

February Freeze at The Cove

Saturday, February 7, 2026

Sanctioned by: Arizona Swimming, Inc.

Sanction No. AZ26-31

Liability: In granting this sanction, it is understood and agreed that USA Swimming Inc., Arizona Swimming Inc., The City of Sierra Vista, Sahuarita Stingrays (RAYS), Sierra Vista Tsunami (SVTT), 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.

Hosted by: Sahuarita Stingrays (RAYS) and Sierra Vista Tsunami (SVTT)

Location: The Cove – Sierra Vista Aquatic Center
2900 Martin Luther King Jr. Pkwy
Sierra Vista, AZ 85635

Meet Director: Kyle Tek meets@sahuaritastingrays.com

Meet Referee: Robert Harris rharris@sierrita.com

Course: Indoor, 8-lane 25-yard competition heated pool. Area for continuous warm-up available. Colorado Start & Timing system.

Eligibility: Open to any currently registered USA swimming athlete.

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 not 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 at the start end and 5 feet 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.
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.
14. Meet Marshals shall wear their identifying attire, as provided by the club.
15. Swimmers with disabilities are welcome. The swimmer (or swimmers coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and the requested accommodation. 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: first aid, AED onsite.

Saturday Session 1: Warmup 9am / Meet Start 10am		Event #	
Event	Girls	Boys	
200 Individual Medley	1	2	
50 Breaststroke	3	4	
500 Freestyle	5	6	
100 Butterfly	7	8	
200 Backstroke	9	10	
100 Freestyle	11	12	
200 Breaststroke	13	14	
50 Backstroke	15	16	
1650 Freestyle	17	18	

Saturday Session 2: Warmup 30 mins following Session 1		Event #	
Event	Girls	Boys	
400 Individual Medley	19	20	
100 Individual Medley	21	22	
50 Freestyle	23	24	
200 Butterfly	25	26	
100 Backstroke	27	28	
200 Freestyle	29	30	
100 Breaststroke	31	32	
50 Butterfly	33	34	
1000 Freestyle	35	36	

Meet Intent: **FREEZING outside? Come race INDOORS at The Cove, in beautiful Sierra Vista, AZ!**
This meet is the perfect opportunity to achieve your qualifying cuts for Championships, with all qualifiable events offered Open for the fastest possible racing!

Entries:

1. Athletes are limited to 4 entries per session maximum, 6 per day.
2. All entries must be in a USA SDIF format (Hy-Tek, TeamUnify, etc). No deck entries.
3. Entry deadline is **Wednesday, January 21, 2026**.
4. Revisions will be accepted through Monday, January 29, 2026.
5. Email team entries and entry report to meets@sahuaritastingrays.com

Entry Fees: \$10 LSC surcharge per athlete + \$6 per event
Single cash or check payment to **Sahuarita Swimming** must be made before meet start.

Awards: Top 8 finishers in each event will receive ribbons. Certificates will be awarded to athletes achieving an Arizona Swimming A or B time standard for the first time.

Scoring: Top 8 places in each event will be scored 9-7-6-5-4-3-2-1.

Concessions: Concessions will be available. Hospitality will be provided to coaches and officials.

Meet Rules:

1. This is an ABC meet. Athletes may enter with NT.
2. Entries will be seeded slow-to-fast, SCY, LCM, SCM. Converted times not accepted.
3. The meet may be capped at 500 swimmers. Entries will be accepted in order of receipt.
4. Time Trials may be offered at the discretion of the Meet Director and Meet Referee.

Time Adjustment: The Cove is ~4,600 ft above sea level. Times achieved will be adjusted as follows:

Event Distance	Time Adjustment
200	1.20 seconds
400 or 500	5.00 seconds
1000	10.00 seconds
1650	23.00 seconds

Per USA Swimming SWIMS Times Recognition Manual, accessed 7/5/2024:

<https://www.usaswimming.org/docs/default-source/timesdocuments/general-docs/times-and-recognition-policy-manual.pdf>