

AMES CYCLONE AQUATICS CLUB

Autumn Opener

October 10-11, 2009

ISI SANCTION: IA-10-01

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

DATES: Saturday, October 10, 2009
Sunday, October 11, 2009

TIME:

	<u>Morning</u>	<u>Afternoon</u>
Warm-ups:	7:30 – 8:50	not before 12:30
Competition:	9:00	not before 1:30 pm
Coaches Meeting:	8:50	

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

SITE: Ames High School Pool
1921 Ames High Dr. Ames, IA 50010
Indoor pool with six 25 yard lanes.
Water Depth: 4 1/2 ft. at shallowest start and turn.
12 1/2 ft. at deepest start and turn.
Colorado Timing System with 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 (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 October 10, 2009.
- 3) A swimmer may enter up to four individual events per day.
- 4) Seed times must be submitted for a 25-yard course.

ENTRY LIMITS: 100 Splashes/lane/session.

ENTRY FEES:

- 1) Individual events are \$3.50 per event. Relays are \$6.00 per event. ISI Splash Fee is \$3.00 per swimmer.
- 2) Write single check for entry and splash fees payable to ACAC.

- 3) **Entry fees are not refundable. Splash fees will be refunded if the entire meet is cancelled.**
- 4) **Teams submitting hand entries will be charged \$2.00 per swimmer if there are more than 5 swimmers.**

ENTRY FORMS:

Use forms: **ISI APP-7 Entry form**
ISI APP 8.1 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:

- 1) **Entries will be accepted from teams in the Iowa LSC beginning September 10th, 2009.**
- 2) **Entries will be accepted from teams outside of Iowa LSC beginning on September 17th, 2009.**
- 3) **Handwritten entries are due no later than October 2, 2009.**
- 4) **Electronic entries must be received by noon on October 5, 2009, with Hardcopy, Financial Sheet and Fees due by October 7, 2009. If hardcopy and fees are not received by October 7, a late fee of \$20 will be charged to the team/individual.**

LATE ENTRIES

Late entries will not be accepted.

SEND ENTRIES TO:

**Aron Nakama, 313 Hartford Drive Ames, IA 50014.
E-Mail –lane2kom@me.com. Express mailing entries NO
SIGNATURE REQUIRED will be accepted all day.**

MEET DIRECTOR:

Aron Nakama, 313 Hartford Drive Ames, IA 50014

AWARDS:

Awards will only be given for 12 & Unders. Medals will be awarded for first through third places. Ribbons will be awarded for fourth through sixth place. There will also be an award for heat winners.

MEET OPERATION:

- 1) **Positive check in is required 500 Free, 400 IM (Sat), and 1650 Free (Sun) by 8:15 am for morning sessions and for the 11-12 500 Free (Sat), and 10&Under 500 Free, and 11-12 1000 Free (Sun), by 1:00 pm for the afternoon session. Swimmers not checked in will be scratched from the event.**
- 2) **The 1650 Free and the 1000 Free will be swum Fastest to Slowest alternating boys and girls.**
- 3) **Swimmers are requested to provide their own timers and counters for the 1650 Free, 1000 Free.**

- 4) Swimmers are requested to provide their own counters for the 500 free.
- 5) Events may be combined to facilitate meet operation. They will be separated for awards.
- 6) It is not the meet host's responsibility to provide rest for swimmers who enter both 8 & Under and 10 & Under events.
- 7) Events will be pre-seeded, except 500, 1000, 1650, and 400 IM events which will be deck seeded. See meet operation for check-in requirements.
- 8) If names are on entry sheets for relays, those names will be on the relay cards at the meet
- 9) There will be a Clerk of Course for 12 and Unders.
- 10) Phone entries or changes will not be accepted.

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.

NO SMOKING: No smoking in the swimming venue.

USA REGISTRATION: Late USA Registration at the meet is \$58 (Annual) or \$35.50 (Individual Season—150 days) payable to ISI + \$5 late fee payable to ACAC. Club and Coach registrations are not accepted.

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 available on the ISI website: www.isiswim.org or through the ISI office email: www.isiswim@aol.com or phone number: 1-877-ISI-SWIM. 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.

OTHER INFORMATION: 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.

**Concessions will be available.
Swimming apparel will be available through Action Accents.**

ACAC Autumn Opener
 Sanction # IA-10-01
 25 Yards
 Saturday October 10th
 Session 1
 Warm-ups 7:30-8:50am
 Competition Starts at 9:00am

Event #	Age-Group	Event Title	Event #
1	13&Over	*500 Free	2
3	13&Over	100 Fly	4
5	13&Over	200 Breast	6
7	13&Over	200 Free	8
9	13&Over	100 Back	10
11	13&Over	*400 IM	12
*Check-in by 8:15am, will be swum slow to fast			
Saturday October 10 th			
Session 2			
Warm-ups not before 12:30pm			
Competition not before 1:30pm			
13	10&Under	200 Free	14
15	11-12	*500 Free	16
17	8&Under	100 Free Relay	18
19	10&Under	200 Free Relay	20
21	11-12	200 Free Relay	22
23	8&Under	50 Breast	24
25	10&Under	100 Breast	26
27	11-12	100 Breast	28
29	8&Under	100 IM	30
31	10&Under	200 IM	32
33	11-12	100 IM	34
35	8&Under	25 Back	36
37	10&Under	50 Back	38
39	11-12	50 Back	40
41	8&Under	100 Free	42
43	10&Under	50 Free	44
45	11-12	200 Free	46
47	8&Under	25 Fly	48
49	10&Under	50 Fly	50
51	11-12	50 Fly	52
*Check in by 1:00pm, will be swum slow to fast			

ACAC Autumn Opener
 Sanction # IA-10-01
 25 Yards
 Sunday October 11th
 Session 3
 Warm-up 7:30-8:50am
 Competition Starts 9:00am

Event #	Age-Group	Event Title	Event #
53	13&Over	100 Free	54
55	13&Over	200 IM	56
57	13&Over	200 Fly	58
59	13&Over	100 Breast	60
61	13&Over	200 Back	62
63	13&Over	50 Free	64
65	13&Over	*1650 Free	66

*Positive Check-in by 8:15am, swum fastest to slowest alt. girls and boys

Sunday, October 11th
 Session 4
 Warm-ups not before 12:30pm
 Competition not before 1:30pm

67	8&Under	100 Medley Relay	68
69	10&Under	200 Medley Relay	70
71	11-12	200 Medley Relay	72
73	8&Under	50 Free	74
75	10&Under	100 Free	76
77	11-12	100 Free	78
79	8&Under	25 Breast	80
81	10&Under	50 Breast	82
83	11-12	50 Breast	84
85	10&Under	100 IM	86
87	11-12	200 IM	88
89	8&Under	50 Back	90
91	10&Under	100 Back	92
93	11-12	100 Back	94
95	8&Under	25 Free	96
97	11-12	50 Free	98
99	8&Under	50 Fly	100
101	10&Under	100 Fly	102
103	11-12	100 Fly	104
105	10&Under	^500 Free	106
107	11-12	*1000 Free	108

^Positive check-in by 1:00pm swum slow to fast

*Positive check-in by 1:00pm swum fast to slow