

2010 Iowa Swimming Summer State Championships
July 29th, 30th, 31st, August 1st, 2010
50m Course Sanction: IA-10-49, IA-10-50
Iowa City, IA

ISI SANCTION: IA-10-49, IA-10-50
HOST: Iowa City Eels Swim Club
RULES: Current USA Swimming and Iowa Swimming, Inc. (ISI) rules will govern this meet.

MEET CLASSIFICATION: Q+ for 8 & Under; 9-10; 11-12; 13-14; Senior. OPEN TO ISI REGISTERED SWIMMERS ONLY. Events for 12 and under age groups will be timed finals. Individual events for 13-14 and Senior will be a prelim/final format with the Top 8 qualifiers in the finals and the next 8 will be in the consolation final. Two alternates will be named: The 800 and 1500 Free and all relays will be swum on a timed final basis.

DATES: Thursday, Friday and Saturday July 29th, 30th, 31st, and Sunday, August 1st, 2010.

TIMES:	<u>Coaches Meeting</u>	<u>Warm-ups</u>	<u>Competition</u>
Thursday Afternoon Session	1:30 p.m.	1:45 p.m.*	3:00 p.m.
Morning Prelim Sessions	7:15 a.m.	7:30 a.m.	8:30 a.m.
Afternoon Sessions	If needed	11:30 a.m.**	12:30 p.m.***
Evening Finals Sessions	If needed	4:30 p.m.	5:30 p.m.

*Thursday Evening Warm-ups will be structured as follows:

1:45 p.m. – 2:10 p.m. General Warm-ups 13 & Over

2:10 p.m. – 2:30 p.m. General Warm-ups 12 & Under

2:30 p.m. – 2:50 p.m. Starts All Ages with designated lane(s) for 10 & Under with outside lanes for general warm ups.

Friday, Saturday and Sunday: Morning warm-ups @ 7:30 a.m., Competition @ 8:30 a.m. Afternoon warm-ups not before 11:30 a.m., Competition not before 12:30 p.m.

Evening Finals warm-ups 4:30 p.m., Competition 5:30 p.m.

**Warm-ups will be a minimum of 45 minutes and immediately following the morning session, but not before 11:30 a.m.

***Competition will not start prior to 12:30 p.m.

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

SITE: Mercer Park Aquatic Center
2701 Bradford Dr.
Iowa City, IA 52240

The competition course has been certified in accordance with 104.2.2C(4).

The copy of such certification is on file with USA Swimming.

Indoor, 8 lanes, 50 meter

Water Depth: Starting end 12 ft and turning end of pool 4 ft

Daktronics Timing System with 2 back-up watches with a 3rd stop watch on heat winner; touch pads at both ends of pool.

SEND ENTRIES TO: Kelly Eyanson
3014 Friendship Street
Iowa City, Iowa 52245-5112
(319) 339-7579
Email: eyanksbj@msn.com

MEET DIRECTOR:

Luke Hruby
221 Stephans St.
Tiffin, IA 52340
319-545-5126
lhruby45@gmail.com

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 (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-ups for lane assignments.

ENTRY REQUIREMENTS:

- 1) All swimmers must be current 2010 ISI registered athletes. Swimmers whose names do not appear on the current ISI registration list will be barred from competition. No swimmer, club or coach registrations will be taken at this meet.
- 2) Swimmers may enter any event in their respective age group in which they have a Q time. However, swimmers 13 and older will be limited to participation in a total of 3 individual events per day and not more than 6 individual events for the entire meet. Swimmers between 9-12 will be limited to participating in a total of 4 individual events per day and not more than 9 individual events for the entire meet. Swimmers aged 8 and under will be limited to participating in a total of 4 individual events per day and not more than 5 individual events for the meet. If entered in a combination of prelim/final events and timed finals a swimmer may not compete in more than 3 individual events per day. **TIME TRIALS COUNT FOR DAILY LIMIT, BUT NOT IN MEET PARTICIPATION TOTAL.**
- 3) A club/team may enter as many relays per event as they wish, designating the relays A, B, C, etc. However, only the top two relays can score points for the team. The remaining relays will be designated as "exhibition." If names are on entry sheets for relays, those names will be on the relay cards at the meet.
- 4) SENIOR EVENTS: Age group swimmers may enter a combination of their Age Group and Senior events up to the event Limit. Entrants are reminded that if they enter Age Group/Senior combinations that it is up to them to assure adequate rest between events and points will be scored in the classification swim.
- 5) No phone or fax entries will be accepted.

SEED TIMES:

- 1) Seed times must be entered in the **proper course in which achieved (LCM, SCM, SCY)**. Entry times conforming to the course length (LCM) shall be considered "conforming times". Non-conforming times will be seeded last (SCM, SCY) for all events. **Times must be entered in the proper course in which achieved. Converted times will not be accepted.** 'NT' individual entries will be scratched for individual events. Relays may enter with a 'NT'. **Swimmers must be prepared to document their seed times if needed.**
- 2) At championship meets, timed final individual events must be entered using best times. Any swimmer who enters the 800 and/or 1500 free should enter at his or her fastest time. However, if the swimmer has two or more individual events that day, they may enter at the "Q" time or at their time from the previous championship meet, provided it meets the qualifying time.
- 3) FINE/PROOF – Swimmers who fail to make the minimum qualifying time for ANY EVENT will have 30 minutes after the close of the session in which the event was

swum to provide proof of time or will be subject to a \$100.00 per event fine, payable to ICE (10% to ICE, 90% to ISI). The ISI database, a copy of official results from a USA Swimming sanctioned (or approved) meet, YMCA meet, high school meet, college meet, or the Iowa Games are acceptable proof of time.

- 4) Psych sheets will be posted daily by 6 pm beginning Monday, July 26th on the Iowa City Eels website (www.iceels.org). Updated psych lists will be available on the "Live Results" page as each session is seeded.

ENTRY FEES:

- 1) Fees are as follows:

All individual events - \$5.00

Relays - \$10.00 per relay

ISI Splash Fee - \$3.00 per swimmer (includes relay only swimmers)

- 2) Payment shall be by check due by Wednesday, July 28th, 2010. Write a single check for entry and splash fees payable to Iowa City Eels (ICE). Late entry fees will be taken onsite at the Clerk of Course. If payment is not received by the due date, teams may be scratched from the event, unless prior arraignments have been made.
- 3) An official ISI Financial sheet (APP 8.3) must accompany entries. Entry fees are not refundable. Splash fees will be refunded only if the entire meet is cancelled.
- 4) The host club will assess a \$2 per athlete surcharge to teams entering over five (5) swimmers when hand entries are submitted. This fee is in addition to the above stated fees.

ENTRY DEADLINE:

All mailed entries must be received by Wednesday, July 21st, 2010. Carrier entries (UPS, FEDEX, etc.) will be accepted all day. Please check **NO SIGNATURE REQUIRED** when sending by carrier. NO faxed entries will be accepted. Teams are encouraged to submit all electronic entries by noon on Saturday, July 24th, 2010 however changes can be made to the team entries until noon on Monday, July 26th, 2010. Online Meet Entry deadline is noon on Monday, July 26th, 2010. **Late fees will be charged for any entries received after the Monday deadline.**

ENTRY FORMS:

- 1) Entries can be submitted via USAS Online Meet Entry (OME) at www.usaswimming.org/ome. Payment with check only to Iowa City Eels due by Wednesday July 28th, 2010. Please contact the ISI office with any questions on the OME system (563-391-5832)
- 2) Submit entries on disk in Hy-Tek comlink II format (generated from Team Manager or Meet Manager). Please provide a printout of your entries for backup when submitting disk entries and the ISI Financial Sheet (APP 8.3). Any team submitting entries on disk will receive the meet results on disk at the end of the meet. **Do not convert times in TM.**
- 3) Paper entries may be submitted using the ISI Form APP-7 Entry Form with swimmers full name, age, ID number and entry time for each event. Entry times should be noted with L, S, or Y. **Do not convert times in TM.** ISI Financial Sheet (APP 8.3) shall be submitted with all paper entries.
- 4) The Team Manager events list will be sent to all teams via email and may also be downloaded from the ICE website (www.iceels.org). You may also contact Kelly Eyanson to receive an email copy. Hy-Tek Team Manager entry files must be received by Monday, July 26th, 2010, at 12:00 PM. Entry times should be noted with L, S, or Y. **Do not convert times in TM.**

ENTRY DEADLINE:

- 1) Entries submitted via Online Meet Entry (OME) are due noon Monday, July 26th, 2010

- 2) Hy-Tek cfile (Comlink II) entries are due Monday, July 26th, 2010 by 12:00 noon. Teams making changes should do so in their Team Manager or Meet Manager database and then email an updated cfile. Your original entries will be deleted and replaced with the updated cfile.
- 3) Hand written entries are due Wednesday, July 21st, 2010. However, these entries may be updated by phone or email ending at 12:00 noon on Monday, July 26th, 2010. These changes can only be for those swimmers who have already been entered into the meet (original entries), but need to be changed due to new event selection for a swimmer who achieves a 'new' Q time from the previous weekend's Regional meet. Swimmers, wishing to add this meet, who were not originally entered (Wednesday deadline) or who did not compete in the previous weekend's Regional meet will be considered Late Entries and charged as such. New swimmers making their first Q time who wish to enter this meet can do so by the Monday deadline. These swimmers are not subject to the late entry fee.
- 4) Overnight express or mail entries should be sent with No Signature Required.
- 5) No phone entries will be accepted, except for updates the Monday prior to the meet. Any phone entries received after the meet entry deadline are considered 'late entries'.
- 6) Entry fee summaries will be emailed to all teams based on the database as established by the entry deadline. All additions after this point will be considered as late entries and billed as such.
- 7) Psych sheets based upon the entries as of the deadline will be available online at the ICE website and emailed to all coaches/contact persons sometime the evening of Monday, July 26th, 2010.

LATE ENTRIES:

- 1) Entries from Regional meets:
 - a) Swimmers, making their first "Q" time at Regional's, who choose to enter this meet, can do so electronically by noon on Monday, July 26th, 2010. Entries will not be taken at Regional's.
 - b) Swimmers not competing at Regional's who were not originally entered by the previous deadlines, can be added to their team entries by noon on Monday, July 27th and will not be considered late entries. All swimmers entered after noon on Monday, July 26th, 2010, will be considered late entries and charged as such.
- 2) Late Entries: All late entries are due to the Clerk of Course by the scratch deadline – 6:00 pm the evening before the days' events.
 - a) Late entries for Thursday events must be emailed to the entries chair and received by 6 p.m. Wednesday.
 - b) Late entries for Friday events must be to the Clerk of Course by 6 p.m. Thursday.
 - c) Late entries for Saturday events must be to the Clerk of Course by 6 p.m. Friday.
 - d) Late entries for Sunday events must be to the Clerk of Course by 6 p.m. Saturday.
- 3) Late entry fees:

Individual events:	\$10.00 per event
Relay events:	\$20.00 per relay

Late fees will be charged for all entries received after noon on Monday, July 26th, 2010 .

- 4) Swimmers late entering at the meet will be required to show their 2010 ISI Registration Cards.

SCRATCHES:

- 1) The ISI Scratch Rule is in effect. See ISI Code Book Section J
 - a) Swimmers who over enter the daily and meet limit must scratch down to the

- allowable number by 6 pm on the day preceding those events. Swimmers who fail to show for an event and have not scratched must count it as an event.
- b) Thursday Timed Final scratch deadline is by 6:00 p.m. Wednesday and must be emailed to the entries chair and received by the deadline.
 - c) Friday Preliminary and Timed Final scratch deadline is by 6:00 p.m. on Thursday at the Clerk of Course.
 - d) Saturday Preliminary and Timed Final scratch deadline is by 6:00 p.m. on Friday at the Clerk of Course.
 - e) Sunday Preliminary and Timed Final scratch deadline is by 6:00 p.m. on Saturday at the Clerk of Course.
- 2) Scratching from Consolation Finals & Finals:
- a) Any swimmer qualifying for consolation final or final race in an individual event that fails to compete in said consolation final or final race shall be barred from further competition for the remainder of the meet, except as in "e" below.
 - b) In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the consolation final or final when possible with the next qualified swimmer(s). First and second alternates shall not be penalized if unavailable to compete in finals.
 - c) Where consolation finals have not yet been swum and a barring or withdrawal is known to the Referee in advance, the Referee may reseed the consolation final and the final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the finals.
 - d) If a consolation final has already been contested, the championship final shall be swum without reseeding for the empty lanes(s).
 - e) Exceptions for Failure to Compete: No penalty shall apply for failure to withdraw or compete in an individual event if:
 - 1) A swimmer qualifying for a consolation final or final race during preliminaries notified the Referee (or clerk of course) within thirty (30) minutes after announcement of the qualifiers for that final race that they may not intend to compete and further declare their intentions within 30 minutes following their last individual preliminary event.
 - 2) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.
 - f) If a swimmer fails to show for the finals on **the last night of the meet for which they are entered**, and has not scratched according to the rules of this meet, a \$50 fine will be imposed payable to ISI. Payment of the fine will be the responsibility of the individual. Two exceptions to this rule: a) Illness to the swimmer reported to the meet referee prior to warm-ups at the finals. b) Cancellation of the meet due to inclement weather at the discretion of the meet referee.
 - g) Scratches will be handled by filling out an official scratch form, which includes both swimmer and coach signatures. Scratches must be reported to the Clerk of Course.
 - h) Due to limited deck space and visibility behind the starting blocks, at the discretion of the Referee, swimmers in a final heat (Bonus, Consolation, and Championship) may be required to report to a designated check-in location prior to the beginning of their event. This check-in will assist the Referee in determining the presence of a barring, withdrawal, or failure to show. Coaches will be informed of any reporting requirement prior to the beginning of the session.

**STARTING
PROCEDURE:**

FINA whistle starts and no recall on false starts policy will be used. Flyover starts will be used during all 13-14/Senior-morning prelim sessions and 12 and Under Timed Final afternoon sessions with the exception of the 1500 Free.

SCORING:

Individual Events:

Prelims-Finals

Championship: 20-17-16-15-14-13-12-11

Consolation: 9-7-6-5-4-3-2-1

Timed Finals

Fastest 8: 20 -17-16-15-14-13-12-11

Second 8: 9-7-6-5-4-3-2-1

Relays

Fastest 8: 40-34-32-30-28-26-24-22

Second 8: 18-14-12-10- 8- 6-4-2

Team:

Separate team scores will be maintained for 12 & under, 13-14 and Senior; and a total combined team score. Points scored by Age Group Swimmers in Senior events **do not** count toward age group scores.

AWARDS: Individual places:
1 through 3 - Medals
4 through 8 - Ribbons

Relay places:
1 - Medals
2 and 3 -Ribbons

****Only individual awards will be presented during the meet. Relay awards will be given to the coaches at the conclusion of the meet to distribute to participants.**

HIGH POINT – An award will be presented to the top 3 swimmers, male and female, of each age group and senior. Points will be scored in the age group in which the event was swum.

TEAM HIGH POINT AGE GROUPS & SENIOR – An award will be presented to each age group and senior division, male and female, scoring the most points. Points will be scored in the age group in which the event was swum. Points for 10 & under relays will be counted in the 9-10 age group and relays for 8 & under will be counted in the 8 & under age group.

ISI SPORTSMANSHIP-SPIRIT AWARD – ISI will provide and present this award. One coach and one athlete from each team will vote, in addition the meet referee will cast a vote. Criteria to use will be included in the coaches' packet.

TEAM AWARDS – A traveling trophy will be presented to the team scoring the most points for Age Group, Senior and combined Age Group and Senior.

CLERK OF COURSE:

- 1) The meet will be PRE-SEEDED. Prelims will be Championship seeded. The order of seeding is long course meters (LCM), short course meters (SCM), and short course yards (SCY). There will be no swimmer check-in required for any events. Heat sheets will be posted on deck and in the lobby. Each team's coaching staff will also be supplied with two (2) heat sheets per session. Additional heat sheets may be purchased. There will be no entry cards at Clerk of Course. Timer sheets by event and lane will be at each timer's chair. It is the responsibility of each swimmer and relay team 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) Relay cards for each days morning and afternoon sessions will be distributed at

the 7:15 AM Coaches meeting. Relay cards for each days evening session will be distributed with the heat sheets for that session. All four swimmers' full names, ages, and order of swimming must be listed on each card and the order should be verified correct. Relays should report to the blocks with the relay card, indicating any changes, when their event is called or the relay will be scratched from the event.

- 3) All heats of the 800 Free Relay (13 & 14 and Senior) will be swum on Thursday evening. The 800 Free Relay will be run as combined events and separated for results and scoring. All heats of the 13 & 14 and Senior 200 Free Relay will be swum Friday evening. All heats of the 200 Medley Relay will be swum Sunday morning. All heats of the 13 & 14 and Senior 400 Free Relay and 400 Medley Relay will be swum in their respective evening session. All relays will be conducted on a timed finals basis.
- 4) All Session 1 events will be swum fastest to slowest. The 800 Free (11 & 12, 13 & 14 and Senior) will be swum alternating women/men.
- 5) Distance events: The 13 & 14 and Senior 800 Free and 1500 Free events will be run as combined events and separated later for scoring.

The single fastest combined women's heat and the single fastest combined men's heat of the 1500 Free shall be swum in the evening finals session. The remainder of the heats will be swum in the morning preliminaries. In the preliminary session, the events will be swum alternating women/men, fastest to slowest. The Host Club reserves the right to use one back up watch for the preliminary session. For swimmers in the fastest heat to be swum during the evening session, the seeding will be listed in the heat sheets for that evening's session.

Swimmers for the 11/12, 13/14 and Senior 800 free event must scratch by e-mailing the entries chair by 6:00 p.m. on Wednesday, July 28th, 2009.
Swimmers for the 11/12, 13/14, and Senior 1500 free must scratch by 6:00 p.m., Saturday, July 31st, 2010 at the Clerk of Course.

TIME TRIALS:

- 1) Time Permitting at the discretion of the Meet Referee.
- 2) Time trials may be held after the morning and afternoon sessions only, (excluding the 800 & 1500 Free) for the purpose of making "AAA" times or better, and entry requirements will be "AA" or better seed time. Swimmer must provide proof of seed time, unless the time was achieved at the current Championship Meet. Times in USA-S database may be verified by the Clerk of Course. All other acceptable forms of proof of time (see Point 3 under Seed Times) must be presented to the Clerk of Course by the swimmer.
There will be no time trials allowed after the evening finals sessions.
- 3) The order of events is as follows:

Friday, August 1 st	Saturday, August 2 nd	Sunday, August 3 rd
Day 2 Events	Day 3 Events	Day 4 Events
Day 3 Events	Day 4 Events	Day 1 Events
Day 4 Events	Day 1 Events	Day 2 Events
Day 1 Events	Day 2 Events	Day 3 Events

- 4) 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 or prior to the start of the last women's event if there are no relays.
- 5) Time trials will count as an event for the daily limit, still limiting the events a swimmer may swim each day to 3 (13-14 & Senior) or 4 (12 and under timed finals), but will not count as an event towards the 6 (13-14 & Senior), 9 (9-12 timed final) or 5 (8 and under timed final) total meet events. Cost is \$5/time trial payable to host club. A swimmer can only time trial an event once per day.

- TIMERS & OFFICIALS:** Teams will be required to help run the meet by providing up to 50 percent of the timing positions required per session to efficiently run the meet on a pro-rated basis according to number of entries. A list of officials and timer assignments will be posted in the pool lobby and by the announcer's table.
- NTV OFFICIAL:** An N.T.V. official will be in attendance at all championship meets.
- MEET COMMITTEE:** A Meet Committee comprised of the Meet Referee / Deck Referee, Meet Director, Coaches' Representatives, 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.
- ADAPTED COMPETITIVE SWIMMERS:** USA Swimming and ISI encourage adapted competitive swimmers to participate in all sanctioned meets. The "Adaptive Competitive Swimmer Information Form" (ISI Code Book APP-21) must accompany entries. This form is available from the ISI website – www.isiswim.org or the ISI Office – isiswim@aol.com or 2715 Pioneer Ct., Davenport, IA 52804-1099, 563-391-5832 or 1-877-ISI-SWIM. Refer to USA Swimming Rule and Regulation Article 105.
- SEATING:** An indoor bleacher section is available for viewing competition. During many of the sessions bleacher seating will be crowded. Spectators are asked not to bring coolers and large bags into the bleacher seating. Spectator seating will not be allowed on the south side of the pool deck behind the coaches' tables. This area is for swimmers and coaches only. Limited space is available around the remainder of the pool area to set up chairs. The gymnasium is available during the meet for teams to use when not swimming and provides space for the coolers and large bags not allowed in the bleachers. There is also a beautiful park surrounding the aquatic center.
- NO SMOKING:** Smoking is not permitted anywhere in the pool or surrounding areas where swimmers are present.
- HEAT SHEETS & RESULTS:** Psych sheets and meet information will be posted on the ICE website at www.iceels.org and will also be sent to coaches with entries in the meet. Heat Sheets will be available to purchase. Two sets of heat sheets per session will be provided for each team having swimmers entered in the meet, additional copies will be available to purchase.
- Final results will be provided for all teams entered in the meet and will be available to purchase.
- Meet results will be posted "live" on the Iowa City Eels website (www.iceels.org).
- REFRESHMENTS:** A well-stocked concession stand will be available during all sessions of the meet. There will also be a hospitality area available for coaches and officials during all sessions.
- VENDORS:** Splash Multisport will be onsite and will have a variety of swimwear and accessories available for sale at the meet. You can visit them at www.splashmulti.com . Fine Designs will be on site to customize yours state swimming apparel during the meet. There will be no pre-order for meet t-shirts.
- JUDY HOFFMAN MEMORIAL AND ISI SCHOLARSHIP** The Judy Hoffman Memorial Award was established in memory of Judy Pierce Hoffman, who was President of Iowa Swimming, Inc., until her untimely death in March 1978. The ISI Scholarship Awards were established in 1991 to give recognition

AWARDS:

to swimmers in ISI who have attained a degree of recognition among their peers. These awards are presented to Iowa competitive swimmers at the ISI banquet from a list of nominations by Iowa Swimming, Inc. member clubs and unattached ISI members.

The winner of the 2010 Judy Hoffman Memorial Award was Grace Murray from ICE. The ISI Scholarships went to Ashlee Graham from BLAST and Colby Kubat from DMSF.

Contributions to the awards are gratefully accepted and can be made through the ISI office. For further information contact: the ISI Office, 2715 Pioneer Court, Davenport, IA 52804-1099, (563) 391-5832 or 1-877-ISI-SWIM.

2010 Iowa Swimming Summer State Championships
 July 29th, 30th, 31st, August 1st, 2010
 50m Course Sanction:
 Iowa City, IA

Session I. Thursday Evening. All events in this session are Timed Finals and will be swum fastest to slowest. The 13 & 14 and Senior 800 Free will be combined for seeding and separated for results and scoring. The 13 & 14 and Senior and 11 & 12 800 Free will be swum alternating women/men.

Warm-ups 1:45 PM

Competition 3:00 PM

Women's Events			Men's Events		
Event Number	Qualifying Time LCM / SCM / SCY	Age Group	Event Name	Qualifying Time LCM / SCM / SCY	Event Number
1	11:14.99/11:03.39/12:37.99	13 & 14	800 Free	10:55.59/10:34.89/12:05.39	2
3	11:03.69/10:52.59/12:25.69	Senior	800 Free	10:26.99/10:12.79/11:40.19	4
5	12:04.69/11:43.49/13:23.89	11 & 12	800 Free	11:59.79/11:35.49/13:14.69	6
7	-----	13 & 14	800 Free Relay	-----	8
9	-----	Senior	800 Free Relay	-----	10
11	6:51.59/6:42.09/7:39.49	9 & 10	400 Free	6:52.69/6:38.39/7:35.19	12
13	6:39.99/6:26.89/5:50.19	11 & 12	400 I.M.	6:35.99/6:18.59/5:42.59	14

Session II. Friday Morning. All events are Preliminaries.

Warm-ups 7:30 AM

Competition 8:30 AM

Women's Events			Men's Events		
Event Number	Qualifying Time LCM / SCM / SCY	Age Group	Event Name	Qualifying Time LCM / SCM / SCY	Event Number
45p	5:16.59/5:08.89/5:52.99	13 & 14	400 Free	5:02.79/4:53.39/5:35.19	46p
47p	5:08.89/5:03.99/5:47.39	Senior	400 Free	4:50.19/4:43.79/5:24.29	48p
49p	1:32.69/1:29.39/1:20.89	13 & 14	100 Breast	1:24.69/1:22.99/1:15.09	50p
51p	1:26.69/1:23.59/1:15.69	Senior	100 Breast	1:19.69/1:16.09/1:08.89	52p
53p	1:19.69/1:18.09/1:10.69	13 & 14	100 Fly	1:14.09/1:18.19/1:05.49	54p
55p	1:14.19/1:13.29/1:06.29	Senior	100 Fly	1:07.69/1:06.39/1:00.09	56p
57p	3:01.29/2:56.29/2:39.59	13 & 14	200 Back	2:54.09/2:45.49/2:29.79	58p
59p	2:51.19/2:45.59/2:29.89	Senior	200 Back	2:37.59/2:32.39/2:17.89	60p
61p	32.49/31.69/28.69	13 & 14	50 Free	30.29/29.09/26.29	62p
63p	31.79/30.99/27.99	Senior	50 Free	28.79/27.99/25.29	64p

2010 Iowa Swimming Summer State Championships
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 50m Course Sanction:
 Iowa City, IA

Session III. Friday Afternoon. All events in this session are Timed Finals

Warm-ups: 45 minutes

Competition: Not before 12:30 PM

Women's Events			Men's Events		
Event Number	Qualifying Time LCM / SCM / SCY	Age Group	Event Name	Qualifying Time LCM / SCM / SCY	Event Number
15	-----	11 & 12	200 Medley Relay	-----	16
17	-----	10 & Under	200 Medley Relay	-----	18
19	-----	8 & Under	200 Medley Relay	-----	20
21	3:15.29/3:06.69/2:48.89	11 & 12	200 Back	3:11.09/3:02.99/2:45.59	22
23	1:48.89/1:43.79/1:33.99	9 & 10	100 Back	1:45.69/1:41.69/1:32.09	24
10 Minute Break					
25	1:16.59/1:12.59/1:05.69	11 & 12	100 Free	1:14.39/1:12.09/1:05.29	26
27	1:32.99/1:30.19/1:21.59	9 & 10	100 Free	1:31.09/1:28.29/1:19.99	28
29	2:04.69/2:00.39/1:48.99	8 & Under	100 Free	2:00.69/1:56.89/1:45.79	30
10 Minute Break					
31	1:26.89/1:24.79/1:16.69	11 & 12	100 Fly	1:25.49/1:23.09/1:15.19	32
33	48.59/47.49/42.99	9 & 10	50 Fly	46.89/46.39/41.99	34
35	1:04.39/1:04.39/56.99	8 & Under	50 Fly	1:04.39/1:04.39/57.49	36
37	43.89/43.49/39.39	11 & 12	50 Breast	45.09/43.19/39.09	38
10 Minute Break					
39	-----	11 & 12	400 Free Relay	-----	40

Session IV. Friday Evening. Session II's Championship Finals & Consolation Finals.

Warm ups: 4:30 PM

Competition: 5:30 PM

Women's Events		Men's Events	
Event Number	Age Group	Event Name	Event Number
41	13 & 14	200 Free Relay	42
43	Senior	200 Free Relay	44
45	13 & 14	400 Free	46
47	Senior	400 Free	48
10 Minute Break			
49	13 & 14	100 Breast	50
51	Senior	100 Breast	52
10 Minute Break			
53	13 & 14	100 Fly	54
55	Senior	100 Fly	56
10 Minute Break			
57	13 & 14	200 Back	58
59	Senior	200 Back	60
10 Minute Break			
61	13 & 14	50 Free	62
63	Senior	50 Free	64

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Session V. Saturday Morning. All events in this session are Preliminaries with the exception of the 200 Free Relay, which are Timed Finals.

Warm-ups 7:30 AM

Competition 8:30 AM

Women's Events			Men's Events		
Event Number	Qualifying Time LCM / SCM / SCY	Age Group	Event Name	Qualifying Time LCM / SCM / SCY	Event Number
97p	1:21.09/1:18.89/1:11.39	13 & 14	100 Back	1:17.59/1:13.99/1:06.89	98p
99p	1:16.29/1:13.59/1:06.59	Senior	100 Back	1:10.59/1:07.49/1:01.09	100p
101p	3:27.99/3:19.69/3:00.69	13 & 14	200 Breast	3:17.19/3:07.09/2:49.39	102p
103p	3:13.49/3:07.39/2:49.59	Senior	200 Breast	3:01.59/2:52.79/2:36.39	104p
105p	2:31.79/2:27.89/2:13.79	13 & 14	200 Free	2:23.29/2:18.39/2:05.29	106p
107p	2:27.19/2:23.99/2:10.39	Senior	200 Free	2:17.19/2:12.69/2:00.09	108p
109p	6:16.09/6:05.79/5:31.09	13 & 14	400 I.M.	5:58.89/5:45.89/5:12.99	110p
111p	6:05.19/5:56.69/5:22.79	Senior	400 I.M.	5:40.79/5:31.39/4:59.79	112p

Session VI. Saturday Afternoon. All events in this session are Timed Finals.

Warm-ups: 45 minutes

Competition: Not before 12:30 PM

Women's Events			Men's Events		
Event Number	Qualifying Time LCM / SCM / SCY	Age Group	Event Name	Qualifying Time LCM / SCM / SCY	Event Number
65	-----	11 & 12	200 Free Relay	-----	66
67	-----	10 & Under	200 Free Relay	-----	68
69	-----	8 & Under	200 Free Relay	-----	70
71	3:14.19/3:09.79/2:51.79	11 & 12	200 Fly	3:13.39/3:05.89/2:48.29	72
73	1:55.19/1:52.79/1:42.09	9 & 10	100 Fly	1:53.19/1:50.89/1:40.39	74
10 Minute Break					
75	1:37.89/1:34.79/1:25.79	11 & 12	100 Breast	1:36.69/1:32.99/1:24.19	76
77	54.89/52.79/47.79	9 & 10	50 Breast	55.09/52.99/47.89	78
79	1:12.99/1:12.99/1:03.79	8 & Under	50 Breast	1:11.59/1:11.59/1:02.39	80
10 Minute Break					
81	35.09/33.89/30.69	11 & 12	50 Free	33.99/32.99/29.79	82
83	40.79/39.79/35.99	9 & 10	50 Free	40.19/38.89/35.19	84
85	55.19/53.99/48.79	8 & Under	50 Free	53.79/52.39/47.39	86
10 Minute Break					
87	3:07.29/3:01.39/2:44.19	11 & 12	200 I.M.	3:05.99/3:03.09/2:42.49	88
89	3:46.49/3:40.29/3:19.39	9 & 10	200 I.M.	3:44.79/3:38.89/3:18.09	90
10 Minute Break					
91	40.69/39.09/35.39	11 & 12	50 Back	40.49/38.69/34.99	92
93	1:07.29/1:07.29/58.89	8 & Under	50 Back	1:05.29/1:05.29/57.79	94
10 Minute Break					
95	5:46.29/5:36.69/6:24.69	11 & 12	400 Free	5:40.79/5:32.49/6:19.89	96

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Session VII. Saturday Evening. Session V's Championship Finals and Consolation Finals and Timed Finals for the 13 & 14 / Senior 400 Medley Relay.

Warm-ups: 4:30 PM

Competition: 5:30 PM

Women's Events			Men's Events	
Event Number	Age Group	Event Name	Event Number	
97	13 & 14	100 Back	98	
99	Senior	100 Back	100	
10 Minute Break				
101	13 & 14	200 Breast	102	
103	Senior	200 Breast	104	
10 Minute Break				
105	13 & 14	200 Free	106	
107	Senior	200 Free	108	
10 Minute Break				
109	13 & 14	400 I.M.	110	
111	Senior	400 I.M.	112	
10 Minute Break				
113	13 & 14	400 Medley Relay	114	
115	Senior	400 Medley Relay	116	

Session VIII. Sunday Morning. All events in this session are Preliminaries with the exception of the 200 Medley Relay and the 1500 Free, which are Timed Finals. The 1500 Free will be swum fastest to slowest alternating women/men. The 13 & 14 and Senior 1500 Free will be combined for seeding and separated for results and scoring. The fastest heats of the 13 & 14 / Senior (Combined) 1500 Free will swum during the evening finals session.

Warm-ups 7:30 AM

Competition 8:30 AM

Women's Events				Men's Events		
Event Number	Qualifying Time LCM / SCM / SCY	Age Group	Event Name	Qualifying Time LCM / SCM / SCY	Event Number	
143p	2:51.49/2:46.29/2:30.49	13 & 14	200 I.M.	2:42.39/2:34.99/2:20.29	144p	
145p	2:47.29/2:42.49/2:26.99	Senior	200 I.M.	2:35.89/2:29.29/2:15.09	146p	
147p	1:10.39/1:08.69/1:02.19	13 & 14	100 Free	1:05.99/1:03.49/57.39	148p	
149p	1:08.59/1:07.09/1:00.79	Senior	100 Free	1:03.09/1:00.99/55.19	150p	
151p	3:02.29/2:57.89/2:40.99	13 & 14	200 Fly	2:51.99/2:47.89/2:31.99	152p	
153p	2:49.49/2:46.29/2:30.49	Senior	200 Fly	2:36.89/2:33.59/2:18.99	154p	
10 Minute Break						
117	-----	13 & 14	200 Medley Relay	-----	118	
119	-----	Senior	200 Medley Relay	-----	120	
15 Minute Break						
139	21:31.49/20:55.39/21:02.69	13 & 14	1500 Free	20:45.49/19:56.89/20:03.89	140	
141	21:19.59/20:41.69/20:48.89	Senior	1500 Free	20:01.49/19:28.09/19:34.99	142	

Swimmers are requested to provide their own timers. Host Club reserves the right to use one backup watch per lane for the 1500 Free.

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Session IX. Sunday Afternoon. All events in this session are Timed Finals

Warm-ups: 45 minutes

Competition: Not before 12:30 PM

Women's Events			Men's Events		
Event Number	Qualifying Time LCM / SCM / SCY	Age Group	Event Name	Qualifying Time LCM / SCM / SCY	Event Number
121	2:44.29/2:40.99/2:25.69	11 & 12	200 Free	2:41.39/2:36.79/2:21.89	122
123	3:23.59/3:16.99/2:58.29	9 & 10	200 Free	3:13.99/3:08.89/2:50.89	124
10 Minute Break					
125	3:40.59/3:31.79/3:11.69	11 & 12	200 Breast	3:37.49/3:26.89/3:07.29	126
127	2:02.29/1:57.89/1:46.69	9 & 10	100 Breast	1:59.79/1:54.59/1:43.69	128
10 Minute Break					
129	1:27.19/1:25.79/1:17.69	11 & 12	100 Back	1:27.49/1:23.69/1:15.69	130
131	49.89/47.99/43.49	9 & 10	50 Back	50.09/48.29/43.69	132
133	37.89/37.29/33.79	11 & 12	50 Fly	37.89/37.19/33.69	134
15 Minute Break					
135	-----	11 & 12	400 Medley Relay	-----	136
15 Minute Break					
137	23:16.59/22:25.89/22:33.79	11 & 12	1500 Free	23:23.99/22:25.39/22:17.09	138

Session X. Sunday Evening. Session VIII's Championship Finals, Consolation Finals, and fastest heats of the 13 & 14 and Senior (Combined) 1500 Free.

Warm-ups: 4:30 PM

Competition: 5:30 PM

Women's Events		Men's Events	
Event Number	Age Group	Event Name	Event Number
139	13 & 14	1500 Free	140
141	Senior	1500 Free	142
10 Minute Break			
143	13 & 14	200 I.M.	144
145	Senior	200 I.M.	146
10 Minute Break			
147	13 & 14	100 Free	148
149	Senior	100 Free	150
10 Minute Break			
151	13 & 14	200 Fly	152
153	Senior	200 Fly	154
10 Minute Break			
155	13 & 14	400 Free Relay	156
157	Senior	400 Free Relay	158