

**IOWA SWIMMING, INC.**  
**12 & Under SHORT COURSE CHAMPIONSHIPS**  
**February 20, 21, 22, 2009**

**Sanction:** IA-09-24

**Time Trials:** IA-09-25

**Rules:** Current USA Swimming and Iowa Swimming, Inc. rules will govern this meet.

**Dates:** Friday, Saturday and Sunday, February 20, 21, 22, 2009

<b>Time:</b>	<u>Coaches Meeting</u>	<u>Warm-ups</u>	<u>Meet Start</u>
Friday	3:45 p.m.	4:00 p.m.	5:15 p.m.
Saturday AM	7:15 a.m.	7:30 a.m.	8:45 a.m.
Saturday PM	3:45 p.m.	4:00 p.m.	5:15 p.m.
Sunday AM	8:15 a.m.	8:30 a.m.	9:45 a.m.

The pool will be cleared 10-minutes prior to start of the session.

**Site:** Coe College Natatorium  
1220 1<sup>st</sup> Ave NE  
Cedar Rapids, IA 52402

**Facilities:** Twenty-five yd, 8 lanes, indoor pool. Non-turbulent lane markers. Colorado Timing System with touch pads and push button back-up system. Horn & strobe starts. Two (2) manual watches on each lane for back-up time and three (3) watches on first place lane. Back stroke flags 15 feet from each end of the course. Pool bottom: Lane markers with target at each end of pool. Pool depths range from 16 feet at the starting blocks to 5 feet at the bulkhead end.

**Entry Limits:** If entries exceed the maximum allowed, warm-up will be split and teams notified by 2:00 p.m., the Monday before the start of the meet.

**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-up:** 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 Requirement:**

- 1) All swimmers must be current USA Swimming registered athletes in the state of Iowa. "Applied for" registrations will not be accepted. There will be no swimmer or club registrations taken at this meet. Swimmers whose names do not appear on the current ISI registration list and who cannot show proof of USA Swimming membership will be barred from competition.
- 2) Contestants must enter the age bracket corresponding to age as of February 20, 2009.
- 3) A swimmer may enter up to 4 individual events per session, plus relays, with a maximum of 5 individual events total per day. A club/team may enter as many relays per event as they wish designating the relays A,B,C,etc. However, each team may only score two of these relays in each event. If relay names are on entry sheets, those names will be on the relay card.
- 4) A 9-10 or 11-12 swimmer may enter a maximum of 9 individual events for the entire meet. An 8 & Under swimmer may enter a maximum of 6 individual events for the entire meet.

- 5) Seed times must be submitted in the proper course in which achieved (SCY, SCM, LCM).
- 6) Events will be pre-seeded. Late entries will be put in open lanes.
- 7) There will not be a clerk of course with the exception of the 1000 & 1650 Free which will be deck seeded following the positive check in.
- 8) No phone entries will be accepted.

**Seed Times:** Seed times must be entered in the proper course in which achieved (SCY, SCM, LCM). Converted times will not be accepted. Entry times conforming to the course length (SCY) shall be considered 'conforming times'. All other times meeting the appropriate time standard shall be considered 'non-conforming times'. The order of seeding is SCY, SCM, LCM. Swimmers must be prepared to document their seed times. Individual "NT" entries will be scratched. Only relays may enter this meet with a "no-time" entry.

**Entry Fees:**

Individual event:	\$2.25 per individual event
Relays:	\$5.00 per relay
ISI Splash Fee	\$3.00 per swimmer

Write a single check for entry and splash fees payable to CRAA.  
An official ISI Financial sheet (APP 8.3) must accompany entries. Entry fees are not refundable. Splash fees will be refunded if the entire meet is cancelled. The host club will assess a \$2 per athlete surcharge to teams entering over five (5) swimmers when hand entries are submitted. This is in addition to the above stated fees.

**Entry Forms:** Submit entries in Hy-Tek Comlink II format (generated from Team Manager or Meet Manager). Please include the full names and ages of relay participants. When submitting disk entries, please provide a printout of your entries for backup and the ISI Financial Sheet (APP 8.3) and fee. Any team submitting entries on disk will receive the meet results on disk at the end of the meet.  
OR submit entries using ISI Forms (APP-7 Entry form) with swimmers full name, age, ID number, and entry time for each event.

**Entry Deadline:**

- 1) The meet entry deadline for electronic entries (Hy-Tek cfile (Commlink II)) will be by 12:00 p.m. (noon), Monday, February 16, 2009. The entry chair person will confirm e-mail entries have been received via e-mail.
- 2) The meet entry deadline for hand written entries is Wednesday, February 11, 2009. However, teams making these entry submissions may make deletions or additions to their original entry emailing, phoning by 12:00 p.m. (noon), Monday, February 16, 2009.
- 3) Overnight express or mail entries should be sent with No Signature Required. No fax entries will be accepted.

**Late Entries:** Late entries will be accepted by phoning or emailing the meet entry person, or in person up to one hour before the start of each session.

- 1) If the meet program has not been printed, the swimmer shall be seeded into the meet.
- 2) If the program has been printed, late entries shall be accepted, but those entries shall be seeded with the meet event entry, and shall swim in heat one of the event. A "0" heat will be added, if necessary.
- 3) Late entry fees: Individual events - \$4.50; Relay events - \$10.00.
- 4) Late entry swimmers will be required to show their registration card.
- 5) Qualifying times achieved at Regional Meets will not be treated as late entries. Swimmers achieving a 'Q' time at Regionals should refer to the Entry Deadline section.

**Send Entries to:** James Broghammer  
510 Troy Lane  
Marion, Iowa 52302  
319-389-6975

[JBROGHAMMER@pinelakecorn.com](mailto:JBROGHAMMER@pinelakecorn.com)

Express mailing entries NO Signature Required will be accepted all day. NO FAXED ENTRIES.

**Timers / Officials:**

Clubs and unattached swimmers participating in this meet are required to provide timers and/or officials on a prorated basis according to number of entries. A form to record the names and requested work sessions is included with the entry forms attached to the invitational. The form is considered part of each team's and unattached swimmer's entries. A list of timers and officials assignments will be posted in the spectator's lobby and by the check-in table.

**Meet Directors:**

Michele Saulnier 512 Memorial Dr. SE Cedar Rapids, IA 52403 319-310-8536 <a href="mailto:Michele@saulnier.com">Michele@saulnier.com</a>	Karin Ford 423 Teakwood Ln. NE Cedar Rapids, IA 52402 319-393-1151 <a href="mailto:kjford4@gmail.com">kjford4@gmail.com</a>
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**Scoring:**

Individual Events:

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points:	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

Relay Events:

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points:	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

**Awards:**

Individual Events	1st – 3rd	Medals
	4th – 8th	Ribbons
Relay Events	1st	Medals
	2nd – 3rd	Ribbons

High Point Award – Will be presented to the top 3 swimmers, male & female, of each age group.

ISI Sportsmanship-Spirit Award – ISI will provide and present this award. A committee representing each team will select the winning team.

Team Group Award – Will be presented to the team champion in each age group girls & boys.

**Meet Operation:**

1) The meet will be Pre-Seeded. Late entries will be added to open lanes. Zero heats will be added if necessary. Heat sheets will be posted. Each team's coaching staff will also be supplied with a heat sheet. There will be no entry cards at the Clerk of Course. Individual event cards will be at each timer's lane. It is the responsibility of each swimmer and relay to be aware of his/her event number, heat number and lane assignment and to report to the correct starting block on time to swim the event.

2) All relay cards will be distributed at the Friday 3:45 p.m. and Saturday 7:15 a.m. coaches meetings. All four swimmers full name, age and order of swimming must be verified on each card. Relays report to their block with corrected cards when their event is called or the relay will be scratched from the event.

3) Distance events: For the 1000 Freestyle swimmers must check-in by 5:30 p.m., Friday evening. For the 1650 Freestyle, swimmers must check-in by 10:15 a.m. Sunday morning. All heats will be swum alternately women/men, fastest to slowest.

**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 (ISI Code Book Section J). Swimmers over entering the meet limit must scratch down to the allowable number by 6:00p.m., the day preceding those events.

Friday Events- Emailed by 6 PM, Thursday.

Saturday Events- In scratch box by 6 PM Friday.

Sunday Events- In scratch box by 6 PM Saturday.

**USA Registration:** There will be NO USA Swimmer registration at the meet (swimmer, coach, club).

**Time Proof:** If a swimmer fails to make the minimum qualifying time for any event, they will have 30-minutes after the close of the session in which that event was swum to provide proof of time or be subject to a \$100/event fine payable to CRAA (10% host club, 90% ISI). Acceptable proof of time is a copy of USA Swimming sanctioned or approved final results or the ISI database. Should the swimmer not prove or pay, they will be barred from further competition at this meet. Any event that cannot be proven by the swimmer within 30-minutes after the close of the session, that event will be considered an exhibition swim. Exhibition swims cannot be eligible for awards or points. If times can be proved at a later time, fine money will be refunded, but awards and scoring will not be changed.

**Time Trials:**

- 1) Time permitting at the discretion of the Administrative Referee.
- 2) Time Trials will be held at the end of each session in the following order:
  - Friday – Session I events, Session II, Session III, Session IV;
  - Saturday AM session – Session II events, Session III, Session IV, Session I;
  - Saturday PM session – Session III events, Session IV, Session I, Session II
  - Sunday – Session IV events, Session I, Session II, Session III.
- 3) 1000 free and 1650 free will not be permitted to time trial.
- 4) The Time Trials are for the purpose of making AAA or faster times, therefore the entry requirements will be a AA time. Time Trials will count as an event, still limiting the events a swimmer may swim each day. However, the time trial will not count in the total number of events allowed for the meet. A swimmer can only time trial an event once a day.
- 5) A swimmer must sign-up and pay at the Clerk of Course table prior to the start of the relays at the end of the session. Fee is \$5 per time trial, payable to CRAA.

**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](http://www.isiswim.org) or by contacting the ISI office by email: [isiswim@aol.com](mailto:isiswim@aol.com); phone: 1-877-ISI-SWIM or mail: 2715 Pioneer Ct., Davenport, IA 52804-1099. 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.

**Programs & Final Results:** These will be sold at the meet. A program will be provided for the coach of each club having swimmers entered in the meet. Final results will not be mailed to participating teams unless the team requests final results at the time of entry or during the meet. There will be a \$5 charge due in advance for each request of mailed final results. All teams will receive an email containing an attached com-link file of final results.

**Seating:** An indoor bleacher section is available for viewing competition.

**No Smoking:** Smoking is not permitted anywhere in the pool or surrounding areas where swimmers are present.

**Refreshments:** A well-stocked concession stand will be available during all sessions of the meet.

**Parking:** Parking is available along College Drive, side streets and a number of parking lots on the Coe campus. The best place to park is in the parking lot behind the school off of College Drive. However, this lot fills quickly since students park there. The parking lot just across College Drive off "D" Avenue is also a good place to park. Parallel parking is also generally available along "C", "D" and "E" avenues just off College Drive road. There is another parking lot off of 14<sup>th</sup> Street and "B" Avenue.

**Vendor:** Splash Multisport will be on site and will have a variety of swimwear and accessories available for sale.

## 2009 ISI 12&U Short Course Championships

25-yard course Sanction #: IA-09-24, IA-09-25  
Cedar Rapids, IA

### Session I – Friday, February 20, 2009

Coaches Meeting: 3:45 p.m. Warm-ups: 4:00 p.m. Competition: 5:15 p.m.

Girls				Boys
Event #	Qualifying Time	Order of Events / Description	Qualifying Time	Event #
1	2:44.19Y/3:01.39S/3:07.29L	11 – 12 200 IM	2:42.49Y/3:03.09S/3:05.99L	2
3	3:19.39Y/3:40.29S/3:46.49L	9 – 10 200 IM	3:18.09Y/3:38.89S/3:44.79L	4
5	33.79Y/37.29S/37.89L	11 – 12 50 Fly	33.69Y/37.19S/37.89L	6
<b>Awards for 11 – 12 200 IM and 9 – 10 200 IM</b>				
7	35.39Y/39.09S/40.69L	11 – 12 50 Back	34.99Y/38.69S/40.49L	8
9	7:39.49Y/6:42.09S/6:51.59L	9 – 10 500 Free	7:35.19Y/6:38.39S/6:52.69L	10
11 *	13:23.89Y/11:43.49S/12:04.69L	11 – 12 1000 Free	13:14.69Y/11:35.49S/11:59.79L	12 *

*\* All heats will be swum alternating girls/boys, fastest to slowest.*

### Session II – Saturday, February 21, 2009

Coaches Meeting: 7:15 a.m. Warm-ups: 7:30 a.m. Competition: 8:45 a.m.

Girls				Boys
Event #	Qualifying Time	Order of Events / Description	Qualifying Time	Event #
13		11 – 12 200 Medley Relay		14
15		10 & U 200 Medley Relay		16
17		8 & U 200 Medley Relay		18
19	39.39Y/43.49S/43.89L	11 – 12 50 Breast	39.09Y/43.19S/45.09L	20
<b>Awards for 11 – 12 50 Fly, 11 – 12 50 Back, 9 – 10 500 Free, 11 – 12 1000 Free, and 200 Medley Relays</b>				
21	1:05.69Y/1:12.59S/1:16.59L	11 – 12 100 Free	1:05.29Y/1:12.09S/1:14.39L	22
23	1:21.59Y/1:30.19S/1:32.99L	9 – 10 100 Free	1:19.99Y/1:28.29S/1:31.09L	24
25	48.79Y/53.99S/55.19L	8 & U 50 Free	47.39Y/52.39S/53.79L	26
<b>Awards for 11 – 12 50 Breast, 11 – 12 100 Free, 9 – 10 100 Free</b>				
27	1:16.69Y/1:24.79S/1:26.89L	11 – 12 100 Fly	1:15.19Y/1:23.09S/1:25.49L	28
29	1:42.09Y/1:52.79S/1:55.19L	9 – 10 100 Fly	1:40.39S/1:50.89S/1:53.19L	30
31	56.99Y/1:04.39S/1:04.39L	8 & U 50 Fly	57.49Y/1:04.39S/1:04.39L	32
<b>Awards for 8 &amp; U 50 Free, 11 – 12 100 Fly, 9 – 10 100 Fly</b>				
33	2:48.89Y/3:06.69S/3:15.29L	11 – 12 200 Back	2:45.59Y/3:02.99S/3:11.09L	34
35	43.49Y/47.99S/49.89L	9 – 10 50 Back	43.69Y/48.29S/50.09L	36
<b>Awards for 8 &amp; U 50 Fly, 11 – 12 200 Back</b>				
37	5:50.19Y/6:26.89S/6:39.94L	11 – 12 400 IM	5:42.59Y/6:18.59S/6:35.99L	38

## 2009 ISI 12&U Short Course Championships

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Cedar Rapids, IA

### Session III – Saturday, February 21, 2009

Coach Meeting: 3:45 p.m. Warm-ups: 4:00 p.m. Competition: 5:15 p.m.

Girls				Boys
<u>Event #</u>	<u>Qualifying Time</u>	<u>Order of Events / Description</u>	<u>Qualifying Time</u>	<u>Event #</u>
39	6:24.69Y/5:36.69S/5:46.29L	11 – 12 500 Free	6:19.89Y/5:32.49S/5:40.74L	40
41	1:48.99Y/2:00.39S/2:04.69L	8 & U 100 Free	1:45.79Y/1:56.89S/2:00.69L	42
<b>Awards for 9 – 10 50 Back, 11 – 12 400 IM, 11 – 12 500 Free</b>				
43	1:25.79Y/1:34.79S/1:37.89L	11 – 12 100 Breast	1:24.19Y/1:32.99S/1:36.69L	44
45	47.79Y/52.79S/54.89L	9 – 10 50 Breast	47.89Y/52.99S/55.09L	46
47	58.89Y/1:07.29S/1:07.29L	8 & U 50 Back	57.79Y/1:05.29S/1:05.29L	48
<b>Awards for 8 &amp; U 100 Free, 11 – 12 100 Breast, 9 – 10 50 Breast</b>				
49	1:17.69Y/1:25.79S/1:27.19L	11 – 12 100 Back	1:15.69Y/1:23.69S/1:27.49L	50
51	1:33.99Y/1:43.79S/1:48.89L	9 – 10 100 Back	1:32.09Y/1:41.69S/1:45.69L	52
<b>Awards for 8 &amp; U 50 Back, 11 – 12 100 Back</b>				
53	2:25.69Y/2:40.99S/2:44.29L	11 – 12 200 Free	2:21.89Y/2:36.79S/2:41.34L	54
55	2:58.29Y/3:16.99S/3:23.59L	9 – 10 200 Free	2:50.89Y/3:08.89S/3:13.99L	56
57		11 – 12 400 Free Relay		58

### Session IV – Sunday, February 22, 2009

Coach Meeting: 8:15 a.m. Warm-ups: 8:30 a.m. Competition: 9:45 a.m.

Girls				Boys
<u>Event #</u>	<u>Qualifying Time</u>	<u>Order of Events / Description</u>	<u>Qualifying Time</u>	<u>Event #</u>
59		11 – 12 200 Free Relay		60
61		10 & U 200 Free Relay		62
63		8 & U 200 Free Relay		64
<b>Awards 9 – 10 100 Back, 11 – 12 200 Free, 9 – 10 200 Free, 11 – 12 400 Free Relay</b>				
65	1:17.09Y/1:28.59S	11 – 12 100 IM	1:14.59Y/1:22.39S	66
67	1:33.79Y/1:43.59S	9 – 10 100 IM	1:31.19Y/1:40.69S	68
69	1:53.59Y/2:05.59S	8 & U 100 IM	1:52.09Y/2:03.89S	70
<b>Awards all 200 Free Relays, 11 – 12 100 IM, 9 – 10 100 IM</b>				
71	30.69Y/33.89S/35.09L	11 – 12 50 Free	29.79Y/32.99S/33.99L	72
73	35.99Y/39.79S/40.79L	9 – 10 50 Free	35.19Y/38.89S/40.19L	74
<b>Awards 8 &amp; U 100 IM, 11 – 12 50 Free</b>				
75	3:11.69Y/3:31.79S/3:40.59L	11 – 12 200 Breast	3:07.29Y/3:26.89S/3:37.49L	76
77	1:46.69Y/1:57.89S/2:02.29L	9 – 10 100 Breast	1:43.69Y/1:54.59S/1:59.79L	78
79	1:03.79Y/1:12.99S/1:12.99L	8 & U 50 Breast	1:02.39Y/1:11.59S/1:11.59L	80
<b>Awards 9 – 10 50 Free, 11 – 12 200 Breast, 9 – 10 100 Breast</b>				
81	2:51.79Y/3:09.79S/3:14.19L	11 – 12 200 Fly	2:48.29Y/3:05.89S/3:13.39L	82
83	42.99Y/47.49S/48.59L	9 – 10 50 Fly	41.99Y/46.39S/46.89L	84
<b>Awards 8 &amp; U 50 Breast, 11 – 12 200 Fly, 8 &amp; U Highpoint</b>				
85		11 – 12 400 Medley Relay		86
<b>Awards 9 – 10 50 Fly, 11 – 12 Medley Relay, 9 – 10 Highpoint</b>				
87 *	22:33.79Y/22:25.89S/23:16.59L	11 – 12 1650 Free	22:17.09Y/22:25.39S/23:23.99L	88 *
<b>Awards 11 – 12 1650 Free, 11 – 12 Highpoint, Team Awards</b>				

\* All heats will be swum alternating girls/boys, fastest to slowest.