

Lions Sprint Meet

Sponsored by: The Lions Club of Cayman

Sanctioned by: Cayman Islands Amateur Swim Association

Hosted by: Stingray Swim Club

Date of Meet: May 9th

Start of Meet: 8:30 AM

Warm-up: 7:30 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 member 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: Julie Bain

MEET REFEREE: TBD

Meet Referee will oversee the meet. Any queries regarding conduct of the meet should be directed to the referee.

World Aquatic Swimming rules will govern, except where otherwise indicated:

- 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.
- Flyover starts will be in effect. Swimmers must exit the pool immediately after the beginning of the next heat.
- All 8 and under events will be unofficiated.
- Events will be scored by age groups. 6 and under, 7-8, 9-10, 11-12, 13-14 and 15 and over. • Breaks for warm-down will be decided at the discretion of the coaches and referee, contingent upon the timeline.
- Athlete can only be entered in 3 individual events.
- No nuts are allowed on the pool deck at any time.

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. **Athletes can only enter in 3 individual events.**

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

AWARDS: High Point awards will be awarded to the top point scorer in each age group and gender. Individual medals 1st-3rd and ribbons for 4th-6th (12 and under swimmers only for ribbons). **No relay points. 1st place – 6 points 2nd place – 4 points 3rd place – 3 points 4th place – 2 points 5th place – 1 point** **ENTRY FEES:** No meet fees, thanks to the Lion's Club of Cayman

ENTRY DUE DATE: Entries must be received by no later than **Midnight on Sunday May 2th** Adjustments to the original entry can be made up until midnight on Monday May 5th.

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.

Event Schedule
Warm Up: 7:30 AM
Meet Start: 8:30 AM

1. Girls 9 and over 100 IM
2. Boys 9 and over 100 IM
3. Girls 8 and under 100 IM
4. Boys 8 and under 100 IM
5. Girls 9 and over 50 Free
6. Boys 9 and over 50 Free
7. Girls 8 and under 25 Free
8. Boys 8 and under 25 Free
9. Girls 9 and over 50 Breast
10. Boys 9 and over 50 Breast
11. Girls 8 and under 25 Breast
12. Boys 8 and under 25 Breast
13. Mixed 10 and under 100 Free Relay
14. Girls 9 and over 50 Back
15. Boys 9 and over 50 Back
16. Girls 8 and under 25 Back
17. Boys 8 and under 25 Back
18. Girls 9 and over 50 Fly
19. Boys 9 and over 50 Fly
20. Girls 8 and under 25 Fly
21. Boys 8 and under 25 Fly
22. Mixed 11 and over 100 Free Relay