

**Ernst & Young's Friday Night Lights: Distance Challenge  
hosted by Stingray Swim Club**

**Sanctioned by:** Cayman Islands Amateur Swim Association

**Hosted by:** Stingray Swim Club

**Date of Meet:** Friday, May 23

**Start of Meet:** 5:30 pm

**Warm-up:** Open Warm up from 4:00-5:15 pm



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working world**

**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 Coach supervised warm-up during designated Warm-Up times. The pool will close 15 minutes before the start of the session.

**MEET DIRECTOR:** Chris Morgan [cmorgan@candw.ky](mailto:cmorgan@candw.ky)

**MEET REFEREE:** Caroline Courtis [ccourtis@candw.ky](mailto:ccourtis@candw.ky)

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

**RULES:** FINA Swimming rules will govern, except where differing from the below:

- Events will be swum slowest to fastest
- Swimmer may swim a maximum of 2 individual events: one 200m in length; and one 400m in length or above.
- Flyover starts will be in effect. Swimmers must exit the pool immediately after the beginning of the next heat.
- Events will not be scored.
- All events will be Open (in this case meaning 11-Over).

**RECORDING DEVICES & MEDIA NOTICE:** The use of audio-visual recording devices, including cell phones, are not permitted in locker rooms, changing areas or restrooms. 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:** Only swimsuits complying with FINA swimsuit specifications may be worn in any CIASA Swimming sanctioned or approved competition.

**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, closest to John Gray High School and the blocks end of the pool will be open to swimmers, coaches and officials only.

**ELIGIBILITY:** Open to all athletes.

**SUBMITTED TIMES:** Times submitted must be the best recorded short course times from this or the preceding swim season (NO WORK OUT TIMES). All nonconforming times will be seeded last. Coaches and swimmers should be prepared to verify all submitted times.

**AWARDS:** Individual Medals for 1<sup>st</sup> – 3rd place, Ribbons for 4th – 6<sup>th</sup>.

**ENTRY FEES:** \$15.00 for each individual. 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 Monday, May 19**. Late entries will not be accepted. No deck entries will be permitted.

**MAKE CHECKS PAYABLE TO:** Stingray Swim Club

**EMAIL ENTRIES TO:** Andy Copley – [ange.copley@gmail.com](mailto:ange.copley@gmail.com)

Or Hand deliver to the Stingray Shed at the Lion's Aquatic Centre

## Friday Night Lights: Distance Challenge

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<b>Friday, May 23</b>		
Warm-Up 4:00-5:15		
Start Time 5:30		
<b>G</b>		<b>B</b>
1	800 Freestyle	2
3	1500 Freestyle	4
5	400 Individual Medley	6
7	400 Freestyle	8
break		
9	200 Freestyle	10
11	200 Breaststroke	12
13	200 Butterfly	14
15	200 Backstroke	16
17	200 Individual Medley	18

Athletes must be 11 years of age or older.

There is no scoring for this competition.

Swimmers may enter in two events

1 event 400m or above

1 event 200m in length

