



BLAST Winter Invite

To: ISI Team Representative
From: Jamie Langner – Meet Director
Date: January 28th, 2009
Re: BLAST Winter Invite

Dear Representative,

Please find enclosed your invitation to the upcoming West Regional Meet being held on Saturday, February 14th, and Sunday, February 15th, 2009, at the Holmes Junior High School Pool in Cedar Falls.

We are looking forward to having you join us for this meet and will strive to make it an enjoyable experience for you and your swimmers.

If you have any questions about the meet, please don't hesitate to contact me at 319-290-9299 or at jamielangner@yahoo.com.

Jamie Langner
BLAST Head Age Group Coach
Meet Director



Hotels

Ramada Inn

4th & Commercial

Waterloo

319-233-7560

(\$79 if BLAST swimming is mentioned)

AmericInn Lodge and Suite

5818 Nordic Dr.

Cedar Falls

319-277-6166

Heartland Inn – Greyhound Park

3052 Marnie Rd.

Waterloo

319-232-7467

Holiday Inn

5826 University Ave.

Cedar Falls

319-277-2230

Holiday Inn Express

2141 La Porte Rd.

Waterloo

319-233-9191

Wingate Inn

1614 Technology Pkwy

Cedar Falls

319-277-2400

The Grand Hotel

300 W Mullan Ave.

Waterloo

319-234-7791

Midway Inn

4117 University Ave.

Cedar Falls

319-277-6931

Comfort Suites

7402 Nordic Dr.

Cedar Falls

319-273-9999

University Inn

4711 University Ave.

Cedar Falls

319-277-1412

IOWA SWIMMING, INC.
REGIONAL FINALS
Hosted by BLAST

- ISI SANCTION: IA-09-23
- RULES: Current USA Swimming and Iowa Swimming, Inc. (ISI) rules will govern this meet.
- DATES: February 14th & 15th, 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: Holmes Junior High School, 505 Holmes Dr., Cedar Falls, IA 50613
Indoor 25 yd. with bulkhead, 6 lanes, Backstroke flags at both ends, non-turbulent lane markers, permanent starting blocks at deep end
11 feet deep at starting end; 4 feet deep at far end
Daktronics 2000 timing system with horn start and 2 watch back-ups
- 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 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 14th, 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) Seed 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 BLAST.
- 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 9th, 2009. The entry fees & hardcopy are due by 8:00 am, Saturday, February 14th, 2009. Any changes made after Noon, Monday, February 9th, 2009, will be considered Late Entries.

The deadline for hand written or emailed non-Hy-Tek is Wednesday, February 4th, 2009. Teams entering by this method must email or phone updates from February 7th & 8th, 2009, weekend meets by noon, Monday, February 9th, 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. 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.

1. 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.
2. Late Entry Fees: Individual events \$4.50 per event and Relay events \$10.00 per relay
3. Late entry swimmers will be required to show proof of current membership.

SEND ENTRIES TO:

Kim Abbas, 4127 Wynnewood Dr., Cedar Falls, IA, 50613, (319) 231-1054 or snkabbas@cfu.net Express mailing entries NO SIGNATURE REQUIRED will be accepted all day.

MEET DIRECTOR:

Jamie Langner, 512 Alvarado Ave, Cedar Falls, IA 50613, 319-290-9299, jamielangner@yahoo.com.

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 & 1650 Free by 2:00pm, Sunday, February 15, 2009, at the announcer's table. 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. (*At the discretion of the Referee, at least 15 minutes rest shall occur between swims for the same individual.*)
- 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 at the announcer's table.

NO SMOKING:

No smoking in the swimming venue.

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 receive 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:

Concessions will be available.
Splash Multisport will be selling swimwear, goggles, etc.
Spectator seating available in pool balcony.

Iowa Swimming, Inc.
Regional Finals
25-yard Course Sanction #: IA-09-23
Holmes Jr High, Cedar Falls, IA

Session I – Saturday, February 14th, 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 14th, 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

Iowa Swimming, Inc.
Regional Finals
25-yard Course Sanction #: IA-09-23
Holmes Jr High, Cedar Falls, IA

Session III – Sunday, February 15th, 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 15th, 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

FINANCIAL SHEET - TIMED FINALS

MEET NAME: West Regional Finals Sanction IA-09-23 DATE: February 14 & 15, 2009

TEAM NAME: _____ CODE: _____

COACHES ATTENDING MEET: _____

MEET CONTACT: _____

ADDRESS: _____

Street Address

City

Zip

PHONE: (____) ____-____ EMAIL: _____

ENTRY FEES	NUMBER	FEE	TOTALS \$
INDIVIDUAL ENTRIES		\$ 2.25	
RELAY ENTRIES		\$ 5.00	
SWIMMERS (Splash Fee)		\$ 3.00	
FINAL RESULTS*		\$ 5.00	
TOTAL FEES:			
MAKE CHECK PAYABLE TO : BLAST			

* FINAL RESULTS - Final results will be provided in electronic format & available on the ISI website, unless hard copy is requested along with fees. (See meet invitation for fee)

Mail final results to: _____