

Ames' Rock the Blocks Jam

June 11-13, 2010

OPEN/APPROVED

Hosted by: Ames Cyclone Aquatic Club & Des Moines Swim Federation

**SANCTION
NUMBER:**

IA-10-42A

RULES:

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

DATES:

Friday, June 11, Saturday, June 12, & Sunday, June 13, 2010

TIMELINE:

	Warm-ups	Competition
Friday PM – Session #1 – Timed Finals	1:00 p.m.	2:40 p.m.
Saturday AM – Session #2 – Prelims	7:00 a.m.	8:10 a.m.
Saturday PM – Session #3 – Timed Finals	Not before 11:30 a.m.	Not before 12:40 p.m.
Saturday PM – Session #4 – Finals	Not before 4:00 p.m.	Not before 5:00 p.m.
Sunday AM – Session #5 – Timed Finals	8:00 a.m.	9:10 a.m.
Sunday PM – Session #6 – Timed Finals	Not before 11:30 a.m.	Not before 12:40 p.m.

All warm-up sessions are general warm-ups. The pool will be cleared 10 minutes prior to the start of competition. Teams will be notified by Tuesday, June 8th if warm ups are to be split. Final meet timeline will be posted on the ACAC website by Tuesday, June 8th. Coaches meetings will be held 10 minutes prior to the start of Session #1 and #2 on Friday night, Saturday morning. Other coaches meetings will be announced if needed.

SITE:

Furman Aquatic Center, 1635 East 13th Street, Ames, IA 50010 (515) 232-7665
A new 50-meter heated outdoor pool with eight 7' wide lanes, non-turbulent lane dividers, 12' starting depth and 5' depth at the turn end. The competition course is being certified in accordance with USA Swimming's Rule 104.2.2(c). Certification will be complete by June 1st.

TIMING SYSTEM:

Daktronics timing system with pads on both ends of pool and button back-up system with HyTEK software will be used. Secondary timing of at least 2 manual stop watches per lane.

COACHES:

Must possess and visibly wear a current USA Swimming Coaches Registration Card or coaching credentials from their governing authority. Only coaches will be permitted on the deck in designated areas. All coaches must sign an ISI Coaches Meet Sign In sheet (APP-29).

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:**

- Contestants must enter the age bracket corresponding to their age as of June 11, 2010.
- A swimmer may enter up to 4 events on Friday and Sunday. 10&U may enter up to 4 events on Saturday. 11&12, 13&14, and Senior swimmers are limited to 3 individual events on Saturday due to prelim/finals.
- Seed times must be submitted for a 50 meter course (Long Course).
- Phone entries or changes will not be accepted.

ENTRY LIMIT:

100 splashes per lane, per session. One additional change will be allowed to the original entry as long as it is received prior to the deadline and the splash limit for the meet has not already been reached. No entries will be accepted without fees included. Teams will not be split if all entries are received together. Entries will be accepted in order received at the address given until 100 splashes per lane per session have been reached. NO FAX ENTRIES. Entries will be marked as to date and time received to determine order of acceptance.

Ames' Rock the Blocks Jam

June 11-13, 2010

2

In the event multiple entries are received at the same time, the order of acceptance will be: 1) Earliest postmark date; 2) Team within our LSC; 3) Team who participated in the 2009 *Birdland Invitational*. Teams may call entry chair to verify acceptance.

LIMITED ENTRY EVENTS:

There are no limited entry events.

ENTRY FEES:

Individual events: \$4 per event
Relays: \$10 per relay
LSC Splash Fee: \$3
Facility fee: \$2

Write single check for fees payable to Ames Cyclone Aquatic Club or ACAC. Payment for fees must accompany all entries. Entry fees are not refundable. Splash and facility fees will be refunded if the entire meet is cancelled. Hand entries in excess of 5 swimmers per team will be charged \$2 for each swimmer.

ENTRY FORMS:

All entries must be complete, legible and submitted on the ISI Entry Form OR via email OR on disk in HY-Tek Commlink II format (generated from Team Manager or Meet Manager). If you are submitting entries via email or on disk please provide a hard copy of entries for backup. All entries must include a completed financial sheet. Non-USA Swimming clubs/swimmers must provide Proof of Insurance (ISI APP-15) or the Liability/Medical Release Form (ISI APP-14). Forms are available on the ACAC and ISI websites.

ENTRY DEADLINE:

Entries will be accepted starting on May 3rd. Priority will be given by date received. Accepted team entries must have all participants listed. Event changes will be allowed, but additional swimmers not listed after meet is full will not be accepted.

- Entries will be accepted from teams/athletes IN the Iowa LSC beginning on: **Sunday, May 16th**.
- Entries will be accepted from teams/athletes OUTSIDE of the Iowa LSC & Iowa LSC team/athletes beginning on: **Sunday, May 23rd**.
- Hand written entries are due no later than: **Monday, June 1st**.
- Electronic entries must be received by: **Monday, June 7th**.
- Hard copy of entries, financial sheet, and fees check due by **Tuesday, June 8th** or athletes will be scratched.
- Non-USA Swimming clubs/swimmers must provide proof of insurance (ISI APP-15) or the Liability/Medical Release Form (ISI APP-14) by **Tuesday, June 8th**.

LATE ENTRIES:

Deck entries and seeding will be accepted at the discretion of the Meet Director, only if an empty lane is available in the event requested, in person up to one hour prior to the start of each session. No heats will be added. Contact Meet Director during the meet to inquire about deck entry availability.

Deck entry fees: Individual events \$8 per event & Relay events \$20 per relay.

Deck entry swimmers will be required to show their 2010 Athlete USA Swimming Membership card or coaches computer list from ISI.

SEND ENTRIES TO:

ACAC Meet Entry Chair - Coach Aron Nakama
Email: lane2kom@me.com Phone: (515) 451-4313
PO Box 2433, Ames, IA 50010

Express mailed entries: NO SIGNATURE REQUIRED – WILL BE ACCEPTED ALL DAY.

Ames' Rock the Blocks Jam

June 11-13, 2010

MEET DIRECTOR:

Lewis Rosser
Email: amesrossers@me.com Phone: (515) 450-5099
2913 Arrowwood Cir., Ames, IA 50014

SCORING:

In support of USA Swimming's I.M. Ready (IMR) and I.M. Extreme Challenge (IMX) Program, individual scoring will be based upon the USA Swimming IMX events. There will be no scoring or awards for the IMR events. Please see the Scoring and Awards sections. For more information on the IMR and IMX program, rules, and power point system details, visit the USA Swimming website at: usaswimming.org

AWARDS:

HEAT WINNERS (8&U, 9&10, and 10&U girls & boys heats)

- Ribbons, 1st place

INDIVIDUAL EVENT AWARDS (Only 8&U, 9&10, 10&U, and 11&12 girls & boys)

- Medals, 1st – 3rd place
- Ribbons, 4th – 16th place.

INDIVIDUAL IMX AWARDS (10&U, 11&12, 13&14, and Senior girls & boys)

- Trophies, 1st – 3rd place.
- Medals, 4th – 8th place.

RELAY EVENT AWARDS (10&U, 11&12, 13&14, and Senior girls & boys)

- Medals, 1st place.

In order to qualify for IMX Awards a swimmer must legally compete in all IMX events for the correct age bracket. For swimmers competing in finals, the time during the final will be used for calculating IMX power points (NOT the best time between prelims/finals).

Individual awards will be distributed during the meet at the Awards Table. Relay and remaining individual awards will be given to the coaches at the conclusion of the meet.

**MEET
OPERATION:**

1. Positive check-in required for: 10&U and 11&12 400 Free, 13&14 and SR 400 IM, and Senior 800 Free events on Friday, 11&12 200 Free Relay and Open 400 Free Relay on Saturday AM, and Open 1500 Free on Sunday PM. All other individual events will be pre-seeded.
2. Failure to check-in for required events will result in the athlete being scratched from that event.
3. All relays are timed finals. The top 16 Open 400 Free checked-in Relays and the top 8 11&12 200 Free checked-in Relays will be swum with finals. If names are on entry sheets for relays, those names will be on the Relay Card at the meet.
4. Events may be combined to facilitate meet operation and separated for scoring purposes and to facilitate prelims/finals.
5. The top 16 13&14 and Senior swimmers from the prelim session will qualify for finals. The top 8 11&12 swimmers from the prelim session will qualify the finals.
6. All 9&Over swimmers are to report directly behind the blocks. There will be a Clerk Of Course on Friday and for both Sat. and Sun. sessions for 8&U swimmers only.
7. The 4-hour rule is in effect for all sessions.
8. All heats of the 1500 free will be swum at the end of Session #6. They will be swum fastest to slowest, alternating women's and men's heats.
9. Friday PM all heats of the 10&U 400 Free, 11&12 200 IM, 13&14 and SR 400 IM, and SR 800 Free will be swum fastest to slowest, alternating girl's and boy's heats.
10. Fly-over starts may be used for all age-groups with the exception of 8&Unders.
11. Swimmers are expected to provide their own counter for 800 and 1500 Free events.
12. It's not the meet hosts responsibility to provide rest for swimmers that enter both Age Group events and Senior events.

Ames' Rock the Blocks Jam

June 11-13, 2010

**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 for the Timed/Final sessions. ISI Code Book Sec J.XII.A&B. Scratch rule is effect for ALL RELAYS. ISI scratch rule is in effect for the Prelim/Final events with the exception that: A swimmer qualifying for a consolation final or final race will have 30 minutes after the announcement of the qualifiers for that final race in which to scratch; thus the declaration of intent to scratch is not in effect. Reminder: If a swimmer qualifies for a consolation final or final race and fails to compete, he/she will be barred from further competition for the meet. If the swimmer does not have any events on Sunday, and fails to scratch for Saturday's Finals, a \$50.00 fine will be assessed to the swimmers' team payable to ACAC. If a swimmer positively checks-in for a deck seeded event and fails to participate in that event, that swimmer will not be allowed to swim their next event and their team will be assessed a \$50 fine payable to ACAC. Note: The meet referee may rule against these penalties due to extenuating circumstances.

NO SMOKING:

Smoking is not permitted anywhere in the swimming venue.

**USA SWIMMING
REGISTRATION:**

USA Swimming registration at the meet is \$58.00 for an annual membership and \$35.50 for an individual seasonal membership payable to ISI. There is a \$5.00 late fee payable to ACAC. Club and coaches' registrations will not be accepted.

**ADAPTED
COMPETITIVE
SWIMMERS:**

USA Swimming and ISI encourage adapted competitive swimmers to participate in all meets. The "Adaptive Competitive Swimmer Information Form" (ISI Code Book APP-21) must accompany entries. This form is available from the ISI website – www.isiswim.org or the ISI Office – isiswim@aol.com or 2715 Pioneer Ct., Davenport, IA 52804-1099, 563-391-5832 or 1-877-ISI-SWIM. Refer to USA Swimming Rule and Regulation Article 105.

**JUDY HOFFMAN
MEMORIAL
AWARD:**

The Judy Hoffman Memorial Award has been established in memory of Judy Hoffman, President of Iowa Swimming, Inc. at the time of her untimely death in March 1978. This award will be presented to an Iowa competitive swimmer at the Iowa Spring banquet from a list of nominations by member ISI clubs and unattached ISI members. For further information concerning this award contact the ISI office, 2715 Pioneer Court, Davenport, IA 52804-1099: phone (563) 391-5832 or 1-877-ISI-SWIM. Contributions to the Fund are greatly appreciated and may be made through officials of DMSF.

**PROGRAMS &
RESULTS:**

Psych sheets and meet information will be posted on the ACAC website at www.swimacac.com and will also be sent to coaches with entries in the meet. Programs for the entire meet will be on sale for \$10.00 during the meet. Heat sheets for finals will be available for \$3.00 and free to those who have purchased a meet program. All participating teams will receive an electronic copy of the final results. Meet results will be posted on the ACAC & ISI websites.

CONCESSIONS:

The City of Ames Parks & Rec. Dept. will provide expanded concessions to meet the needs of swimmers and their guests.

Ames' Rock the Blocks Jam

June 11-13, 2010

SPECTATOR SEATING:

Spectator bleacher seating will be available on the North side of the pool. Spectators may bring portable seating, but are reminded to remain in designated spectator areas during the meet to facilitate smooth meet operations, officiating, and coaching. Only swimmers and coaches will be allowed in their designated area South of the pool.

SWIMMING SUPPLIES:

Splash Multisport will be onsite and will have a variety of swimwear and accessories available for sale at the meet. You can visit them at www.splashmulti.com. Meet t-shirts will be available for purchase. There will be no pre-order for meet t-shirts.

LODGING:

A list of lodging accommodations is available online at www.swimacac.com.

PARKING:

Free Parking Areas will be clearly marked. Be sure to park in approved parking areas. There is NO PARKING along 13th Street. If necessary, over-flow parking will be available a short walk away at Ames High School, just north of the complex.

USE OF FACILITY:

The Furman Aquatic Center's zero depth pool, lazy river, and giant slides will be open to the public and swimmer's family members during its normal operating hours during the meet. These are separate areas of the complex and will not interfere with the operation of the swim meet. Admission to the public portion of the pool will be required. Access to these areas will be limited and must be thru the main aquatic center entrance. Visitors will need to purchase an admissions wristband to use the other parts of the aquatic center.

CONDUCT:

Each team is responsible for the behavior of their swimmers. The Meet Director, Meet Referee, or Meet Marshall may remove any swimmer from competition for disruptive or disorderly behavior. **In accordance with the Federal Video Voyeurism Prevention Act of 2004 – the use of camera phones or video recording devices in the locker rooms is prohibited.**

Ames' Rock the Blocks Jam

June 11-13, 2010

Sanction # IA-10-42A, 50-meter pool

SESSION #1 FRIDAY PM EVENTS

Warm-ups 1:00 PM, Timed Finals 2:40 PM

GIRLS EVENT #	EVENT	BOYS EVENT #
1	Senior 50 Free	2
3	13&14 50 Free	4
5	11&12 50 Free	6
7	9&10 50 Free	8
9	Senior 200 Back*	10
11	13&14 200 Back*	12
13	11&12 400 Free*^	14
15	10&U 400 Free^	16
17	Senior 400 IM*^	18
19	13&14 400 IM*^	20
21	Open 800 Free^	22

The 10&U and 11&12 400 Free, 13&14 and SR 400 IM, and Open 800 Free will be swum fastest to slowest, alternating girl's and boy's heats.

^ **Positive Check-in events**, required by 1:30 p.m..

***IMX Event**: Only IMX events count towards individual scoring.

SESSION #2 SATURDAY AM EVENTS

Warm-ups 7:00 AM, Prelims 8:10 AM

GIRLS EVENT #	EVENT	BOYS EVENT #
23	13&14 200 Free	24
25	Senior 200 Free	26
27	11&12 400 IM^	28
29	13&14 100 Breast	30
31	Senior 100 Breast	32
33	11&12 100 Free	34
35	13&14 200 Fly*	36
37	Senior 200 Fly*	38
39	11&12 100 Breast*	40
41	13&14 100 Back	42
43	Senior 100 Back	44
45	11&12 50 Back	46
47	13&14 200 IM*	48
49	Senior 200 IM*	50
51	11&12 100 Fly*	52
53	Open 400 Free Relay^	54
55	11&12 200 Free Relay^	56

* **IMX Event**: Only IMX events count towards individual scoring.

^ **Positive Check-in events** – The 11&12 400 IM and 200 Free Relay and Open 400 Free Relay, required by 7:15 a.m..

Saturday Evening Finals: Will include 11&12 events (top 8), 13&14 (top 16), and Senior (top 16). All relays are timed finals. The top 16 Open 400 Free checked-in Relays and the top 8 11&12 200 Free checked-in Relays will be swum with finals. Prelim events may combine 13&14 and Senior swimmers to allow the meet to stay on schedule. Events will be separated for finals and scoring purposes. Finals will be swum in the same event order as Prelims.

Ames' Rock the Blocks Jam

June 11-13, 2010

Sanction # IA-10-42A, 50-meter pool

SESSION #3 SATURDAY PM EVENTS

Warm-ups immediately following AM session but not before 11:30 AM,
Timed Finals, not before 12:40 PM

GIRLS EVENT #	EVENT	BOYS EVENT #
57	10&U 200 IM*	58
59	8&U 50 Back	60
61	9&10 50 Back	62
63	8&U 50 Free	64
65	10&U 100 Breast*	66
67	8&U 100 Free	68
69	9&10 100 Free	70
71	10&U 100 Fly*	72
73	10&U 200 Free Relay	74

* **IMX Event:** Only IMX events count towards individual scoring.

SESSION #4 SATURDAY FINAL EVENTS

Warm-ups, not before 4:00 p.m., Finals, Not before 5:00 p.m.

GIRLS EVENT #	EVENT	BOYS EVENT #
23F	13&14 200 Free	24F
25F	Senior 200 Free	26F
27F	11&12 400 IM	28F
29F	13&14 100 Breast	30F
31F	Senior 100 Breast	32F
33F	11&12 100 Free	34F
35F	13&14 200 Fly*	36F
37F	Senior 200 Fly*	38F
39F	11&12 100 Breast*	40F
41F	13&14 100 Back	42F
43F	Senior 100 Back	44F
45F	11&12 50 Back	46F
47F	13&14 200 IM*	48F
49F	Senior 200 IM*	50F
51F	11&12 100 Fly*	52F
53TF	Open 400 Free Relay	54TF
55TF	11&12 200 Free Relay	56TF

* **IMX Event:** Only IMX events count towards individual scoring.

Saturday Evening Finals: Will include 11&12 events (top 8), 13&14 (top 16), and Senior (top 16). All relays are timed finals. The top 16 Open 400 Free checked-in Relays and the top 8 11&12 200 Free checked-in Relays will be swum with finals. Events will be separated for finals and scoring purposes. Finals will be swum in the same event order as Prelims.

Ames' Rock the Blocks Jam

June 11-13, 2010

Sanction # IA-10-42A, 50-meter pool

SESSION #5 SUNDAY AM EVENTS

Warm-ups 8:00 AM, Timed Finals 9:10 AM

GIRLS EVENT #	EVENT	BOYS EVENT #
75	10&U 200 Free*	76
77	8&U 50 Breast	78
79	9&10 50 Breast	80
81	10&U 100 Back*	82
83	8&U 50 Fly	84
85	9&10 50 Fly	86
87	10&U 200 Medley Relay	88

* **IMX Event:** Only IMX events count towards individual scoring.

SESSION #6 SUNDAY PM EVENTS

Warm-ups immediately following AM session

Warm-ups not before 11:30 AM, Timed Finals, Meet Starts Not Before 12:40 PM

GIRLS EVENT #	EVENT	BOYS EVENT #
89	11&12 200 Free	90
91	13&14 400 Free*	92
93	Senior 400 Free*	94
95	11&12 50 Breast	96
97	13&14 100 Fly	98
99	Senior 100 Fly	100
101	11&12 200 IM*	102
103	13&14 100 Free	104
105	Senior 100 Free	106
107	11&12 100 Back*	108
109	13&14 200 Breast*	110
111	Senior 200 Breast*	112
113	11&12 50 Fly	114
115	Open 400 Medley Relay	116
117	11&12 200 Medley Relay	118
119	Open 1500 Free^	120

* **IMX Event:** Only IMX events count towards individual scoring.

^ **Positive Check-in events,** required 15 minutes after warm-ups start.

Ames' Rock the Blocks Jam

June 11-13, 2010

Sanction # IA-10-42A, 50-meter pool

MEET ENTRY FINANCIAL SHEET

Club Name _____ Club Code _____

Coach's Name _____ Phone _____

Address _____

Coach e-mail Address _____

Contact information to whom questions/problems on this entry may be directed:

Name _____ E-mail _____ Phone _____

NUMBER OF SWIMMERS		TOTAL EVENTS		RELAYS	
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	Girls	Boys	Girls	Boys	Girls	Boys
8&U						
9&10						
11&12						
13&14						
Senior						

Total Swimmers (1) _____

Total Events (2) _____

Total Relays (3) _____

12&U _____

13, 14, Seniors _____

1. Total Swimmers for Splash Fee (1) _____ X \$3.00 = \$ _____

2. Total Events (2) _____ X \$4.00 = \$ _____

4. Total Relays (3) _____ X \$10.00 = \$ _____

5. Total Swimmers for Facility Fee (1) _____ X \$2.00 = \$ _____

Total Entry Fee \$ _____

(Make check payable to ACAC)

**Send this form, check, and hard copy of entries to:
ACAC Meet Entry Chair, PO Box 2433, Ames, IA 50010**