



## BLAST Winter Invite

To: ISI Team Representative  
From: Jamie Langner – Meet Director  
Date: November 18, 2008  
Re: BLAST Winter Invite

Dear Representative,

Please find enclosed your invitation to the upcoming BLAST Winter Invite being held on Friday, January 23<sup>rd</sup>, 2009, through Sunday, January 25<sup>th</sup>, 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](mailto:jamielangner@yahoo.com).

Jamie Langner  
BLAST Head Age Group Coach  
Meet Director



## Hotels

### **Ramada Inn**

4<sup>th</sup> & 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

# BLAST WINTER INVITATIONAL

## 8 & Under, Age Group, Senior Open

### JANUARY 23<sup>rd</sup> – 25<sup>th</sup>, 2009

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**ISI**

**SANCTION:** IA-09-15

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

**DATE:** Friday, January 23<sup>rd</sup> – Sunday, January 25<sup>th</sup>, 2009

<b>TIME:</b>	Friday Evening	Warm-ups:	4:15 pm	Competition:	5:05 pm
	Saturday Morning	Warm-ups:	8:00 am	Competition:	9:00 am
	Saturday Afternoon	Warm-ups:	Following AM session, not before 1:00 pm	Competition:	Following warm-ups, not before 2:00 pm
	Saturday Finals	Warm-ups:	5:00 PM (confirm at coaches meeting)	Competition:	6:00 PM
	Sunday Morning	Warm-ups:	8:00 am	Competition:	9:00 am
	Sunday Afternoon	Warm-ups:	Following AM session, not before 1:00 pm	Competition:	Following warm-ups, not before 2:00 pm

Teams will be notified Monday prior to the meet if warm-ups are to be split.

Coaches Meeting	Friday Evening	4:05 pm
	Saturday & Sunday Morning	7:50 am
	Saturday & Sunday Afternoon	As needed

**SITE:** Holmes Junior High School  
505 Holmes Drive  
Cedar Falls, Iowa 50613

Indoor 25 yd. (with bulkhead), 6 lanes  
Water depth: 11 feet at starting end, 4 feet at far end  
Back stroke flags at both ends  
Non-turbulent lane markers  
Permanent starting blocks at deep end  
Daktronic 2000 timing system with horn start  
2 watches/lane for back-up times, third watch for heat winners

**COACHES:** Must sign in at meet, possess and visibly wear a current USA Coaches Registration card.

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

**ENTRY REQUIREMENTS:**

- 1) All swimmers must be current USA Swimming registered athletes.
- 2) Contestants must enter the age bracket corresponding to their age as of January 23<sup>rd</sup>, 2009.
- 3) A swimmer may enter up to 3 Prelim/Final **or** 4 Timed Final events per day.
- 4) Seed times must be submitted for a 25yd course.
- 5) If names are on entry sheets for relays, those names will be on the relay card at the meet.
- 6) Phone entries will not be accepted.

**ENTRY LIMIT:** 100 Splashes/lane/session

**ENTRY FEES:**

- 1) Individual entries are \$2.50 per event for Timed Final events
- 2) Individual entries are \$3.00 per event for Prelim/Final events
- 2) Relays are \$6.00 per relay.
- 3) ISI splash fee is \$3.00 per swimmer.

Entry fees are not refundable. Splash fees will be refunded if the entire meet is canceled.

**ENTRY FORMS:** Submit entries on disk in Hy-Tek Commlink II format (generated from Team Manager or Meet Manager). When submitting disk entries, you must 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. All other entries must be submitted on the included entry forms (APP#7) with swimmer's full name, Age, ID number and entry times for each event. A financial summary sheet (APP#8.2) must accompany the entries. All hand entries in excess of 5 swimmers per team will be charged \$2.00 for each swimmer.

**ENTRY DEADLINE:** Mailed Entries due Wednesday, January 14<sup>th</sup>. Fed Ex, Express Mail or UPS will be accepted all day - send no signature required. Faxed and phone entries will not be accepted. Emailed Entries due by noon on Sunday, January 18<sup>th</sup>, 2009, with hardcopy, financial sheet, and fees due by Wednesday, January 21st, 2009.

**LATE ENTRIES:** Will be accepted prior to warm-ups providing there are open lanes – no heats will be added. Please call meet entries person to late enter. All late entries will be entered as NT with the exception of the 400 IM, 1000 free, and 500 free; those events, seed times must be submitted for a 25 yard course. Late fees are: \$6.00 for individual Prelim/Final, \$5.00 for Timed Finals, and \$12.00 for relays. Late entrants must show current registration card.

**SEND ENTRIES TO:** Janelle Smeins,  
1721 West Ridgewood Dr., Cedar Falls, IA, 50613.  
(319) 277-8910. [smeins.family@cfu.net](mailto:smeins.family@cfu.net).  
Express mailing entries **NO SIGNATURE REQUIRED** will be accepted all day.

**MEET DIRECTOR:** Jamie Langner: 512 Alvarado Ave., Cedar Falls, IA, 50613:  
319-277-2602(h) or 319-290-9299(c): [jamielangner@yahoo.com](mailto:jamielangner@yahoo.com)

- SCORING:** There will be no team or individual scoring.
- AWARDS:** Ribbons will be awarded for top six places in individual events and top three places for relay events. All participants will receive participation awards.
- 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.
- MEET OPERATION:**
- 1) Events will be pre-seeded except the 400 IM, 500 free, and 1650 free.
  - 2) It is not the meet host's responsibility to provide rest for swimmers that enter both 8&U and 10&U events. The same is true for swimmers that enter both Age Group and Senior events.
  - 3) **Top 12** finishers for 13-14 and Senior Prelim events advance to finals.
  - 4) **Top 6** finishers for 11-12 Prelim events advance to finals.
  - 5) Events may be combined to facilitate meet operation and separated later.
  - 6) All 1650 Free heats are Timed Finals and will be swam in the morning session.
  - 7) Positive check-in required for the 400 IM and the 500 Free by 4:30 pm on Friday, and by 8:15 am on Saturday for the 1650 Free. Swimmers who do not check-in by the deadline will only be allowed to swim provided lanes are available in the slower heats.
  - 8) The 1650 Free events will combine ages and genders, swimming fastest to slowest heats. 1650 swimmers are requested to provide their own timers and counters.
  - 9) There will not be a Clerk of Course
- SCRATCHES:** ISI Scratch Rule is in effect. See ISI Code Book Sec J.XII.A&B.  
**[Reminder: Qualified swimmers who will not compete in Saturday evening finals must scratch within 30 minutes of the official announcement at the designated area beside the Head Table, or be disqualified from the rest of the meet.]**
- NO SMOKING:** No smoking in Swimming Venue.
- USA SWIMMING REGISTRATION:** Late USA Swimming Registration \$57 for annual or \$34.50 for individual seasonal (payable to ISI) + \$5 Late fee (payable to BLAST) will be accepted. Club and Coach Registrations will not be accepted.

**ADAPTED COMPETITIVE SWIMMERS:**

USA Swimming and ISI encourage adapted competitive swimmers to participate in all sanctioned meets. The “Adapted Competitive Swimmer Information Form” (ISI Code Book App-21) must accompany entries. The form is available from the ISI web site [www.isiswim.org](http://www.isiswim.org) or from the ISI Office: 2715 Pioneer Court, Davenport, Iowa 52804-1099; 1-877-ISI-SWIM or 1-563-391-5832; Email [isiswim@aol.com](mailto:isiswim@aol.com).

**OTHER INFORMATION:**

- Programs will be on sale at the meet. Electronic final results will be provided to teams having an entrant in the meet & posted on the ISI website. Hard copy of results can be requested on financial sheet (APP#8.2) for \$5.00.
- Concessions will be open during the meet offering a variety of hot food, fruits, baked goods, snacks and drinks.
- Splash Multi Sport will be available at the meet with a variety of swimming supplies.
- Spectator seating is available in a balcony above the pool.

**BLAST WINTER INVITATIONAL**

Friday Evening Session January 23<sup>rd</sup>, 2009

25 yard course      Sanction:

Warm-ups: 4:15 pm

Competition: 5:05 pm

Girls' Events	Events		Boys' Events
1 TF	10 & Under	200 IM	2 TF
3 TF	11-12	50 Fly	4 TF
5 TF	Senior	400 IM*	6 TF
7 TF	13-14	400 IM*	8 TF
9 TF	11-12	400 IM*	10 TF
11 TF	Senior	200 Breast	12 TF
13 TF	13-14	200 Breast	14 TF
15 TF	11-12	200 Breast	16 TF
17 TF	Senior	500 Free*	18 TF
19 TF	13-14	500 Free*	20 TF
21 TF	11-12	500 Free*	22 TF
23 TF	10 & Under	500 Free*	24 TF

\* Positive Check-in Required by 4:30 pm

**Note:** For all Sessions: ‘TF’= Timed Final Event : ‘P’ = Designates Prelim Final Event

# BLAST WINTER INVITATIONAL

Saturday Morning & Afternoon Sessions - January 24<sup>th</sup>, 2009

25 yard course      Sanction: IA-08-11

Morning Warm-ups: 8:00 am

Competition: 9:00 am

<u>Girls' Events</u>	<u>Events</u>	<u>Boys' Events</u>
53 P	11-12      50 Back	54 P
55 P	Senior      200 IM	56 P
57 P	13-14      200 IM	58 P
59 P	11-12      200 IM	60 P
61 P	Senior      100 Free	62 P
63 P	13-14      100 Free	64 P
65 P	11-12      100 Free	66 P
67 P	Senior      100 Fly	68 P
69 P	13-14      100 Fly	70 P
71 P	11-12      100 Fly	72 P
73 P	Senior      100 Back	74 P
75 P	13-14      100 Back	76 P
77 P	11-12      100 Back	78 P
25 TF	Senior      200 Medley Relay	26 TF
27 TF	11-12      200 Medley Relay	28 TF

Afternoon Warm-ups: Immediately following morning session, but not before 1:00 pm

Competition: One hour after warm-ups, but not before 2:00 pm

<u>Girls' Events</u>	<u>Events</u>	<u>Boys' Events</u>
29 TF	8&U      100 Medley Relay	30 TF
31 TF	10&U      200 Medley Relay	32 TF
33 TF	8&U      25 Free	34 TF
35 TF	10&U      50 Free	36 TF
37 TF	8&U      50 Fly	38 TF
39 TF	10&U      100 Fly	40 TF
41 TF	8&U      100 IM	42 TF
43 TF	10&U      100 IM	44 TF
45 TF	8&U      50 Breast	46 TF
47 TF	10&U      50 Breast	48 TF
49 TF	8&U      25 Back	50 TF
51 TF	10&U      100 Back	52 TF

# BLAST WINTER INVITATIONAL

Sunday Morning & Afternoon Sessions - January 25<sup>th</sup>, 2009

25 yard course      Sanction:

Morning Warm-ups: 8:00 am

Competition: 9:00 am

<u>Girls' Events</u>	<u>Events</u>	<u>Boys' Events</u>
79 TF	11-12      50 Breast	80 TF
81 TF	Senior      50 Free	82 TF
83 TF	13-14      50 Free	84 TF
85 TF	11-12      50 Free	86 TF
87 TF	Senior      200 Fly	88 TF
89 TF	13-14      200 Fly	90 TF
91 TF	11-12      200 Fly	92 TF
93 TF	Senior      200 Back	94 TF
95 TF	13-14      200 Back	96 TF
97 TF	11-12      200 Back	98 TF
99 TF	Senior      200 Free	100 TF
101 TF	13-14      200 Free	102 TF
103 TF	11-12      200 Free	104 TF
105 TF	Senior      100 Breast	106 TF
107 TF	13-14      100 Breast	108 TF
109 TF	11-12      100 Breast	110 TF
111 TF	Senior      200 Free Relay	112 TF
113 TF	11-12      200 Free Relay	114 TF
115 TF	Senior      1650 Free*	116 TF
117 TF	11-12      1650 Free*	118 TF

\*Positive check-in is required by 8:15 am. 1650 will combine ages and genders and be swam fastest to slowest heats. All swimmers are requested to provide their own timers and counters.

Afternoon Warm-ups: Immediately following morning session, but not before 1:00 pm

Competition: One hour after warm-ups, but not before 2:00 pm

<u>Girls' Events</u>	<u>Events</u>	<u>Boys' Events</u>
119 TF	8&U      100 Free Relay	120 TF
121 TF	10&U      200 Free Relay	122 TF
123 TF	8&U      100 Free	124 TF
125 TF	10&U      200 Free	126 TF
127 TF	8&U      25 Fly	128 TF
129 TF	10&U      50 Fly	130 TF
131 TF	8&U      25 Breast	132 TF
133 TF	10&U      100 Breast	134 TF
135 TF	8&U      50 Back	136 TF
137 TF	10&U      50 Back	138 TF
139 TF	8&U      50 Free	140 TF
141 TF	10&U      100 Free	142 TF

## FINANCIAL SHEET - PRELIMS & FINALS

MEET NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_ CODE: \_\_\_\_\_

COACHES ATTENDING MEET: \_\_\_\_\_

\_\_\_\_\_

ENTRY CONTACT: \_\_\_\_\_

ADDRESS: \_\_\_\_\_, IA \_\_\_\_\_  
Street Address City Zip

PHONE: (\_\_\_\_)\_\_\_\_-\_\_\_\_ EMAIL: \_\_\_\_\_

ENTRY FEES	NUMBER	FEE	TOTAL \$
INDIVIDUAL ENTRIES PRELIMS / FINALS TIMED FINALS		\$ 3.00 \$ 2.50	
RELAY ENTRIES		\$ 6.00	
SWIMMERS (Splash Fee)		\$ 3.00	
FINAL RESULTS*		\$ 5.00	
TOTAL ENTRY FEES			
MAKE CHECK PAYABLE TO:			

\***FINAL RESULTS** – Final results will be provided in electronic form & available on the ISI website, unless hard copy is requested along with fees.

Mail final results to:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_