

RIDE THE WAVE
The 17th Annual Havasu Winter Challenge
January 16-18, 2026

Held under sanction of USA Swimming
Sanction# AZ26-6R

Sanctioned by: Arizona Swimming, Inc. **Hosted by:** Havasu Stingrays Swim Team

Liability: In granting this sanction, it is understood and agreed that United States Swimming, Inc., Havasu Stingrays Swim Team, the Lake Havasu City Parks and Recreation Aquatic Center, and all meet officials shall be held harmless from any and all liabilities or claims for damages by reason of injuries to anyone during the conduct of this meet, which includes warm-up sessions.

Meet Referee: Cheryl Pearson cherylpearson.lv@gmail.com

Meet Director: Rick Wheeler: <mailto:hssmeetdirector@gmail.com> (503)708-3230

Meet Location: Lake Havasu Aquatic Center, 100 Park Ave, Lake Havasu City, AZ 86403. On the corner of Hwy 95 and Park Avenue.

Course Six lane, 25 meter heated indoor pool. Colorado timing and start system will be used. Warm up and cool down will be available on a limited basis for participating athletes only and must be under coaches supervision.

Eligibility Open to any USA Swimming registered athlete holding a current registration card as of the meet entry deadline. MAX of 250 swimmer. This is an ABC meet. (See awards)

Rules Governing Sanctioned Meets

1. Age on the first day the meet will govern for the entire meet.
2. Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules.
3. 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 participating in the conduct of this competition.
4. 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.
5. The competition course has been certified in accordance with 104.2.2C(4) as to pool length.
6. The minimum water depth, measured in accordance with Article 103.2.3, is 8 feet, 0 inches at the start end and 4 feet, 6 inches at the turn end.
7. Deck changes are prohibited.
8. The Arizona Swimming Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.
9. No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming. On-deck registration is not available at any Arizona Swimming meet.
10. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms or other areas as may be designated by the Meet Director/Meet Referee.
11. All referees, starters, administrative officials, chief judges, and stroke and turn judges serving in an official capacity in a sanctioned event must be non-athlete members of USA Swimming or members of other FINA member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.9 or USA Swimming's "open border" policy, all persons acting in any coaching capacity in a sanctioned event must be a coach member of USA Swimming.
12. Officials and Meet Marshals must sign in and present proof of current membership and/or training respectively, to the Meet Referee prior to the start of each session of competition. If requested, Arizona Officials and Meet Marshals must present their AZSI issued Picture ID's to the Meet Referee

13. Coaches must sign in and present proof of current membership at the Clerk of Course prior to the start of each session of competition. If requested, Arizona Coaches must present their AZSI issued Picture ID's to the Clerk of Course. Deck Pass will be accepted as proof of current membership with an accompanying photo ID.
14. All Officials, Coaches and Meet Marshals shall display their valid Arizona Swimming Picture ID badge in a visible manner at all times. Meet Marshal's shall wear their identifying vests.
15. Swimmers with a disability are welcome. The Swimmer (or swimmers coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.
16. 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.
17. The following medical supervision will be available to athletes participating in the meet: lifeguards, and AED device.

Meet Rules:

- All individual events are pre-seeded, timed final events
- This is an ABC meet.
- Swimmers are limited to 4 individual events per day, 9 events total for the entire meet. Swimmers are limited to 1 relay per day.
- Events will be functionally seeded (age groups swim together and scored separately)
- All heats will be swum slowest to fastest
- The 400IM, 400, 800 & 1500 freestyle events will require positive check-in and will be deck seeded. The check-in will close 30 minutes prior to the start of each session.
- The 400,800 & 1500 freestyle events require swimmers to provide their own timer. The 800 & 1500 require their own lap counter
- The 400IM, 400, 800 & 1500 freestyle will be swum fastest to slowest, alternating between a girls heat and a boys heat

Sessions:

Session I: Friday, Jan 16	Warm-up: 4:00 pm Start 5:00pm
Session II: Saturday, Jan 17	Warm-up: 8:00am Start 9:00am
Session III: Saturday, Jan 17	Warm-up immediately following AM session- no earlier than 11:00 am. Competition begins no more than 45 minutes after the start of warm ups
Session IV: Sunday Jan 18	Warm-up: 8:00am Start 9:00am
Session V: Sunday, Jan 26	Warm-up immediately following AM session- no earlier than 11:00 am. Competition begins no more than 45 minutes after the start of warm ups

****Wave pool & slide open at the end of session III to all swimmers****

- Scoring:** The top 8 places will be scored. Only the top 3 relays will be scored.
- Awards:** Individual event ribbons will be awarded 1st-8th place in the following age groups: 8 & U, 9-10, 11-12, 13-14 and 15 and Over. Awards for top 3 Individual high point trophies for 1st-3rd in the above age groups.
In addition, Achievement Certificates will be awarded to first time achievers of A and B Arizona Swimming time standards published on the Arizona Swimming web site under the Time Standards tab.
- Team Points:** Trophies for 1st-3rd for combined team points. Heat winner prizes will be awarded in the afternoon session.
- Entry Fees:** Individual events are \$6.00, relays are \$12.00, and a \$10.00 LSC surcharge per swimmer. Make checks payable to HSST. Entry fees are non refundable and are due at the start of session 1.
- Entries** Entries must be submitted electronically by COMMLINK file. Email entries to Tyler Bengard at: hsstmeetdirector@gmail.com & Kathy Guerrero at: swimmernom05@gmail.com
All entries are due by Fri, January 9, 2026
- Concessions:** Concessions will be available at all sessions
Hospitality will be provided for coaches and officials
- Timers:** The host club will provide as many volunteer timers as possible. In the event additional timers are needed, attending clubs will be assigned to provide timers for sessions based on the number of athletes entered into the meet. Swimmers will need to provide their own timers for the 400, 800 & 1500 Free events as outlined in the following section.

Session I Friday Afternoon, January 24

Warm-up 4:00pm Start time 5:00pm

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	Open 800 Freestyle	2
3	Open 1500 Freestyle	4

Session II Saturday Morning, January 25

Warm-up 8:00am Start time 9:00am

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
5	11 & Over 200 Freestyle	6
7	11 & Over 50 Butterfly	8
9	11 & Over 100 Breaststroke	10
11	11 & Over 50 Backstroke	12
13	Open 200 Butterfly	14
15	11 & Over 200 IM	16
17	Open 200 Freestyle Relay	18
19	Open 400 Freestyle	20

Session III Saturday Afternoon, January 25

Warm-up immediately following AM session- no earlier than
11:00 am. Competition begins no more than 45 minutes after start of warm-ups

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
21	10 & Under 200 Freestyle	22
2	10 & Under 50 Butterfly	24
25	8 & Under 25 Breaststroke	26
27	10 & Under 100 Breaststroke	28
29	10 & Under 50 Backstroke	30
31	8 & Under 25 Freestyle	32
33	10 & Under 200 IM	34
35	10 & Under 200 Freestyle Relay	36

****Our Wave Pool and Two Story Water Slide will be open to ALL Swimmers at the End of Session III****

Session IV Sunday Morning, January 26

Warm up 8:00am Start time 9:00am

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
37	Open 400 IM	38
39	11 & Over 100 IM	40
41	11 & Over 100 Freestyle	42
43	11 & Over 100 Backstroke	44
45	11 & Over 50 Breaststroke	46
47	Open 200 Backstroke	48
49	11 & Over 100 Butterfly	50
51	11 & Over 50 Freestyle	52
53	Open 200 Breaststroke	54
55	Open 200 Medley Relay	56

Session V Sunday Afternoon, January 26

Warm-up immediately following AM session- no earlier than
11:00 am. Competition begins no more than 45 minutes after start of warm-ups

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
57	10 & Under 100 IM	58
59	10 & Under 50 Freestyle	60
61	8 & Under 25 Backstroke	62
63	10 & Under 100 Backstroke	64
65	10 & Under 50 Breaststroke	66
67	8 & Under 25 Butterfly	68
69	10 & Under 100 Butterfly	70
71	10 & Under 100 Freestyle	72
73	10 & Under 200 Medley Relay	74