



Dick Wells Invitational

October 25-27, 2024

931 SE Ruhnke St.

Stuart, FL 34994

Sanctioned by: Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No. FG432429901074

In granting this approval it is understood and agreed that USA Swimming and Florida Gold Coast Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.

Hosted by: MART- Martin County Swimming

Location: Sailfish Splash Waterpark, 931 Ruhnke St. Stuart, FL. 34994

Directions: FROM I-95 / SR-9: Take EXIT 101 SR-76 East toward Stuart. Pass Sunoco on the right and McDonald's on the left. Continue another 4 miles, and then turn Right onto SE Indian St. In 0.4 miles, turn left onto SE Willoughby Blvd. Turn right in two blocks in front of the water slides and follow the signs to the Sailfish Splash Waterpark entrance at 931 SE Ruhnke St, Stuart, FL, 34994.

FROM FLORIDA'S TURNPIKE: Take Exit 33, Palm City/Stuart (SR-714 / SW Martin Downs Blvd.) At the light immediately after the toll booth, turn RIGHT onto SW Martin Hwy. toward the Indian Street Bridge. SW Martin Hwy. turns into SW 36th St. SW 36th St. turns into Indian Street on the east side of the Indian Street Bridge. Continue straight after crossing the Indian Street Bridge. In 0.4 miles, turn left onto SE Willoughby Blvd. In two blocks, turn right at the light in front of the water slides and follow the signs to the Sailfish Splash Waterpark entrance at 931 SE Ruhnke St, Stuart, FL, 34994.

- Date and Time:** Sizzler Friday: Warm up 5:30 pm / Meet start 6:00 pm
Session 1 Friday: Warm up 5:30 pm / Meet start 6:30 pm
Session 2 Saturday: Warm up 8:30 am / Meet start 10:00 am
Session 3 Sunday: Warm up 8:30 am / Meet start 10:00 am
*Meet director reserves the right to change meet warm-up, start times, or drop some events in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.
- Pool/Timing:** 25 yard x 25 meter heated outdoor pool, 8 short course racing lanes with 6 separate warm-up and warm-down lanes available. Colorado Timing System® will be used. Fly over starts may be used. The host will insure the required dimensions. Water depth at the start end varies from 7'0" to 7' 6" depending on lane assignment in accordance with 202.3.7(C).
- Camera Free Zone:** The Florida Gold Coast Swimming CAMERA FREE ZONE policy is in effect at this meet. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.
- Image Authorization:** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.
- Conflict of Interest:** Unauthorized sale, advertisement, and promotion of products and/or services at the location of the competition as well as its vicinities are not allowed without the written request and written approval of the meet host and meet director. All requests must be submitted to the meet director no later than 10 days prior to the first day of the competition. Failing to comply with such order will result in removal from the facility and/or immediate vicinity.
- Rules:** Current USA Swimming Rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee will be in effect.
- The Sailfish Splash Waterpark has Full and Part Time Ellis certified Lifeguards trained in, but not limited to, CPR, AED and First Aid. On-site equipment includes an AED, Spine Boards, First Aid Kits, Lightning Detector and Handicap Lifts.
- 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.
- 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 without the use of the backstroke ledge. 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 - USA Swimming Rule 202.4.11(D).

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.

Medical supervision / care is available to athletes participating in the meet and is provided by the Martin County Fire Department who are certified and trained in CPR, First Aid, and AED in accordance with USA Swimming Rule 202.4.11(N).

Deck Changes: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes is prohibited.

Eligibility: Current USA Swimming Rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee will be in effect.

Public Health and Safety mandates and guidelines of the State of Florida, Martin County, City of Stuart, and Martin County Swimming will be enforced.

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.

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 without the use of the backstroke ledge. 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 - USA Swimming Rule 202.4.11(D).

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.

Medical supervision / care is available to athletes participating in the meet and is provided by the Martin County Fire Department staff who are Red Cross certified and trained in CPR, First Aid, and AED in accordance with USA Swimming Rule 202.4.11(N). Pool has access to Backboards, Shepherd Crooks, Life Bouy and AED on the pool deck.

Disability Athletes: Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. Please contact the Meet Director ahead of time to allow for preparations –
Jim McCombs martctyswim@gmail.com

- Entries Deadline:** All entries must be received by *Friday, Oct 18th @ 6pm EST.*
- Meet Entry limit is 350 swimmers. The meet will be capped at 4 hours each session on a first comes first basis.*
- Entry Limit/Procedure:** Individual 4 entries and **8 & Under can only enter in Sizzler or Session 1, not both.**
- PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or E-mail to: Jim McCombs martctyswim@gmail.com, NO faxed entries. Confirmation for electronic entries will be sent via e-mail. ** Submission of electronic entries signifies that all swimmers are USA Registered. Questions, please contact Meet Director at 772-485-3239.
- Note:** Swimmers without a registration number or birth dates will not be entered.
- ***Entry Fees will be Doubled if not entered electronically.
- Psych Sheet:** Once the psych sheet has been posted, no changes to the entries will be allowed unless it occurred due to an administrative error.
- Entry Fees:** \$7.00 per individual event
\$15.00 8&U Sizzler (this is the surcharge amount, no entry fees charges)
Athlete Surcharge \$15.00
Entry fees payable to MART (note: one check per team)
- Deck Entries:** Late entries WILL NOT be accepted. The FGC deck entry policy WILL be in effect. Double Entry Fee and Surcharge.
- Refunds:** Once the team or individual entry has been received and processed, there will be no refunds unless FGC rule 1. 17a.i.v applies.
- Seeding:** All events will be seeded fast to slow.
- Head Referee:** Dee Herfurth
- Meet Director:** Jim McCombs
- Admin Official:** Jim McCombs
- Meet Marshall:** Barbara Proctor
- Meet Committee:** A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues.
- Information:** Jim McCombs 772-485-3239
- Distance Events:** 500 free, 400IM swimmers must provide their own counter & timer. Positive check in by 5:45 pm on Friday.

Admission: \$5.00 per person per session. Heat sheets will NOT be sold at the gate.
Heat sheets will be available free of charge online at www.martincountyswimming.org. Copies will also be posted around the deck. Printed copies will be available for coaches in the swim office.

Awards: Sizzler: Ribbons 1st - 8th
Age Groups 8 & Under, 9-10, 11-12, 13-14 and 15&Over
Medals 1st-3rd Ribbons 4th- 8th

Meet Information: Updates to meet information as well as Timeline, Psych Sheet and Meet Results for the meet will be posted on the internet after entries are processed. Look for the information at www.martincountyswimming.org

Warm-up: NO Equipment Permitted. Swimmers must enter the water feet first.
First 30 min. General Warm Up: Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work
Last 20 min. Controlled Warm Up

Lane 1 Pace, 50 and 100 Circle Swim, Push Off
Lane 2 Racing Starts, 25 yards One Length.
Lane 3 Swimming and Pulling, Push Off
Lane 4 Swimming and Pulling, Push Off
Lane 5 Racing Starts, 25 yards One Length.
Lane 6 Pace, 50 and 100 Circle Swim, Push Off

1. Pace lanes – last 25 minutes of warm up. Push- off one or two lengths, circle swimming only (counter - clockwise), NO DIVING, feet first entries only.
2. Practice Racing Starts – Last 25 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.
3. General Lanes - Circle swimming only (counterclockwise only).

Dick Wells Invitational

Friday, October 25th, 2024

Warm up 4:00-4:25 pm / Meet begins 4:30 pm

Sizzler

Event Number	Event
1	Mixed 8&U 25 Free
2	Mixed 8&U 25 Back
3	Mixed 8&U 25 Breast
4	Mixed 8&U 25 Fly

Friday, October 25th, 2024

Warm up 5:00-5:55 pm / Meet begins 6:00 pm

Session 2

Event Number	Event
5-6	Open 500FR*
7-8	Open 400IM*

*= Positive check in, swum fastest to slowest, Must provide your own Counter & Timer

Saturday, October 26th, 2024
Warm up 8:30-9:55 am / Meet begins 10:00 am
Session 3

Event Number	Event
9-10	Open 200 Free
11-12	Open 100 Butterfly
13-14	Open 100 Backstroke
15-16	Open 50 Breaststroke
17-18	Open 50 Free
19-20	Open 100 IM
21-22	Open 200 Breaststroke

Sunday, October 27th, 2024
Warm up 8:30-9:55 am / Meet begins 10:00 am
Session 4

Event Number	Event
23-24	Open 200 Butterfly
25-26	Open 200 Backstroke
27-28	Open 100 Breaststroke
29-30	Open 100 free
31-32	Open 50 Butterfly
33-34	Open 50 Backstroke
35-36	Open 200 IM