



BLAST IMX Challenge

To: ISI Team Representative
From: Nick Lakin – Meet Director
Date: August 24, 2009
Re: BLAST IMX Challenge

Dear Representative,

Please find enclosed your invitation to the upcoming BLAST IMX Challenge being held on Sunday, October 25th, 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. Please note that we will NOT be providing concessions at this meet.

If you have any questions about the meet, please don't hesitate to contact me at 319-290-6261 or blackhawkswim@gmail.com.

Nick Lakin
BLAST Head 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

Black Hawk Area Swim Team
IMX Challenge Pentathlon
Open Invitational

ISI SANCTION: IA-10-03

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

DATES: Sunday, October 25, 2009

TIME:	<u>Morning</u>	<u>Afternoon</u>
Warm-ups:	8:00	Not before 12:30 PM
Competition:	9:00	Not before 1:30 PM
Coaches Meeting:	8:45	Not before 1:15 PM

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: Holmes Junior High
505 Holmes Drive
Cedar Falls, IA 50613
Indoor, 6 lane, 25 yard course
Water Depth: The water depth is 12 feet at the starting end
4 feet at the turn end.
The timing will be done by a DAK 2000 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 compete in their corresponding age bracket as of October 25, 2009.
- 3) A swimmer may enter up to 5 individual events per day.
- 4) Seed times must be submitted for a 25 yard course.
- 5) Phone entries or changes will not be accepted.

ENTRY LIMITS: 100 Splashes/lane/session

ENTRY FEES: 1) Meet entry fee is \$20 and includes the ISI splash fee.

- 2) Write single check for entry and splash fees payable to **BLAST**.
- 3) Entry fees are not refundable. Splash fees will be refunded if the entire meet is cancelled.
- 4) Entry fees are not refundable. Splash fee (\$3) will be refunded if the entire meet is cancelled.

ENTRY FORMS:

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.

Teams submitting hand entries will be charged \$2.00 per swimmer if there are more than 5 swimmers.

ENTRY DEADLINE:

1. Entries will be accepted from teams in the Iowa LSC beginning on Friday, September 25th, 2009.
2. Entries will be accepted from all teams outside the Iowa LSC beginning on Friday, October 2nd, 2009.
3. Hand written entries are due by noon on Thursday, October 15th, 2009.
4. Electronic entries must be received no later than noon on Monday, October 19, 2009. A confirmation email will be sent upon receiving electronic entries.

LATE ENTRIES

Late entries will be \$40. Late entries will be accepted through noon on Thursday, October 22. Late entries will be entered with no time (NT). A zero heat will be formed if necessary.

SEND ENTRIES TO:

Kim Abbas
4127 Wynnewood Dr
Cedar Falls, IA 50613
snkabbas@cfu.net

Express mailing entries **NO SIGNATURE REQUIRED** will be accepted all day.

MEET DIRECTOR:

Nick Lakin
712 W 6th St
Cedar Falls, IA 50613
blackhawkswim@gmail.com
319-290-6261

SCORING:

1. Event times will be added together for a final time, in a pentathlon style format, which will be used for awards. Athletes are required to legally compete in all five events, to be considered for awards.
2. In order to qualify for awards, an athlete must compete in all five events in the same age bracket.

AWARDS:

Individual awards will be given to the top three individuals on both the men's and women's divisions, in all age brackets, based on their aggregate time.

MEET OPERATION:

- 1) Swimmer check in is not required.

- 2) Events may be combined to facilitate meet operation and separated later.
- 3) All events, including the 500 free, will be swum slowest to fastest.
- 4) Events will be pre-seeded.
- 5) There will not be a Clerk of Course.

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 (payable to ISI) or \$35.50 for an Individual Season (150 days) + \$5 late fee (payable to host club). 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” form APP-21 must accompany entries. The form is available online at www.isiswim.org or from the ISI office – ISI, c/o Elaine Sortor, 2715 Pioneer Court, Davenport, IA, 52804, email address: isiswim@aol.com, 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.

Splash Multisport will be the vendor for the meet, and will offer a full range of equipment, suits, and apparel.

NO CONCESSIONS will be provided.

**Black Hawk Area Swim Team
IMX Challenge Pentathlon
Open Invitational October 25, 2009
Sanction Number IA-10-03
25 yard course**

Session #1

Warm Ups: 8:00am

Start Time 9:00am

FEMALE EVENT	EVENT NAME	MALE EVENT
1	8/UNDER 25 FLY	2
3	10/UNDER 50 FLY	4
5	11/12 100 FLY	6
7	8/UNDER 25 BACK	8
9	10/UNDER 50 BACK	10
11	11/12 100 BACK	12
13	8/UNDER 25 BREAST	14
15	10/UNDER 50 BREAST	16
17	11/12 100 BREAST	18
19	8/UNDER 25 FREE	20
21	10/UNDER 100 FREE	22
23	11/12 200 FREE	24
25	8/UNDER 100 IM	26
27	10/UNDER 100 IM	28
29	11/12 200 IM	30

Session #2

Warm Ups: Not before 12:30pm

Start Time: Not before 1:30pm

FEMALE EVENT	EVENT NAME	MALE EVENT
31	13/14 200 FLY	32
33	SENIOR 200 FLY	34
35	13/14 200 BACK	36
37	SENIOR 200 BACK	38
39	13/14 200 BREAST	40
41	SENIOR 200 BREAST	42
43	13/14 500 FREE	44
45	SENIOR 500 FREE	46
47	13/14 400 IM	48
49	SENIOR 400 IM	50

ALL EVENTS WILL BE SLOWEST TO FASTEST