

FOLLOWING PLEASE FIND THE 2010 CENTRAL ZONE CHAMPIONSHIP INFORMATION. WE ARE ASKING EACH CLUB TO DUPLICATE THIS INFORMATION AND MAKE IT AVAILABLE TO YOUR SWIMMERS.

IOWA SWIMMING, INC.
Eric Follmuth – Age Group Vice Chair
400 North Monroe, Ste #1
Mason City, IA 50401
641-425-5357
isientries@gmail.com

Iowa will participate in the 2010 Central Zone Championships in Lincoln, NE at the Woods Pool, 3200 J St, Lincoln, NE 68502 on August 6, through August 9, 2010. The open water competition will be on Monday, August 9, and pool events taking place Friday through Sunday, August 6-8th, 2010.

Pre-Entry: The eligibility period to qualify for this summers Zone meet is this past year, including last summers Zone Meet. Any swimmer achieving a “AAA” or faster time standard since last summers Zone meet (Short Course Yards, Short Course Meters, Long Course Meters) **must have their entry for those events into the Age Group Chair by noon on Monday, July 26th** (the Monday before the Long Course Championships in Iowa City).

ANY SWIMMER HOLDING A “AAA” OR FASTER TIME WILL NEED TO MEET THIS NEW ENTRY DEADLINE TO BE ALLOWED TO SWIM THAT EVENT AT ZONES.

A swimmer achieving a **NEW** “AAA” at the Championship Meet will be allowed to enter that event during the Championship Meet weekend provided they enter for that event in time period of that session.

State Championship Entries: All swimmers achieving a new time cut are encouraged to complete/update their entries within 30 minutes after the end of each session of the State Championships for events swim 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, with the total ending deadline being the end of the session in which the event is swum at State. If no qualifying swimmers wish to addend the Zones meet, Team Iowa may fill our allotted slots for each event non-qualifiers (we are allotted one (1) swimmer per event for 10 and under events, and allotted two (2) swimmers per event for 11-12 and 13-14 events. A non “AAA” swimmer must have at least a “A” time minimum to enter the event in question. Once we have filled an event with non-qualifiers, we cannot take other swimmers for that event. IF YOU ACHIEVE YOUR CUT, AND WISH TO ATTEND THE MEET – SIGN UP ON TIME OR YOU MAY LOSE YOUR SPOT. As long as we only take qualified swimmers “AAA” (or faster) there is no limit to how many swimmers can sign up for an event.

- **Forms to be completed and returned:**
Central Zone Championship Entry Form
Central Zone Championship Meet permission and Release Form
Central Zone Championship Meet Code of Conduct
- **Eligibility:** For the pool events, a swimmer must be a regular (not seasonal) USA membership, who has achieved an “AAA” time during or after last year’s Zone Championships. For Open Water events, swimmers must have achieved a National “A” time for the longest freestyle event for their age offered at the Zone Meet. All times not previously submitted to the ISI Office (Elaine Sortor) must be accompanied by highlighted final meet results. Please take special note of the eligibility rules as pertains to USA Swimming National Championships as listed in the meet invitation.

- **Entry Limits**
Swimmers may enter no more than six (6) individual events (excluding the open water event) of which no more than three (3) may occur on any given day – not including the open water event.

Team Iowa may enter two (2) relays per relay event.

Team Iowa may also enter two (2) swimmers per age group with a disability. These swimmers with a disability will not be required to have achieved the qualifying time standards for their age groups/events.

General Admission Tickets \$3 per session or \$20 for all-session pass.

- **Entry Fees:** \$6.00 per individual pool events and \$20.00 per open water event. Relay fees will be paid by ISI.

Meet Program Fees: \$10 meet program, includes psych sheet. \$4 daily heat sheets and \$1 final heat sheets each Session.

- **Team Pictures:** Thursday, August 5, 2010 – 9:00am (Please wear your team Warm up with White Shirt).
- **Team Warm-Ups:** Thursday, August 5, 2009 – 9:30 to 10:30am
- **Team Meeting:** Will follow Thursday warm up.
- **Team Clothing:** Each Team Iowa member will receive three latex caps (silicone upgrade available), three different color t-shirts to be worn on the days listed below and a Speedo Championship suit. All clothing fees will be paid to Splash Multisport, and event entry fees will be paid to ISI. Price breakdown are listed on the order sheet below. You may make your clothing orders through the internet. This will also allow you to pay for apparel with a credit card or paypal. Log into our team store at <http://www.splashmulti.com/catalog/Team-Iowa-59-1.html> to

order your clothing. You're application for entry into the meet will need to be received before the clothing/suits can be purchased, as you need to participate in the event to receive the discount for the clothing and suits. At the following meets, Splash Multisport will be on site to help with any sizing questions.

MCSC Invite (Mason City)

BLAST Invite (Cedar Falls)

RCA Invite (Clinton)

DMSF Regionals (Des Moines)

State Championships for those achieving new times (Iowa City)

If you did not receive a Team Iowa warm-up last year, and would like to purchase one for this year's Zones Meet, the cost will be \$75. These new warm-ups run very true to size. If your swimmer is a youth medium, or adult XS. That should be the size your swimmer will wear.

When you know that you will be attending the Zones meet, please get your order in ASAP as we will make every effort to ensure that you have a championship suit for the meet. In the event that you do order late, and your size is not available for the meet, you will still get the suit – even if it is after the meet.

Here are the T-Shirt colors you should wear on each day.

THURSDAY (Pictures) – Warm-up with White Shirt

FRIDAY – Black shirt / Warm-up

SATURDAY – Blue Shirt / Warm-up

SUNDAY – White shirt / Warm-up

- **Team Travel:** Each swimmer (family) will have to arrange for their own travel. This year there will be no Team Iowa Bus. The lack of participation made the bus travel to costly.
- **Hotel:** A block of rooms has been reserved for Team Iowa at the Fairfield Inn by Marriott at 4221 Industrial Ave, Lincoln, NE. We will have 25 double queen rooms at \$80/night plus tax, and 5 rooms with King rooms for \$80/night plus tax. **DO NOT** contact the hotel directly as ISI will submit a group rooming list to the hotel. If you try to make reservations on your own under the Team Iowa Block – it will severely mix up our room count, and may affect someone else's reservation. Rooms will be on a first come first served basis (by date of entry being received by Eric Follmuth).
- **Volunteers:** Timers and officials are encouraged and welcome. If you would like to officiate, please contact Eric Follmuth. If needed solicitation for timers will be held at the meet site.

PLEASE MAIL/EMAIL ALL INFO TO:

ERIC FOLLMUTH

400 N. MONROE, STE #1

MASON CITY, IA 50401

641-425-5357 - isientries@gmail.com

2010 Central Zone Championship Entry Form

Swimmer's Name: _____ Swim Club: _____
 Female/Male: _____ Birth Date: _____ Age on Aug. 10th _____
 Address: _____ City: _____ Zip: _____
 Home Phone: _____ Parent/Guardian Names: _____
 Email Address (Mandatory) _____

Entry Limits:
6 Individual events maximum

Event #	Event Name	Event Time	Meet & Date

This swimmer is entering the above-listed events at the 2010 Central Zone Championships and will be available for all relays as assigned. Please indicate if the athlete will not be available on a given day.

 Parent/guardian signature Date

UNLESS YOU DON'T THINK YOU WILL MAKE CHANGES TO THE NUMBER OF EVENTS, YOU MAY WAIT UNTIL THE STATE MEET TO PAY THE ENTRY FEE.

	<u>Fees</u>		
Entry Fees	\$6 per event X _____	=	\$ _____
	\$20 open water X _____	=	\$ _____
TOTAL (check payable to ISI)		=	\$ _____

Hotel Reservation

#of rooms: _____ Circle DOUBLE KING
 Credit Card Type: _____ Number: _____ Exp. Date: _____

**RETURN TO ERIC FOLLMUTH, 400 N. MONROE, STE #1,
 MASON CITY, IA 50401**

- CHECKLIST (BE SURE ALL FORMS ARE COMPLETELY FILLED OUT)**
- _____ CENTRAL ZONE CHAMPIONSHIP PERMISSION/RELEASE
 - _____ CENTRAL ZONE CHAMPIONSHIP CODE OF CONDUCT
 - _____ FEES (check payable to ISI)

**2010 Central Zone Championship Clothing Form
(for those not wishing to use the Team Iowa Web Store)**

The clothing costs for the 2010 Team Iowa Central Zone Championship will be per the following:

- (1) FSII Jammer Package **\$70** Size: _____
- (2) FSII Female Recordbreaker Package **\$80** Size: _____
- (3) LZR Racer Pro Jammer Package **\$95** Size: _____
- (4) LZR Racer Pro Female Kneeskin Package **\$150** Size: _____

These packages will include a three Team T-Shirts, a Speedo Championship suit (you chose) and three team latex swim caps (a silicone cap upgrade is available for two silicone caps – while supplies last)

The sizing available for the T-Shirts will be Youth Medium, Youth Large, Adult S, M, L, and XL. (WARM-UPS ARE NOT MANDATORY) The sizing available for the Warm-Up will be Female XS, S, M, L, XL. Male XS, S, M, L, XL, XXL. And Unisex Youth S, M, L. The warm-up may be bought in different sizes for Jacket and Pant. The deadline for ordering a stitched team warm-up is Monday, July 26th, 2010.

Please contact Splash Multisport for the Championship Suit sizing, (866) 987-SWIM

Name: _____ Home Club: _____
Address: _____ City: _____
Phone: _____ Email: _____

T-Shirt Size (adult sizing): _____
Warm-Up Jacket Sizing (**\$40.00 addiion**): _____
Warm-Up Pant Sizing (**\$35.00 addition**): _____
Silicone Cap Upgrade (2 caps) while supplies last (**\$17.00 addition**): _____
Additional Team Iowa Latex Swim Caps (**\$3.00 ea.**): _____
Additional Team Iowa Silicone Swim Caps (**\$10.00 ea**): _____

TOTAL CLOTHING PRICE:
Make check payable to Splash Multisport

**2010 Central Zone Championship Meet at Grand Forks
Permission and release Form**

LSC: IOWA

I hereby give my permission for: _____
(please print name of swimmer)

To accompany the IOWA LSC TEAM to the **2010 Central Zone Championships** on the following dates: _____

I further waive all claims for injury, accident, or liability of any kind for the above-mentioned swimmer, and in case of an accident or injury in any way resulting, directly or indirectly from participation in such program, hold harmless from any liability therefore the IOWA LSC, it's officers, coaches, chaperones, managers, or any other person or persons in any way connected or associated with the program.

Furthermore, in case of emergency medical attention that may be required, I authorize adult coaches, chaperones, and/or other adults traveling in an official capacity with the team to act for me according to their best judgment and ability.

_____ Date: _____
(signature of parent or guardian)

Medical Information

Please Print

List of medication and dosage the swimmer is taking now: _____

Pre-existing conditions (asthma, epilepsy, etc.): _____

Allergies (include medicines needed): _____

Other pertinent information the coach, and other in charge, should know about the swimmer: _____

Physician's Name: _____ Phone: _____

Name of Parent/Guardian: _____

Street Address: _____ City: _____ Zip: _____

Day Phone: _____ Eve Phone: _____

Phone during meet competition: _____

