

Code Book	Section K	Page:	K-1
Iowa Swimming, Inc.	CHAMPIONSHIP MEETS	Revised:	12/2006

TABLE OF CONTENTS

I. REGIONAL FINALS K-2

II. STATE CHAMPIONSHIPS..... K-6

III. CENTRAL ZONE MEET K-12

IV. ALL STAR MEET.K-17

Code Book	Section K	Page:	K-2
Iowa Swimming, Inc.	CHAMPIONSHIP MEETS	Revised:	12/2006

CHAMPIONSHIP MEETS

I. Regional Finals

The Regional Finals serve as a championship meet for swimmers who have not qualified for the State Championship meets.

A. General

Short course Regional Finals meets are sanctioned and held each summer and winter season. The term "short course" meet refers to a meet run in a pool 25 yards or 25 meters in length.

1. In the winter season, there will be an East and West regional meet. East/West - Highways 218 and 13 being the divider with Iowa City going east and Cedar Rapids going west for bidding purposes. .
2. In the summer season, there will be a North and South regional meet. North/South - Highway 30 being the divider with all cities on Highway 30 (Ames, Cedar Rapids, and Clinton) going north for bidding purposes.
3. Following meet awards, Technical Planning will determine team and unattached swimmer assignments to equalize meet entries and minimize travels (when possible).

B. Meet Format

1. The meet shall be conducted under the rules of USA Swimming.
2. All individual events and relays are run as timed finals.
2. Registrations: There will be no swimmer or club registrations taken at this meet. Swimmers whose names do not appear on the current ISI registration list and who cannot show proof of USA Swimming membership will be barred from competition.
3. Entries
 - a. A swimmer may enter 4 events a day plus relays. A club/team may enter as many relays per event as they wish, designating the relays A, B, C, etc.

Code Book	Section K	Page:	K-3
Iowa Swimming, Inc.	CHAMPIONSHIP MEETS	Revised:	12/2006

- b. Relays: All 8 & Under swimmers, regardless of A, B, or C classification may compete together on the same relay team. In all other age group relays, a swimmer who is Iowa State 'Q' qualified in the 50yd or metric distance of a stroke, may not swim that leg in a 200 relay, nor may a 13 & over swimmer who is 'Q' qualified in the 100yd or metric distance of backstroke, breaststroke or butterfly swim that leg in a 200 medley relay.
- c. The host team's swimmers may NOT compete unless they haven't met the Iowa State qualifying time standards.
- d. Contestants must enter the age group based on their age as of the first day of the meet.
- e. Iowa registered age group swimmers may only enter those events where they have not met the Iowa State 'Q' Time standards.
- f. Seed times must be submitted for a (25-yard, 25-meter course). No-Time (NT) entries will be accepted, except in the Distance Events (400 & Over) where a Minimum Cut exists. "NT" can be accepted as a relay entry time, if appropriate.
- g. Distance events (400 and over) will have a minimum qualifying time. The qualifying time will be based on 135% of the Iowa State 'Q' time for the event. If this time is not achieved, the entry time must be proven or a fine of \$10 will be assessed. If the time is not proven and the fine not paid within one hour following the completion of the session, the swimmer will not be allowed to participate in the remainder of the meet. The fine is payable to the host club. If within 2 weeks after the last day of the meet, Proof of Time is sent to the Meet Director/Meet Referees, the fine shall be returned. Meet hosts who plan to enforce the Missed Cut Policy must clearly state this in their meet invitation.

C. Seeding

1. All events are seeded as timed finals.
2. Acceptable proof of time is a highlighted copy of the final results, or a high school NTV by a USA Swimming official.
3. Use the fastest seed time for which you have proof of time. Under ISI rules, any swimmer who falsifies an entry may be subject to a fine for each infraction (Section A).

D. Meet Operation

Code Book	Section K	Page:	K-4
Iowa Swimming, Inc.	CHAMPIONSHIP MEETS	Revised:	12/2006

1. There will be a clerk of course for at least the morning sessions..
 2. It is not the meet hosts responsibility to provide rest for swimmers that enter both 8 & Under and 10 & Under events.
 3. At the discretion of the referee, at least 15 minutes rest may occur between swims for the same individual in 10 & Over events.
 4. Events may be combined to facilitate meet operation and separated later for awards.
 5. There will be a positive check in for the 1000 & 1650 Freestyle by 2:00pm the day of the event. The 13-14 and 15 & Over 1000 & 1650 Free will be seeded together.
 6. Scratches should be turned in to the Clerk of Course or computer table prior to the beginning of each session.
- E. Late Entries will be accepted by phoning the meet entry person, or in person up to one hour before the start of each session.
1. If the meet program has not been printed, the swimmer shall be seeded into the meet.
 2. If the program has been printed, late entries shall be accepted, but these entries shall be seeded with the meet event entry time or NT and shall swim in heat one of the event. If entry necessitates a zero heat, shall be created.
 3. Late entry fees will be doubled.
 4. Late entry swimmers will be required to show their Iowa Swimming membership card.
- F. Awards:
1. Individual Events:
 - 1st - 3rd medals
 - 4th - 8th ribbons
 2. Relays:
 - 1st medals (each swimmer)
 - 2nd - 3rd ribbons (each swimmer)
 3. There will be no team scoring or high point awards.

Code Book	Section K	Page:	K-5
Iowa Swimming, Inc.	CHAMPIONSHIP MEETS	Revised:	12/2006

4. ISI Sportsmanship-Spirit Award: A committee consisting of one coach and one athlete from each team and the meet referee will select the recipient of the sportsmanship award. See K-1 for criteria.

G. Program:

1. Programs and heat sheets will be posted.
2. Each team's coaching staff will be supplied with a heat sheet.

J. Age Group / Senior Champs Qualification

If a swimmer makes an Age Group/Senior Champs cut at Iowa Regional Finals, he/she will be eligible to enter those events where a Iowa State 'Q' Time has been achieved. The swimmer may also enter up to two additional events where a Iowa State 'Q' Time has been previously achieved. Swimmers will be asked to provide meet name and date achieved for times achieved in Iowa and to provide a copy of final results for times achieved outside Iowa. A representative from championship meets will be available after each session to accept the entries.

K. Regional Events

1. 8 & Under – 25 Free, Back, Breast, Fly; 50 Free, Back, Breast, Fly; 100 Free, IM
2. 10 & Under – 50 Free, Back, Breast, Fly; 100 Free, Back, Breast, Fly, IM; 200 Free, IM, 500 Free
3. 11-12 – 50 Free, Back, Breast, Fly; 100 Free, Back, Breast, Fly; 200 Free, Back, Breast, Fly, IM; 400 IM; 500 Free; 1000 Free; 1650 Free
4. 13-14, 15&Over – 100 Free, Back, Breast, Fly; 200 Free, Back, Breast, Fly, IM; 400 IM; 500 Free; 1000 Free; 1650 Free
5. 8 & Under – 100 Free & Medley Relays;
10 & Under; 11-12, 13-14, Open – 200 Free & Medley Relays

L. See APP-6.2 for Regional Model Meet Invitation

Code Book	Section K	Page:	K-6
Iowa Swimming, Inc.	CHAMPIONSHIP MEETS	Revised:	12/2006

II. State Championships

ISI sanctions and conducts Iowa State Championship meets each year--short course meets during the winter season and a long course meet during the summer season. The short course meet is divided into two meets – ISI 12 & U Short Course Championships; and Iowa Swimming Short Course Championships (13&O). The Iowa Swimming Summer State Championships is a combined Age Group and Senior long course meet. The meets are open to age group swimmers who have registered with USA Swimming in Iowa and who have met the Iowa State ‘Q’ time standard. Team scores are maintained, but unattached Iowa swimmers meeting the entry requirement may participate in the meets.

A. Iowa Championship Meet Format

1. The term "short course" meet refers to a meet run in a pool 25 yards or 25 meters in length. The term "long course" meet refers to a meet run in a pool 50 meters in length.
2. Registrations: There will be no swimmer, non-athlete, or club registration taken at these meets. Swimmers whose names do not appear on the current ISI registration list and who cannot show proof of USA Swimming Iowa membership will be barred from competition.

B. ISI 12 & U Short Course Championships

1. Individual events and relays will be timed finals for 8 & Under, 9-10 and 11-12 age groups.
2. Times standard for the meets are the Iowa State ‘Q’ Times. Refer to Section F.
3. The host team's swimmers may not compete unless they have met the qualifying time standards.
3. NTV Official: An NTV official will be in attendance at all state championship meets.
4. Program:
 - a. For age group events, the top 16 times must be listed.
 - b. Programs and heat sheets will be posted.
 - b. Each team's coaching staff will be supplied with a heat sheet.
5. Awards:
 - a. Individual Events:

1 st - 3 rd	2 ½ -inch medals
4 th - 8 th	ribbons

Code Book	Section K	Page:	K-7
Iowa Swimming, Inc.	CHAMPIONSHIP MEETS	Revised:	12/2006

b. Relays:

1st 2 ½ -inch medals (each swimmer)
2nd - 3rd ribbons (each swimmer)

b. High Point:

1st-3rd, male and female, in each age group

c. Team Age Group High Point:

A plaque will be presented to the team champion in each age group girls and boys.

6. Sportsmanship Spirit Award: A committee consisting of one coach and one athlete from each team and the meet referee will select the recipient of the sportsmanship award. See K-4 for criteria.

7. Seed Times: Seed time - short course (and long course) times may be used as proof of time for their respective long course (and short course) entries respectively with the submitted time being the minimum AAAA, AAA, AA, A, BB, or B cut times. (See procedures in Section I).

8. Fine: If you fail to make the minimum time for an event, proof of time is required or a fine will be imposed (Section A).

9. Late Entries will be accepted by phoning the meet entry person, or in person up to one hour before the start of each session.

a. If the meet program has not been printed, the swimmer shall be seeded into the meet.

b. If the program has been printed, late entries shall be accepted, but these entries shall be seeded with the meet event entry time or NT and shall swim in heat one of the event. If entry necessitates a zero heat, shall be created.

c. Late entry fees will be doubled.

d. Late entry swimmers will be required to show their Iowa Swimming membership card.

11. All individual and team scores will be published in the final results.

12. See APP 6.3 for model meet invitation

C. Iowa Swimming Short Course Championships

1. This meet is a prelim/final format except for the 1000 Free, 1650 Free and all relay events.

2. Times standard for the meets are the Iowa State 'Q' Times. Refer to Section F.

Code Book	Section K	Page:	K-8
Iowa Swimming, Inc.	CHAMPIONSHIP MEETS	Revised:	12/2006

3. The host team's swimmers may not compete unless they have met the qualifying time standards.
5. NTV Official: An NTV official will be in attendance at all state championship meets.
6. Program:
 - a. For age group events, the top 16 times must be listed.
 - b. State records and national meets qualifying times will be listed.
 - c. Programs and heat sheets will be posted.
 - d. Each team's coaching staff will be supplied with a heat sheet.
7. Awards:
 - a. Individual Events:
 - 1st - 3rd 2 ½ -inch medals
 - b. Relays:
 - 1st 2 ½ -inch medals (each swimmer)
 - 2nd - 3rd ribbons (each swimmer)
 - c. Additional Awards for 13/14 Events:
 - 1) 4th-8th ribbons for individual events
 - 2) High Point Award will be presented to the top 3 swimmers, male and female
 - 3) The top three swimmers in individual 13/14 events and the top three relays will be recognized during the awards ceremonies held during finals
 - d. Team Scoring:
 1. A traveling trophy will be presented to the highest scoring club team.
 2. Each age group and gender will be scored with a award going to the highest scoring team of these divisions.
7. Sportsmanship Spirit Award: A committee consisting of one coach and one athlete from each team and the meet referee will select the recipient of the sportsmanship award. See K-4 for criteria.
8. Seed Times: Seed time - short course (and long course) times may be used as proof of time for their respective long course (and short course) entries respectively with the submitted time being the minimum AAAA, AAA, AA, A, BB, or B cut times. (See procedures in Section I).
9. Fine: If you fail to make the minimum time for an event, proof of time is required or a fine will be imposed (Section A).

Code Book	Section K	Page:	K-9
Iowa Swimming, Inc.	CHAMPIONSHIP MEETS	Revised:	12/2006

10. Penalty for no show/no scratch at finals will be imposed a \$50 fine payable to the host team. Fine will be imposed when a swimmer fails to show on the last night of the meet for which they are entered and would not be able to swim for the rest of the meet. There are two (2) exceptions to this rule:

- a. Illness to the swimmer reported to the meet referee prior to warm-ups at the finals.
- b. Cancellation of the meet due to inclement weather at the discretion of the meet referee.

10. Late Entries

- a. Late entries will be accepted up to the Scratch Deadline (6pm of the preceding day).
- b. Late entry fees will be doubled.
- c. Late entry swimmers will be required to show their Iowa Swimming membership card.

12. All individual and team scores will be published in the final results.

13. See APP-6.4 for Model Meet Invitation

D. Iowa Swimming Summer State Championships (Long Course)

1. Events for 12 and Under Age Groups will be timed finals. Individual events for 13-14 and Senior will be a prelim/final format, except 800 & 1500 Free and relays.
2. Times standard for the meets are the Iowa State 'Q' Times. Refer to Section F.
3. The host team's swimmers may not compete unless they have met the qualifying time standards.
4. An NTV official will be in attendance at all state championship meets.
5. Program:
 - a. For age group events, the top 16 NRT times must be listed.
 - b. State Records, and national meets qualifying times will be listed
 - c. Programs and heat sheets will be posted
 - d. Each team's coaching staff will be supplied with a heat sheet.

Code Book	Section K	Page:	K-10
Iowa Swimming, Inc.	CHAMPIONSHIP MEETS	Revised:	12/2006

6. Awards:
 - a. Individual Events:
 - 1st - 3rd 2 ½ -inch medals
 - 4th - 8th ribbons
 - b. Relays:
 - 1st 2 ½ -inch medals (each swimmer)
 - 2nd - 3rd ribbons (each swimmer)
 - c. High Point:

An award will be presented to the top 3 swimmers, male and female, of each age group and senior. Points will be scored in the age group in which the event was swum.
 - d. Team High Point Age Groups & Senior:

An award will be presented to each age group and senior division, male and female, scoring the most points. Points will be scored in the age group in which the event was swum. Points for 10 & under relays will be counted in the 9-10 age group and relays for 8 & under will be counted in the 8 & under age group.
 - e. Team Trophy – One trophy will be presented to the Club scoring highest in each of the following and will rotate each year Age Group Total (14 & Under), Senior Total (15 & Over) and combined Team total.

7. Sportsmanship Spirit Award: A committee consisting of one coach and one athlete from each team and the meet referee will select the recipient of the sportsmanship award. See K-4 for criteria.

8. Seed Times: Seed time - short course (and long course) times may be used as proof of time for their respective long course (and short course) entries respectively with the submitted time being the minimum AAAA, AAA, AA, A, BB, or B cut times. (See procedures in Section I).

9. Fine: If you fail to make the minimum time for an event, proof of time is required or a fine will be imposed (Section A).

10. Penalty for no show/no scratch at finals will be imposed a \$50 fine payable to the host team. Fine will be imposed when a swimmer fails to show on the last night of the meet for which they are entered and would not be able to swim for the rest of the meet. There are two (2) exceptions to this rule:
 - a. Illness to the swimmer reported to the meet referee prior to warm-ups at the finals.
 - b. Cancellation of the meet due to inclement weather at the discretion of the meet referee.

Code Book	Section K	Page:	K-11
Iowa Swimming, Inc.	CHAMPIONSHIP MEETS	Revised:	12/2006

11. Late Entries

- a. All late entries are due to the Clerk of Course by the scratch deadline – 6pm the evening before days’ events.
- b. Late entry fees will be doubled.
- c. Late entry swimmers will be required to show their Iowa Swimming membership card.

12. All individual and team scores will be published in the final results.

13. See APP-6.5 for model meet invitation.

Code Book	Section K	Page:	K-12
Iowa Swimming, Inc.	CHAMPIONSHIP MEETS	Revised:	12/2006

III. Central Zone Meet

The Central Zone Meet is the Central Zone Championship Meet. Qualifying Iowa swimmers swim as one team - Team Iowa. The 3-day long course is held each summer, usually one or two weeks following the State Championship meet. Open water events shall be conducted the day prior or day following pool events.

The Central Zone is comprised of the following LSC's: Arkansas, Illinois, Indiana, Iowa, Lake Erie, Michigan, Midwestern, Minnesota, Missouri Valley, North Dakota, Ohio, Oklahoma, Ozark, South Dakota, and Wisconsin. Two Central Zone meets will be held with LSC participants for each meet announced at the Central Zone Meeting held at the USAS convention in the fall.

The ISI Age Group Chair will be responsible for coordinating the selection of a Zone Team. When available entry packets will be e-mailed or mailed to each contact person for all Iowa clubs and posted on the ISI website. It is the Club's responsibility to make copies of the entry information and distribute it to qualified swimmers.

A. Meet Format

1. The meet shall be conducted under the rules of USA Swimming..
2. The events shall be conducted in split sessions:
 - a. 13-14 and 15-18 age groups swimming preliminaries and final sessions, with consolation final and championship final for each event.
 - b. 10 & under and 11-12 age groups swimming timed finals
3. The events shall be conducted as per the Schedule of Events with the entry packet. Practice time, in the competition pool, shall be available on the day prior to the beginning of the meet with time to be announced with the entry packet, along with the warm-up and competition times.

B. Eligibility

1. Annual (not seasonal) Iowa Swimming members, who have a National Long Course AAA time achieved between the first day of the Zone Meet the previous year, and the entry deadline date for the present Meet are eligible.
2. The Open Water qualification times shall be the National A time for the longest freestyle event for the age.
3. Qualifying time standard for the 15-18 age group will be the National 15-16 AAA times.

Code Book	Section K	Page:	K-13
Iowa Swimming, Inc.	CHAMPIONSHIP MEETS	Revised:	12/2006

4. Swimmers who have achieved the short course National AAA time but not the long course time during the qualification period, must enter with the time they have actually achieved annotating that it is a short course yards (SCY) or short course meters (SCM).
5. Age of a swimmer on first day of the Meet determines the swimmer's age group for the entire Meet.
6. If the LSC has no swimmer entered in a particular individual pool event, the LSC may enter one contestant in each 10 & Under and 11-12 event; and two contestants in 13-14 and 15-18 events regardless of time. The non-qualifying entries shall be entered as 'NT', and submitted with the original entry. Open water swimmers must have met the specified time standards.
7. Swimmers who achieve or exceed an individual event cut for the USA Swimming National Championships, prior to the National Championship entry deadline, may not enter or participate in that event, or swim that stroke in a relay event, at the Zone Meet.

C. Entries

1. The Open Water Event is a separate event with a separate sanction.
2. 12 & Under swimmers may enter no more than six (6) individual events (excluding the open water event), of which no more than five (5) may occur on any given day.
3. 13 & Over swimmers may enter no more than five (5) individual events (excluding the open water event), of which no more than three (3) may occur on any given day.
8. Each LSC may enter two (2) relays per relay event.
9. The LSC is not limited to the number of swimmers with AAA times entered in an individual event.
10. Entry fees will be available in the entry packets. Relay fees will be paid by ISI.
11. Pre-entry: Swimmers who qualify prior to the Long Course State Championships should complete all forms and mail to the address on the entry form. Pre-entry will assist in an orderly meet entry process, as deadlines are very tight. All times may be updated and events can be added at the Zone Entry Table during the State Championship meet.
12. State Championship Entries: All swimmers must complete and update their entries within 30 minutes after the end of each session of the State Championship

Code Book	Section K	Page:	K-14
Iowa Swimming, Inc.	CHAMPIONSHIP MEETS	Revised:	12/2006

for the events swum in that session. After the 30-minute deadline, unfilled events will then be filled with priority given to place finish achieved at the State Championships. Once an event is filled, no additions will be allowed to that event if it results in the removal of an already confirmed swimmer.

13. ISI may need to 'pick up' a swimmer or two to complete a relay in certain age groups. A swimmer that could and would like to swim in a relay should contact the Age Group Chair that they would like to be considered. The final finish order at the Long Course State Championships will establish priority.

C. Seeding

1. Individual Pool Events:
 - a. 13-14 and 15-18 - Preliminary/Final format except 800 and 1500 Freestyle events.
 - b. 10 & Under and 11-12 - Timed Finals.
2. The events shall be seeded in the following order:
 - a. conforming times (LCM)
 - b. non-conforming times (SCM, then SCY)
 - c. non-qualifying times (using 'NT')
3. The 800 and 1500 shall be Timed Finals with the fastest seeded heat of women and fastest seeded heat of men swimming in Finals.
 - a. All other 800 and 1500 heats shall be swum as preliminary heats, swimming fastest to slowest, alternating women and men.
 - b. Swimmers 13 through 18 shall be combined for swimming, and scored separately as 13-14 and 15-18 for the 800 and 1500.
4. Relays
 - a. 13-14 and 15-18 will be Timed Finals, swum in the Finals on Friday and Saturday, and in the preliminary session on Sunday.
 - b. 10 & Under and 11-12 relays will be Timed Finals, swum during the afternoon sessions.

D. Scratches

1. A 'scratch box' will be available until the start of the Pre-Meet meeting on the day prior to the first day of pool competition to scratch from a preliminary or timed-final event (except the 800 or 1500 free). No penalty exists for failure to scratch.

Code Book	Section K	Page:	K-15
Iowa Swimming, Inc.	CHAMPIONSHIP MEETS	Revised:	12/2006

2. A positive check-in is required for the 800 and 1500 free on the day of the event. Failure to check in will not result in penalty; however, once checked-in, the swimmer must compete or be barred from the next individual event in which the swimmer is entered.
3. Relay check-in requires designating the swimmers' names and meet ID # on the standard USA Swimming relay entry forms. The forms shall be submitted to the meet management on the day of the relay. Scratches must be declared, with no penalty for failure to scratch
4. If a swimmer wishes to scratch from the finals of a preliminary/finals event, the swimmer shall declare to the referee or designee his/her intention within 30 minutes of the posting of the preliminary results. The swimmer must further inform the referee or designee within 30 minutes of the posting of preliminary results from the swimmer's last individual event of his/her decision.
5. The 'next individual event' shall mean the next individual event in which the swimmer is entered, either that day or the next meet day.
6. First and second alternates shall be announced with the Finals qualifiers. These alternates shall not be penalized if unavailable to compete in the Finals.

E. Scoring & Awards

1. Individual Pool and Open Water events:
 - a. Scoring (16 places): 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
 - b. Awards: 1st - 8th place medals with neck ribbons;
9th - 16th place neck ribbons for 12 and under only
2. Relay Events Scoring (8 places): 40, 34, 32, 30, 28, 26, 24, 22
3. The Open Water event will be scored separately from the pool events.
4. High Point Awards: 1st-3rd for boys and girls in each age group.
5. Team Awards
 - a. Pool events: 1st - 3rd combined points
 - b. Open Water events: 1st place combined points
6. Awards Ceremony
 - a. 12 and under shall not interfere with the continuous swimming of the events

Code Book	Section K	Page:	K-16
Iowa Swimming, Inc.	CHAMPIONSHIP MEETS	Revised:	12/2006

- b. 13-18 presented immediately following the conclusion of the championship heat for individual events, and after the last timed final heat for each relay and distance event.
- c. Open Water events presented immediately after the conclusion of all Open Water events.

F. Code of Conduct: Each swimmer will be required to complete and sign a Medical release and Code of Conduct with entries.

G. General Info

1. Individual event fees must be paid at the time the entries are made. Checks are to be made payable to ISI. Relay fees will be paid by Iowa Swimming, Inc. All swimmers will be expected to be available each day of the meet for relays.
2. Team Clothing: Each entering athlete will receive a team suit, caps and a T-shirt. ISI will provide a portion of the team clothing costs, with the athlete paying a minimal fee. If the athlete enters the meet and then elects not to participate in the zone meet, the parents must reimburse ISI for the difference between actual clothing cost and payment.
3. Lodging: ISI reserves a block of rooms at a hotel near the pool. Reservations can be included on the entry form.
4. Travel: ISI will if economically justified, provide chaperoned bus travel for athletes wishing to travel as a team. Information will be included with the entry packets.
5. Team Pictures: Team pictures will normally be taken on Thursday. Additional information and times will be available in the entry packet.
6. Volunteers: LSC's are encouraged to supply timers and officials. If you are available, there will be a section on the entry forms to provide name and session you would like to work.

Code Book	Section K	Page:	K-17
Iowa Swimming, Inc.	CHAMPIONSHIP MEETS	Revised:	12/2006

IV. All Star Meet

The All Star Meet is a multi-state, short course meet held during the winter season. Selected All Star swimmers swim together as Team Iowa.

The ISI Age Group Chair will be responsible for coordinating the selection of a All-Star Team. Entry packets will be mailed or available at the fall House of Delegates Meeting to each contact person for all Iowa clubs and posted on the ISI website. It is the Club's responsibility to make copies of the entry information and distribute it to their swimmers.

A. Meet Information

1. The meet shall be conducted under the rules of USA Swimming.
2. The meet shall consist of Timed Finals Only.
3. Each LSC will participate as an All-Star team. Each team is allowed five swimmers per event. Each LSC will be allowed two relays per relay event..
4. Meet is limited to swimmers 14 years old and younger.
5. The events shall be conducted as per the Schedule of Events with the entry packets. Meet will be held in three sessions, two on Saturday and one on Sunday AM.
6. Awards and Scoring:
 - a. Individual events scoring: 7 - 5 - 4 - 3 - 2 - 1
 - b. Individual events awards: 1st through 3rd
 - c. Relay scoring: 14 - 10 - 8 - 6 - 4 - 2
 - d. Relay awards: 1st place only
 - e. High Point: Each age group, male and female

B. Procedures

1. Team Iowa will send the fastest five available swimmers in each event. Each swimmer can only participate in 2 individual events per session plus relays. Any USA sanctioned/approved/observed time achieved after September 1 of the current short course season may be submitted.

It shall be the coach/athletes responsibility to provide the Age Group Chair/entry person with official proof for any time achieved other than sanctioned ISI invitational meets. This shall include a highlighted copy of meet results, or if time does not allow, a list of the athlete's name, events and times achieved, meet sanction number, meet director/referee's name, phone number, and signature verifying the final result times listed.

Code Book	Section K	Page:	K-18
Iowa Swimming, Inc.	CHAMPIONSHIP MEETS	Revised:	12/2006

2. The Age Group Vice Chair/entry person shall establish deadlines based on the time requirements needed for completing the entry in a timely fashion. Entries will not be accepted that require a signature for receipt.
- 3 Applicants will be considered only for events for which they apply.
4. The ISI office shall provide the Age Group Vice Chair/entry person with updated data from ISI's Team Manager. Athletes shall be selected based on their ranking and indicated preference on the entry form. Athletes will be given their preferences when possible.
5. Events will be filled when possible from those athletes who complete an official application form and turn it in by the deadline. If there are not enough applicants for an event, the Age Group Vice Chair/entry person may contact athletes according to their ranking in the specific event in an effort to fill every event. The Age Group Vice Chair/entry person may use their discretion in doing this based on available time.
6. In the case of a tie in time, the athlete having the fewest events shall be selected. If the event number is equal, the Age Group Vice Chair/entry person shall draw straws/flip a coin in the presence of a witness to determine which athlete shall compete.
7. Athletes shall pay for their splash fee and individual event fee. ISI shall pay for the meet deposit, coaches' expenses, and relay fees.
8. Available athletes entered in the meet and based on their event ranking shall fill scratches at the meet when possible.
9. The Age Group Vice Chair/entry person and head coach/staff shall be responsible for relay assignments.
10. In the event of any protest involving procedures or athlete selection, due to the limited time available, the Administrative Vice Chair, Age Group Vice Chair and Senior Vice Chair shall determine the appropriate action based on conversation with the party involved.

C. Code of Conduct

Athletes and coaches shall sign a Code of Conduct form (included in entry packet), which shall be returned to the Age Group Vice Chair/entry person. Ultimate enforcement shall be left with the head Coach/Age Group Vice Chair or their representative.

Code Book	Section K	Page:	K-19
Iowa Swimming, Inc.	CHAMPIONSHIP MEETS	Revised:	12/2006

D. General Info

1. Athletes shall be given a participation certificate and team clothing.
2. Team Pictures: Team pictures will be taken prior to Saturday's AM session. Additional information and times will be available in the entry packet.
3. Lodging: ISI will reserve a block of rooms at a hotel near the pool. Reservations can be included on the entry form.
4. Each LSC will need to provide deck officials and timers per session.