

# 2010 Team Iowa All-Stars Information

**26th Annual Midwest All-Star**

**Age Group Invitational**

**Sponsored by the Lawrence Aquahawks**

**January 16th - 17th, 2010**

Location: Lawrence Indoor Aquatic Center, 4706 Overland Drive, Lawrence KS  
66049 - The pool is located at teh Free State High School

Team Iowa Entry Chair: Eric Follmuth, ISI Age Group Chair

HED Cycling

400 North Monroe Ave

Mason City, IA 50401

(641) 425-5357

isientries@gmail.com

Please use this information to assist you in enetering your swimmer for consideration to be on the 2010 Iowa All-Stars Team.

Attached with this PDF is a Word document for you to use as the entry for Team Iowa. It is encouraged that parents fill out the form electronically, and email them to Eric Follmuth. If you are unable to email it, you are allowed to mail a hard copy to the address above. US mail entry deadline is Friday, December 11th. Electronic (email) entry deadline is 6:00pm Monday, December 14th 2009. Once the team members have been chosen, emails will be sent out to each swimmer letting them know of their status on the team. If your swimmer is not chosen for the team, you will receive an email stating that. If your swimmer does qualify for Team Iowa, an email will be sent to you, stating the individual events they are swimming, and all costs involved.

Relays will be put together on the Team Iowa coaching staff. Tentative relays will be announced at the Team Meal on Friday evening in Lawrence AND WILL BE SUBJECT TO CHANGE AT THE DISCRETION OF THE TEAM IOWA HEAD COACH.

## **Eligibility to participate in teh 2010 All-Star Meet are as follows**

- Only 2009/2010 registered USA swimmers may compete
- Swimmers must be age 14 or younger on Saturday, January 16th, 2010.
- Team Iowa will send the five fastest available swimmers in each event. Each swimmer can only participate in two individual events per session plus relays. Any USA sanctioned/approved/observed time achieved after September 1, 2009.
- Team Iowa may enter five swimmers per individual event, and two relays per relay event.

# Explanation on how to enter

Parents should fill out the entry form, using the meet event list, to choose what events their swimmer may want to be considered for. You will only be considered for events that you enter. You will enter your events in order of preference to be considered. Please fill in your swimmers best time to date, and the meet they achieved the time. After you have turned in your entry, you may contact Eric Follmuth with updated times (he will also receive updated times from the ISI office). **Events listed on your entry form that are not accompanied by the time, and meet achieved will not be accepted. It is your responsibility to provide that information.**

After the entry deadline, a list for each event will be generated that the Age Group Chair will go through to find the fastest five entered swimmers in each event. The AG Chair will have to take into account each swimmers preference in combination to their seed times. Even through you may be the 10 fastest swimmer to enter that event, if swimmers faster than you do not choose to participate in that event, you may be placed on the team - thus is it important that you select any event you may want to be considered for. Last year, in some events, we had rolled down to as low as 15th or 17th place in the depth chart for swimmer placement.

The cost for entry is \$3.50 per individual event, and \$5.00 per swimmer for the splash fee/facility fee. ISI will cover all relay entry costs. **DO NOT SEND ANY CHECKS UNTIL YOU ARE NOTIFIED OF YOUR STATUS ON THE TEAM.**

Awards: Individual Events, 1st through 3rd Relay Events, 1st place only  
High point, each age group, male and female.

Scoring: Individual Events, 11-9-8-7-6-5-4-3-2-1  
Relay Events, 22-18-16-14-12-10-8-6-4-2

Important Times: Team Meeting and Meal at the Naismith Ballroom at the SpringHill Suits Hotel (Team Hotel). Friday, January 15th 6:30pm.

Team Photo will be on Saturday morning in the Gym before warm-ups. Swimmers must wear team sweatshirts.

Meet Times: Sat AM Warm-ups - 8:30am & 9:10am, Competition starts at 10:00am  
Sat PM Warm-ups - 3:30pm & 4:10pm, Competition starts at 5:00pm  
Sun AM Warm-ups - 7:00am & 7:40am, Competition starts at 8:30am  
Teams will be notified of split warm-up.

## Lodging

As in previous years, the Team Iowa hotel will be the SpringHill Suites of Lawrence, 1 Riverfront Plaza #300, Lawrence, KS 66044. The Team Iowa block has 45 Double Queen rooms, and 20 King Bed rooms with a pull out. These rooms will be \$99.00 plus tax. Please indicate on your entry form what room type you wish to have, or note if you do not wish to have a room at all. Rooms will be allocated by a first come, first served basis.

**PLEASE DO NOT MAKE RESERVATIONS ON YOUR OWN AT THE TEAM HOTEL UNDER THE TEAM IOWA BLOCK. We have a number of rooms booked for Team Iowa, and you could mess up our reservation if they get you confused with our block. If you feel the need to try to make a reservation on your own, do not mention the Team Iowa Block.**

## Clothing

Each participating Team Iowa swimmer will receive a team sweatshirt, and two latex team swim caps. This year, we will have a number of silicone team swim caps, and swimmers will be able to upgrade their two latex caps for silicone. You may also purchase additional latex and silicone caps on the order form. Please understand that the quantity is limited, and will be available first come, first serve - after all swimmers have received their two included caps.

Additional sweatshirts, as well as long sleeve and short sleeve T-shirts may be purchased, and will be printed with the Team Iowa logo. Sweatpants, and a Team Iowa embroidered beanie will also be available. Names can be printed on the back of the sweatshirts, and T-shirts for \$2.00 each. Parent short sleeve polos, with a stitched Team Iowa logo may also be ordered.

A Team Iowa photo will be taken by a professional photographer on Saturday, before warm-ups. Photos can be purchased for \$10.00 each.

The team meal will be on Friday after the team meeting. It is a pasta dinner, and is not required. ISI will cover half of participating swimmers meal costs. Parents need to indicate how many in their party will attend the meeting (EVEN IF NOT PLANNING ON EATING). In previous years it has difficult to know how many tables to plan on. On the entry form, you are asked to note this number.

**If you should have any questions, please feel free to contact Eric Follmuth at [isientries@gmail.com](mailto:isientries@gmail.com), or 641-425-5357. Good luck, and we hope to see your entries soon!**

# LIST OF ALL-STAR MEET EVENTS

Session I – Saturday am Meet starts 10:00 am		
Women	EVENT	Men
1	10 & U 200 Medley Relay	2
3	11-12 200 Medley Relay	4
5	13-14 400 Medley Relay	6
7	10 & U 200 Free	8
9	11-12 200 Free	10
11	13-14 200 Free	12
13	10 & U 100 Breast	14
15	11-12 100 Breast	16
17	13-14 200 Breast	18
19	10 & U 50 Fly	20
21	11-12 50 Fly	22
23	13-14 100 Fly	24
25	10 & U 100 Back	26
27	11-12 100 Back	28
29	13-14 200 Back	30
Session II – Saturday pm Meet starts 5:00 pm		
31	11-12 500 Free	32
33	10 & U 100 IM	34
35	11-12 100 IM	36
37	13-14 200 IM	38
39	10 & U 50 Back	40
41	11-12 50 Back	42
43	13-14 100 Back	44
45	10 & U 50 Free	46
47	11-12 50 Free	48
49	13-14 50 Free	50
51	13-14 500 Free	52
Session III – Sunday am Meet starts 8:30 am		
53	10 & U 200 IM	54
55	11-12 200 IM	56
57	13-14 400 IM	58
59	10 & U 100 Free	60
61	11-12 100 Free	62
63	13-14 100 Free	64
65	10 & U 50 Breast	66
67	11-12 50 Breast	68
69	13-14 100 Breast	70
71	10 & U 100 Fly	72
73	11-12 100 Fly	74
75	13-14 200 Fly	76
77	10 & U 200 Free Relay	78
79	11-12 200 Free Relay	80
80	13-14 400 Free Relay	82