

IOWA SWIMMING, INC. REGIONAL FINALS

Hosted by Davenport Metro Swim Team

ISI SANCTION: IA-09-22

RULES: Current USA Swimming and Iowa Swimming, Inc. (ISI) rules will govern this meet.

DATES: Saturday, February 14, and Sunday, February 15, 2009

MEET CLASSIFICATION: This is a CLOSED meet to only Iowa Swimming, Inc. registered swimmers. Swimmers must have NOT achieved an Iowa "Q" time standard in an event, in order to compete in that event.

TIME:	<u>Morning Session</u>	<u>Afternoon Session</u>
Coaches Meeting:	8:00am	If needed
Warm-ups:	*8:15-8:55am	*Not before 11:30am
Competition:	9:00am	Not before 12:30pm

* If warm-ups are to be split, the morning warm-up will be earlier. Teams will be notified by the Tuesday before the meet which warm-up period they are in.

SITE: Davenport West High School, 3505 West Locust Street, Davenport, IA 52804
25 yard, 6 lane, indoor pool. Non-turbulent lane markers. Starting blocks are located in the 12-foot depth area of the pool. Pool depth is 10 feet at 1.5 meters from the edge at the starting block end of the pool and 3.5 feet deep at 1.5 meters from the edge on the opposite end of pool. Bottom lane lines and targets at both ends of pool, Backstroke flags located 15 feet from the end of the pool. Horn start, Colorado timing system with touch pads. Two back-up timers per lane and 3 on lead swimmer.

COACHES: Must possess and visibly wear a current USA Swimming Coaches Registration Card. Only USA Swimming coach member will be permitted on the deck in designated areas. All coaches must sign an ISI Coaches Meet Sign In sheet (APP-29) to verify that all certifications are current and on file with ISI office.

WARM-UPS: ISI Warm-up procedure will be followed. See ISI Code Book Section J. Swimmer(s) without a coach are to report to the Meet Referee prior to warm-up for lane assignment.

ENTRY REQUIREMENTS: 1) All swimmers must be current registered athletes.
2) Contestants must enter the age bracket corresponding to age as of February 14, 2009.

- 3) A swimmer MAY NOT enter an event in which they have an ISI State "Q" time.
- 4) 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 has an Iowa Swimming "Q" time in the 50 yd or metric distance of a stroke, MAY NOT swim that leg in a 200 relay, nor may a 13 & Over swimmer who has a "Q" time in the 100 yd. Or metric distances of Backstroke, Breaststroke, or Butterfly swim that leg in a 200 Medley Relay.
- 5) A swimmer may enter up to 4 individual events per day, plus relays.
- 6) See times must be submitted for a 25-yard course. No Time (NT) entries will be accepted.
- 7) A club/team may enter as many relays per event as they wish designating the relays A, B, C, etc.
- 8) Events will be pre-seeded, except for the 1000/1650 Freestyles, which will be deck seeded.
- 9) If names are on entry sheets for relays, those names will be on the relays card at the meet.

ENTRY FEES:

- 1) Individual events: \$2.25 per event
Relays are \$5.00 per relay.
- 2) ISI Splash Fee is \$3.00.
- 3) Teams submitting hand entries will be charged \$2.00 per swimmer if there are more than 5 swimmers.
- 4) Write single check for entry and splash fees payable to Davenport Metro Swim Team.
- 5) Entry fees are not refundable. Splash fees will be refunded if the entire meet is cancelled.

ENTRY FORMS:

Use forms: ISI APP-7 Entry form
ISI APP 8.3 Financial Sheet

Or

Submit entries on disk in Hy-Tek comlink II format (generated from Team Manager or Meet Manager). When submitting disk entries, please provide a printout of your entries for backup and the ISI Financial Sheet. Any team submitting entries on disk will receive the meet results on disk at the end of the meet.

ENTRY DEADLINE:

The meet entry deadline for emailed, electronic entries (Hy-Tek cfile) is Noon, Monday, February 9, 2009. The entry fees & hardcopy are due by February 14, 2009. Any changes made after Noon, Monday, February 9, 2009, will be considered Late Entries.

The deadline for hand written or emailed non-Hy-Tek is February 4, 2009. Teams entering by this method must email or phone updates from February 7-8 (prior weekend) weekend meets by noon, Monday, February 9, 2009. These changes can only be for those swimmers who have already been entered in the meet, but need to change events due to a "Q" achievement in originally entered events(s). All new swimmers, not originally entered, will be assessed the Late Entry fee(s).

LATE ENTRIES

Late entries will be accepted 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, but will still be responsible for the Late Entry Fees.
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. A zero heat will be created, if necessary.
3. Late Entry Fees: Individual events \$4.50 per event and Relay events \$10.00 per relay
4. Late entry swimmers will be required to show proof of current membership.

SEND ENTRIES TO:

DMET, Elaine Sortor, 2715 Pioneer Court, Davenport, Iowa 52804, or e-mail attachment to: esortor@aol.com
Express mailing entries NO SIGNATURE REQUIRED will be accepted all day.

MEET DIRECTORS:

John Wilkinson, 4112 Warren Street, Davenport, IA 52806 (563) 388-5106
Elaine Sortor, 2715 Pioneer Court, Davenport, Iowa 52804 (563) 391-8274

SCORING:

No individual or team scoring will be kept.

AWARDS:

Individual events: 1st – 3rd Medals 4th – 8th Ribbons
Relay Events: 1st Medals 2nd – 3rd Ribbons
No high point awards will be given

MEET OPERATION:

- 1) There will be a clerk of course for the morning sessions only.
- 2) Swimmers must check-in for the 1000 & 1650yd Free by 2:00pm, Sunday, February 15, at timing system desk on pool deck. These events will be deck seeded and combined according to USA Swimming rules. Eligible athletes (those meeting the entry criteria) may compete in either the 1000 or 1650, NOT both. If they need to swim both, in attempting to reach and ISI 'Q' time, they will need to take an intermediate split in the 1650.
- 3) It is not the meet hosts responsibility to provide rest for swimmers that enter both 8 & Under and 10&Under or Age Group and Senior events.
- 4) Events may be combined to facilitate meet operation and separated later.
- 5) The 13-14 and 15&Over 1000/1650 Free will be seeded together, but separated for awards. The events will be swum from fastest to slowest, alternating women/men.

MEET COMMITTEE:

A meet committee comprised of the Meet Referee, Meet Director, Coach Representative, Athlete Representative and one (1) Certified Official acting at large will be established to receive and act upon any administrative protest filed at the meet. The committee will not act upon judgment decisions as those are under the jurisdiction of the Meet Referee. This committee shall act as a review section in the need of an emergency meeting.

SCRATCHES:

ISI Scratch Rule is in effect. See ISI Code Book Section J.

- TIMERS & OFFICIALS:** Clubs and unattached swimmers participating in this meet must provide timers and/or officials on a prorated basis according to their number of entries. A list of timers and officials assignments will be posted on wall in pool area behind blocks.
- NO SMOKING:** No smoking in the swimming revenue.
- USA REGISTRATION:** There will be NO USA Swimming registration at the meet (swimmers, coaches, or clubs)
- ADAPTED
COMPETITIVE
SWIMMERS:** USA Swimming and ISI encourage adapted competitive swimmers to participate in all sanctioned meets. The “Adapted Competitive Swimmer Information Form” form APP-21 must accompany entries. The form is also available on the ISI website (www.isiswim.org) or from the ISI office, email: isiswim@aol.com, phone: 1-877-474-7946, or mail: 2715 Pioneer Ct, Davenport, IA 52804-1099. Completion of this information form is part of the entry procedure since the host club and meet referee must have all necessary information concerning the swimmer. Refer also to USA Swimming Rules and Regulations Article 105.
- PROGRAMS
& FINAL RESULTS** Programs & final results will be sold at the meet.
Each USA Swimming team entered will receipt a copy of the program.
Electronic results will be provided to all teams participating in the meet & posted on the ISI website. A hard copy of final results will be mailed for a fee of \$5.00 & may be requested on financial sheet.
- OTHER INFORMATION:** Swim merchandise will be available for sale during the meet.

There will be a concession stand in operation.

Iowa Swimming, Inc.
Regional Finals
25-yard Course Sanction #09-22
West High School, Davenport, Iowa

Session I – Saturday, February 14, 2009

Warm-ups: 8:15-8:55am Competition: 9:00am

Girls						Boys
<i>Event #</i>	<i>Min Time</i>	<i>Max Time</i>	<i>Events</i>	<i>Max Time</i>	<i>Min Time</i>	<i>Event #</i>
1		36.00	10&U 50 Free	35.20		2
3		21.30	8&U 25 Free C	20.70		4
5	21.29		8&U 25 Free AB		20.69	6
7		1:34.00	10&U 100 Back	1:32.10		8
9		58.90	8&U 50 Back	57.80		10
11		43.00	10&U 50 Fly	42.00		12
13		24.90	8&U 25 Fly C	25.10		14
15	24.89		8&U 25 Fly AB		25.09	16
Break - Warm-up/cool down 15 minutes min – Admin 20 minutes						
17		1:46.70	10&U 100 Breast	1:43.70		18
19		1:03.80	8&U 50 Breast	1:02.40		20
21		2:58.30	10&U 200 Free	2:50.90		22
23		1:49.00	8&U 100 Free	1:45.80		24
25		1:33.80	10&U 100 IM	1:31.20		26
27			10&U 200 Medley Relay			28
29			8&U 100 Medley Relay			30

Session II – Saturday, February 14, 2009

Warm-ups: Not before 11:30am Competition: Not before 12:30pm

Girls						Boys
<i>Event #</i>	<i>Min Time</i>	<i>Max Time</i>	<i>Events</i>	<i>Max Time</i>	<i>Min Time</i>	<i>Event #</i>
31		2:48.90	11-12 200 Back	2:45.60		32
33		2:39.60	13-14 200 Back	2:29.80		34
35		2:29.90	15&O 200 Back	2:17.90		36
37		1:25.80	11-12 100 Breast	1:24.20		38
39		1:20.90	13-14 100 Breast	1:15.10		40
41		35.40	11-12 50 Back	35.00		42
43		1:15.70	15&O 100 Breast	1:08.90		44
45		2:51.80	11-12 200 Fly	2:48.30		46
47		2:41.00	13-14 200 Fly	2:32.00		48
49		2:30.50	15&O 200 Fly	2:19.00		50
51		2:44.20	11-12 200 IM	2:42.50		52
53		2:30.50	13-14 200 IM	2:20.30		54
55		2:27.00	15&O 200 IM	2:15.10		56
Break - Warm-up/cool down 15 minutes min – Admin 20 minutes						
57		1:05.70	11-12 100 Free	1:05.30		58
59		1:02.20	13-14 100 Free	57.40		60
61		39.40	11-12 50 Breast	39.10		62
63		1:00.80	15&O 100 Free	55.20		64
65			11-12 200 Medley Relay			66
67			13-14 200 Medley Relay			68
69			Open 200 Medley Relay			70
Break – Warm-up/cool down 15 minutes min – Admin 20 minutes						
71		6:24.70	11-12 500 Free	6:19.90		72
73		5:53.00	13-14 500 Free	5:35.20		74
75		5:47.40	15&O 500 Free	5:24.30		76

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Regional Finals
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West High School, Davenport, Iowa

Session III – Sunday, February 15, 2009

Warm-ups: 8:15-8:55am Competition: 9:00am

Girls						Boys
<i>Event #</i>	<i>Min Time</i>	<i>Max Time</i>	<i>Events</i>	<i>Max Time</i>	<i>Min Time</i>	<i>Event #</i>
77		3:19.40	10&U 200 IM	3:18.10		78
79		1:53.60	8&U 100 IM	1:52.10		80
81		43.50	10&U 50 Back	43.70		82
83		25.70	8&U 25 Back C	25.30		84
85	25.69		8&U 25 Back AB		25.29	86
87		1:42.10	10&U 100 Fly	1:40.40		88
89		57.00	8&U 50 Fly	57.50		90
Break – Warm-up/cool down 15 minutes min – Admin 20 minutes						
91		47.80	10&U 50 Breast	47.90		92
93		27.90	8&U 25 Breast C	27.30		94
95	27.89		8&U 25 Breast AB		27.29	96
97		1:21.60	10&U 100 Free	1:20.00		98
99		48.80	8&U 50 Free	47.40		100
101			10&U 200 Free Relay			102
103			8&U 100 Free Relay			104
Break - Warm-up/cool down 15 minutes min – Admin 20 minutes						
105		7:39.50	10&U 500 Free	7:35.20		106

Session IV – Sunday, February 15, 2009

Warm-ups: Not before 11:30am Competition: Not before 12:30pm

Girls						Boys
<i>Event #</i>	<i>Min Time</i>	<i>Max Time</i>	<i>Events</i>	<i>Max Time</i>	<i>Min Time</i>	<i>Event #</i>
107		30.70	11-12 50 Free	29.80		108
109		28.70	13-14 50 Free	26.30		110
111		28.00	15&O 50 Free	25.30		112
113		5:50.20	11-12 400 IM	5:42.60		114
115		5:31.10	13-14 400 IM	5:13.00		116
117		5:22.80	15&O 400 IM	4:59.80		118
119		1:17.70	11-12 100 Back	1:15.70		120
121		1:11.40	13-14 100 Back	1:06.90		122
123		33.80	11-12 50 Fly	33.70		124
125		1:06.60	15&O 100 Back	1:01.10		126
Break - Warm-up/cool down 15 minutes min – Admin 20 minutes						
127		2:25.70	11-12 200 Free	2:21.90		128
129		2:13.80	13-14 200 Free	2:05.30		130
131		2:10.40	15&O 200 Free	2:00.10		132
133		1:16.70	11-12 100 Fly	1:15.20		134
135		1:10.70	13-14 100 Fly	1:05.50		136
137		1:06.30	15&O 100 Fly	1:00.10		138
139		3:11.70	11-12 200 Breast	3:07.30		140
141		3:00.70	13-14 200 Breast	2:49.40		142
143		1:17.10	11-12 100 IM	1:14.60		144
145		2:49.60	15&O 200 Breast	2:36.40		146
147			11-12 200 Free Relay			148
149			13-14 200 Free Relay			150
151			Open 200 Free Relay			152
Break - Warm-up/cool down 10 minutes min – Admin 15 minutes						
153		13:23.90	11-12 1000 Free	13:14.70		154
155		12:38.00	13-14 1000 Free	12:05.40		156
157		12:25.70	15&O 1000 Free	11:40.20		158
159		22:33.80	11-12 1650 Free	22:17.10		160
161		21:02.70	13-14 1650 Free	20:03.90		162
163		20:48.90	15&O 1650 Free	19:35.00		164

