x \$16.00 = _____

Total Entry Fee \$ _____

Make checks payable to: **Manta Ray Aquatics**

Mail to: Manta Ray Aquatics
P.O. Box 452
Moses Lake, WA 98837

Sizzlin Summer Splash

Session 1 - Friday

Mixed 9 & Over 200 I.M.
Mixed 9 - 12 200 Freestyle
Mixed 13 & Over 400 Freestyle

Session 2 - Saturday 13 & Over Events

Mixed 13 & Over 200 Backstroke
Mixed 13 & Over 100 Butterfly
Mixed 13 & Over 200 Breaststroke
Mixed 13 & Over 100 Freestyle
Mixed 13 & Over 400 I.M.
Mixed 13 & Over 400 Medley Relay

Session 4 - Sunday 13 & Over Events

Mixed 13 & Over 200 Freestyle
Mixed 13 & Over 100 Breaststroke
Mixed 13 & Over 50 Freestyle
Mixed 13 & Over 100 Backstroke
Mixed 13 & Over 200 Butterfly
Mixed 13 & Over 400 Freestyle Relay

*12 & Under warmups will start immediately after the conclusion of the 13 & Over session and run for 30 minutes. The events will start immediately following the warm-up session. 12 & Under Events will start at approximately 12:30 each day.

Session 3 - Saturday 12 & Under Events

Mixed 12 & Under 100 Breaststroke
Mixed 12 & Under 50 Backstroke
Mixed 12 & Under 100 Butterfly
Mixed 12 & Under 50 Freestyle

Session 5 - Sunday 12 & Under Events

Mixed 12 & Under 50 Butterfly
Mixed 12 & Under 100 Backstroke
Mixed 12 & Under 50 Breaststroke
Mixed 12 & Under 100 Freestyle