

2026 Ms Penny McDowall Memorial Meet

Sponsored by:

Sanctioned by: Cayman Islands Amateur Swim Association

Hosted by: Stingray Swim Club

Date of Meet: January 23-25th

Start of Meet: Friday: 5:30 PM; Saturday: 8:30 AM Sunday: 8:30 AM

Warm-up: Friday: 4:30 PM; Saturday 7:00 AM Sunday: 7:00 AM

POOL: Lion's Aquatic Centre, 60 Olympic Way, Grand Cayman

COURSE: Outdoor 25 meter pool with 6 competition lanes.

WARM-UP PROCEDURES: All lanes will be open for CIASA members or overseas accredited coach supervised warm up during designated Warm-Up times. The pool will close 10 minutes before the start of each session.

MEET DIRECTOR: TBD

MEET REFEREE: TBD

The Meet Referee will oversee the meet. Any queries regarding conduct of the meet should be directed to the referee. World Aquatics Swimming rules will govern, except as set out below:

- Swimmers must swim in the Age Group as determined by their age on the first day of the meet. o Stingray Swim Club reserves the right to enter Special Olympians in nonconforming age groups. • Heats will be swum from slowest to fastest.
- Swimmers may swim a maximum of four 10 and under individual events and three 11 and over individual events per session.
- Teams may enter a maximum of two relays (A & B) for each relay event.
 - o If sessions run over the sanctioned time limit, relays will be scratched from the lineup.
- The 800m and 1500m freestyles will be limited to the top 12 entries in each event.
- Flyover starts will be in effect. Swimmers must exit the pool immediately after the beginning of the next heat. • Swimmers must exit the pool on the side. Under lane lines and up the stairs to the side of the pool • Age groups will be scored separately in each event as 6 and under, 7-8, 9-10, 11-12, 13-14, 15 and over. • Individual scoring will be points awarded to the top 5 finishers in order of finish as: 6-4-3-2-1 • Breaks for warm-down will be decided at the discretion of the coaches and referee, contingent upon the timeline. • No nuts are allowed on the pool deck at any time.
- 25m events for 10 and under will not be officiated

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, are not permitted in locker rooms, changing areas, restrooms, or behind the starting blocks. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

******NO FLASH PHOTOGRAPHY WILL BE PERMITTED AT ANY TIME DURING THE MEET******

SWIMWEAR: Swimsuits are expected to follow World Aquatics swimsuit specifications.

DECK CHANGING: Changing on pool deck or outside of a designated changing facility is strictly prohibited. Failure to abide by this rule may result in expulsion from the competition.

SEATING AND DECK: The north side bleachers, closest to the track, will be open for spectators and parents. The south side bleachers will be open to swimmers, coaches and officials only. Swimmers are not allowed to gather and loiter between blocks. Both ends of the pool must be kept clear for timers and officials.

ELIGIBILITY: Open to all CIASA registered members.

SUBMITTED TIMES: Times submitted must be the best recorded short course times from this or the preceding swim season.

AWARDS: High Point award for each Age Group. Heat awards will be given out to heat winners. **ENTRY FEES:**

\$15.00 for 10 and under swimmers and \$35.00 flat fee for each individual athlete participating in the 11 and over sessions. NO REFUNDS. E-mail entry (entry. Zip file) will be accepted. Deletions will not be refunded. **ENTRY DUE**

DATE: Entries must be received by no later than **Midnight on Sunday January 18th**. Adjustments to the original entry can be made up until Monday January 19th for the 11 and over sessions.

MAKE CHECKS PAYABLE TO: Stingray Swim Club

EMAIL ENTRIES TO: John – headcoach@stingrayswimclub.ky or hand deliver to the Stingray Shed at the Lion's Aquatic Centre. Non-TM or TU files will be accepted.

Friday Evening Jan23th 5:30 PM			
10 and Under - Order of Events			
Girls	Day 1		Boys
1	10u	100 Med R	2
3	10u	25 Fr	4
5	10u	100 Fr	6
7	10u	25 Br	8
9	10u	100 IM	10
11	10u	25 Bk	12
13	10u	100 Bk	14
15	10u	25 Fly	16
17	10u	100 Br	18
19	10u	50 Free	20
21	10u	50 Bk	22
23	10u	50 Br	24
25	10 u	50 Fly	26
27	10 u	200 Free R	28

Saturday Morning Jan 24th 8:30 AM			
11 and Over - Order of Events			
Girls	Day 1		Boys
29	11 & Over	50 Fr	30
31	11& Over	200 BK	32
33	11& Over	100 Br	34
35	11& Over	400 IM	36
37	11& Over	50 Bk	38
39	11& Over	200 Fr	40
41	11& Over	100 Fly	42
43	11& Over	200 Fr R	44
45	11& Over	800W/1500 M	46

Sunday Morning Jan 25th 8:30 AM			
11 and Over - Order of Events			
Girls	Day 2		Boys
47	11 & Over	200 Fly	48
49	11 & Over	50 Br	50
51	11 & Over	400 Fr	52
53	11 & Over	100 Bk	54
55	11 & Over	200 Br	56
57	11 & Over	50 Fly	58
59	11 & Over	200 IM	60
61	11 & Over	100 Fr	62
63	11 & Over	200 Med R	64

