



BLAST Holiday Classic Invite

To: ISI Team Representative
From: Kim Abbas, Kerri Shimp, Nicole Canfield - Co- Meet Directors
Date: October 25, 2009
Re: BLAST Holiday Classic Invite

Dear Representative,

Please find enclosed your invitation to the upcoming BLAST Holiday Classic Invite being held on Friday, December 4th, 2009, through Sunday, December 6th, 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 have a change with our concessions. They will be extremely limited to swimmer friendly drinks and snacks.

If you have any questions about the meet, please don't hesitate to contact one of us. Hope to see you at the meet with safe travels.

Sincerely,
Kim Abbas
319-266-8330
snkabbas@cfu.net

Kerri Shimp
319-230-8165
shimpfam@cfu.net

Nicole Canfield
319-277-7820
cnfld97@cfu.net



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

Blackhawk Area Swim Team
Holiday Classic: December 4th-6th, 2009
Age Group and Senior Open

ISI SANCTION: IA-10-12

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

DATES: Friday, December 4th – Sunday, December 6th, 2009.

TIME:	<u>Warm-Ups</u>	<u>Competition</u>	<u>Coaches Mtg</u>
Friday Evening:	4:30 pm***	5:15 pm	4:20 pm
Saturday Morning:	8:15 am	9:00 am	8:05 am
Saturday Afternoon:	1:00 pm*	2:00 pm**	As Needed
Saturday Evening:	5:30 pm*	6:15 pm**	As Needed
Sunday Morning:	8:15 am	9:00 am	7:50 am
Sunday Afternoon:	1:00 pm*	2:00**	As Needed

*following previous session, but not before designated time

** 1 hour after warm-ups begin, but not before designated time

*** Friday, Split Warm-Ups: Only BLAST swimmers will be from 3:45-4:30pm

If warm-ups are to be further split, 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 members 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 December 4th, 2009.
- 3) A swimmer may enter up to 3 Prelim/Final **OR** 4 Timed Final individual events per day.
- 4) Seed times must be submitted for a 25 yd. course.

ENTRY LIMITS: 100 Splashes/lane/session

ENTRY FEES:

- 1) Individual events are \$2.50 per Timed Final events, \$3.00 per Prelim/Final events, and \$5.00 per relay events.
- 2) ISI Splash Fee is \$3.00.

- 3) Write single check for entry and splash fees payable to **BLAST**.
- 4) Entry fees are not refundable. Splash fees will be refunded if the entire meet is cancelled.
- 5) 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 8.2 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 on Monday, November 2nd, 2009.
2. Entries will be accepted from all teams beginning Monday, November 9th, 2009.
3. Hand written entries must be received no later than Tuesday, November 24th, 2009.
4. Electronic entries must be received by Sunday, November 29th, 2009, at noon.
5. Phone entries will not be taken.

LATE ENTRIES:

Late entries will be accepted up to the start of the meet – Friday at 5:15 pm - in open lanes only if the meet has not exceeded the splash number. No heats will be added. Late entries will be entered as NT except for the 400 IM, 500, 1000, and 1650 for which 25 yard seed times will be accepted. Late entry fee will be \$5.00 per individual events, \$6.00 for prelim/final, and \$10.00 for relays until Tuesday at noon and \$7.50 per individual events, \$9.00 for prelim/final, and \$15.00 until the start of the meet on Friday at 5:15 pm. Please call the meet entry chair to find out if late entries can be accepted.

SEND ENTRIES TO:

Shelley Hackett, 917 Barrington, Cedar Falls, IA, 50613, (319) 859-0235 or (319) 464-5448. shackett@cfu.net. Express mailing entries NO SIGNATURE REQUIRED will be accepted all day.

MEET DIRECTOR:

Kim Abbas	Kerri Shimp	Nicole Canfield
319-231-1054	319-230-8165	319-464-7414
4127 Wynnewood Dr	1222 W 2 nd St	4017 Sturgis Dr
Cedar Falls, IA 50613	Cedar Falls, IA 50613	Cedar Falls, IA 50613
snkabbas@cfu.net	shimpfam@cfu.net	cnfld97@cfu.net

SCORING:

Individual scoring only – 7,5,4,3,2,1.

AWARDS:

All heat winners will receive an award. BLAST reserves the right to arbitrarily award random heat winners from our 'recycled' award bin. Ribbons will be given for 1st – 6th place in individual and relay events. High Point trophies for the top three swimmers in the 8 & Under, 9-10, and 11-12 age groups will be awarded. Points awarded to 8 & Under swimmers that score while competing in 10 & Under events will not count towards 8 & Under High Point Award; likewise, points awarded to swimmers 12 & Under that score while competing in Senior events will not count towards the 8 & Under, 9-10 or 11-12 High Point Award.

MEET OPERATION:

- 1) Events will be pre-seeded except for the 400 IM, 500, 1000 and 1650 free.

- 2) There will not be a clerk of course.
- 3) If names are on entry sheets for relays, those names will be on the relay cards at the meet.
- 4) Swimmer check in is required for the 400 IM and 1000 free by 5:00 pm on Friday; the 500 free by 8:45 am Saturday, the 1650 by 8:45 on Sunday, and the 500 free within 15 minutes into the afternoon warm-ups on Sunday. Late check-ins will be able to swim only if there are open lanes available in the slower heats.
- 5) 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.
- 6) Events may be combined to facilitate meet operation and separated later for awards and scoring.
- 7) Top 12 finishers for Prelim events will advance to finals.
- 8) The 6 fastest times for both the 11-12 and Senior 500 free on Saturday am will be swam Saturday evening and NOT Saturday morning.
- 9) All 500 free heats are Timed Finals.
- 10) The 1650 and 1000 will be limited to the fastest 12 girls and fastest 12 boys in each age group. If there are less than 12 entrants in one gender, the other gender will be allowed to add swimmers until the total of 24 is reached. Swimmers cut from the 1650 will be notified by Monday and be allowed to enter an alternative event.
- 11) The 1650 and the 1000 will be swam fastest to slowest combining genders, but not ages.
- 12) 1000 free and 1650 free swimmers are requested to provide their own counters and timers.

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:

If a swimmer does not scratch out of finals for Saturday within 30 minutes of the event's preliminary results being announced, that swimmer will not be allowed to participate in their first event on Sunday. If the swimmer does not have any events on Sunday, and the swimmer fails to scratch for Saturday's finals, a \$25 fine will be assessed to the swimmer's team payable to BLAST. 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 \$25 fine payable to BLAST. Note: The meet referee may rule against these penalties due to extenuating circumstances.

NO SMOKING:

No smoking in the swimming revenue.

RECERTIFICATION:

There will be an official's recertification clinic following the Sunday AM Session. For more information, call Jamie at 319-290-9299.

USA REGISTRATION:

Late USA Registration at the meet is \$58 Annual or \$35.50 Individual season payable to ISI + \$5 late fee payable to BLAST. Club and Coach registrations are not accepted.

**ADAPTED
COMPETITIVE**

USA Swimming and ISI encourage adapted competitive swimmers to participate in all sanctioned meets. The "Adapted Competitive

SWIMMERS:

Swimmer Information Form" form APP-21 must accompany entries. The form is also available from the ISI office. 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. Information is available from Iowa Swimming, Inc., 2715 Pioneer Ct., Davenport, IA, 52804. Phone: 1-877-ISI-SWIM or 1-563-391-5832, email: ISISWIM@aol.com.

OTHER INFORMATION:

- Programs will be on sale 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.
- Concession will be available during the meet offering an extremely limited supply of "athlete-friendly" beverages and snacks.
- Splash Multisport will be on site and will have a variety of swimwear and accessories available for sale at the meet.
- A list of lodging accommodations is attached
- Spectator seating is available in the balcony above the pool.

BLAST Holiday Classic

**Holmes Middle School (25 yards, short course) Sanction# IA-10-12
Friday Evening Session, December 4th, 2009**

Warm-Ups: 4:30 pm

Competition: 5:15 pm

<u>Girls Event</u>	<u>Description</u>	<u>Boys Event</u>
1 TF	10 & Under 100 Fly	2 TF
3 TF	11-12 50 Free	4 TF
5 TF	Senior 50 Free	6 TF
7 TF	11-12 50 Fly	8 TF
9 TF	Senior 50 Fly	10 TF
11 TF	10 & Under 100 IM	12 TF
13 TF	11-12 400 IM*	14 TF
15 TF	Senior 400 IM*	16 TF
17 TF	11-12 50 Back	18 TF
19 TF	Senior 50 Back	20 TF
21 TF	10 & Under 200 Free	22 TF
23 TF	11-12 50 Breast	24 TF
25 TF	Senior 50 Breast	26 TF
27 TF	Senior 1650 Free* **	28 TF

* Positive Check-in required by 4:30 pm.

**Limited to fastest 12 girls and fastest 12 boys. If one gender does not have 12 entrants, the opposite gender may be used to fill vacancies. 1650 Free will be swam with both genders combined, fastest to slowest, and separated for awards. Swimmers are requested to provide their own counters and timers.

BLAST Holiday Classic
Holmes Middle School (25 yards, short course) Sanction # IA-10-12
Saturday Morning Session, December 5th, 2009

Warm-Ups: 8:15 am

Competition: 9:00 am

<u>Girls Event</u>		<u>Description</u>	<u>Boys Event</u>
51 TF	11-12	200 Med Relay	52 TF
53 TF	Senior	200 Med Relay	54 TF
55 P	11-12	200 Free	56 P
57 P	Senior	200 Free	58 P
59 P	11-12	100 Back	60 P
61 P	Senior	100 Back	62 P
63 P	11-12	100 Breast	64 P
65 P	Senior	100 Breast	66 P
67 P	11-12	100 Fly	68 P
69 P	Senior	100 Fly	70 P
71 P	11-12	200 IM	72 P
73 P	Senior	200 IM	74 P
75 TF	11-12	500 Free*	76 TF
77 TF	Senior	500 Free*	78 TF

* Positive Check-in required by 8:45 am. 6 Fastest seeded times will swim in the evening session.

BLAST Holiday Classic
Holmes Middle School (25 yards, short course) Sanction # IA-10-12
Saturday Afternoon Session, December 6th, 2008

Warm-Ups: Following AM Session; not before 1:00pm Competition: 1 hr after WU; not before 2:00 pm

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

BLAST Holiday Classic
Holmes Middle School (25 yards, short course) Sanction # IA-10-12
Sunday Morning Session, December 6th, 2009

Warm-Ups: 8:15 am

Competition: 9:00 am

<u>Girls Event</u>		<u>Description</u>	<u>Boys Event</u>
79 TF	11-12	200 Free Relay	80 TF
81 TF	Senior	200 Free Relay	82 TF
83 TF	11-12	200 Fly	84 TF
85 TF	Senior	200 Fly	86 TF
87 TF	11-12	200 Back	98 TF
89 TF	Senior	200 Back	90 TF
91 TF	11-12	100 Free	92 TF
93 TF	Senior	100 Free	94 TF
95 TF	11-12	200 Breast	96 TF
97 TF	Senior	200 Breast	98 TF
99 TF	11-12	1000 Free*	100 TF
101 TF	Senior	1000 Free*	102 TF

* Positive Check-in required by 8:45 am. 1000 Free will be swam combining genders, but not ages, swam fasted to slowest, and separated for awards. Limit of 12 swimmers per event. Swimmers are requested to provide their own counters and timers.

BLAST Holiday Classic
Holmes Middle School (25 yards, short course) Sanction # IA-10-12
Sunday Afternoon Session, December 6th, 2009

Warm-Ups: Following AM Session; not before 1:00pm Competition: 1 hr after WU; not before 2:00 pm

<u>Girls Event</u>		<u>Description</u>	<u>Boys Event</u>
103 TF	8 & Under	50 Free	104 TF
105 TF	10 & Under	100 Free	106 TF
107 TF	8 & Under	25 Fly	108 TF
109TF	10 & Under	50 Fly	110 TF
111 TF	8 & Under	100 Free	112 TF
113 TF	10 & Under	500 Free*	114 TF
115 TF	8 & Under	25 Back	116 TF
117 TF	10 & Under	50 Back	118 TF
119 TF	8 & Under	50 Breast	120 TF
121 TF	10 & Under	100 Breast	122 TF
123 TF	8 & Under	100 Free Relay	124 TF
125 TF	10 & Under	200 Free Relay	126 TF

*Positive check-in is required by 15 minutes into the warm-up.

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:			BLAST

***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:
