

**Central Iowa Aquatics Winter Blues Buster 2009**  
**Open Invitational**  
 Jan 31<sup>st</sup> – Feb 1<sup>st</sup> 2009

ISI SANCTION: **IA-09-21**

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

DATES: Saturday January 31st and Sunday February 1st 2009

TIME:

<b>Saturday Morning</b>	<b>Saturday Afternoon</b>	<b>Sunday Morning</b>	<b>Sunday Afternoon</b>
Warm-ups 8:00 am	Warm-ups not before 12:00 noon	Warm-ups 8:00 am	Warm-ups not before 12:00 pm
Competition 9:00 am	Competition: 1 hr after start of warm-ups, but not before 1:00 pm.	Competition 9:00 am	Competition 1 hour after start of warm-ups, but not before 1:00 pm
Coach's meeting 8:45 am		Coach's meeting: 8:45 am	

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: Urbandale Municipal Pool, 7201 Aurora Ave., Urbandale, Iowa. Indoor 6-lane, 25 yard course pool. Water depth at the starting end is 5 feet 0 inches and the turn end water depth is 4 feet 0 inches. Daktronics electric timing system with touch pads and push button backup system with 2 watch back-ups.

DIRECTIONS: Take I-35/I-80 to the Merle Hay Rd Exit. Go South on Merle Hay Rd., approximately 1 mile to Aurora Ave. Turn West and go approximately 1 mile. Pool is on West end of Urbandale High School. Parking is available in front of the pool.

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 enter the age bracket corresponding to age as of January 31st, 2009
  - 3) A swimmer may enter up to 4 individual events per day.
  - 4) Seed times must be submitted to the hundredth of a second for a 25 yard

Course. No Times (NT) will be accepted.

- 5) Events will be pre-seeded with the exception of the 1000 yd freestyle.
- 6) There **will not** be a Clerk of Course.
- 7) Names on entry sheets for relays will be on the relays card at the meet.
- 8) Phone entries and fax entries will not be accepted. Changes to entries already received will be accepted by phone or email prior to the entry deadline.

ENTRY LIMITS: 100 Splashes/lane/session

- ENTRY FEES:
- 1) Individual events are \$3.00-timed finals per event.  
Relays are \$6.00 per relay.
  - 2) ISI Splash Fee is **\$3.00**.
  - 3) Write single check for entry and splash fees payable to **CIA**
  - 4) Entry fees are not refundable. Splash fees will be refunded if the entire meet is cancelled.

ENTRY FORMS: Use forms: ISI APP-7 Entry form  
ISI APP 8.7 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.  
Teams submitting hand entries will be charged \$2.00 per swimmer if there are more than 5 swimmers.

#### ENTRY

DEADLINE: Entries must be received no later than 6:00 p.m. Friday Jan 23rd, 2009  
Federal Express and UPS will be accepted all day. Please check **“No signature required.”** Electronic entries will be accepted until 12:00 PM on Monday Jan. 26th. All fees should be submitted with entries or paid previous to the first session on Saturday, January 31<sup>st</sup>.

LATE ENTRIES: Late entries **will not** be accepted.

#### SEND

ENTRIES TO: Jenny Hines, 13300 Sunset Circle, Clive IA. 50325 (515) 226-1542 (evening only)  
Email: [jennyhines@aol.com](mailto:jennyhines@aol.com)

MEET DIRECTOR: Jenny Hines, 13300 Sunset Circle, Clive, Iowa 50325  
Hm. 515-226-1542 (evening only) Email [jennyhines@aol.com](mailto:jennyhines@aol.com)

SCORING: All events are timed finals. Individual points will be tabulated.  
Individual 7-5-4-3-2-1 Relays 14-10-8-6-4-2

AWARDS: Ribbons will be given for places 1- 6 for individual events and 1st-3rd for relays for swimmers ages 10 and under. Individual high point trophies 1<sup>st</sup>-3rd place will be awarded for each age group.

## MEET OPERATION.

1. It is not the meet hosts responsibility to provide rest for swimmers that enter both 8 & Under and 10&Under or Age Group and Open events.
2. **Events will be combined to facilitate meet operation and separated later**
3. 1000 free will be swum fastest to slowest alternating women to men
4. **Positive check-in for the 1000 free will be 30 minutes after the start of the session or no earlier than 1:30 pm. Swimmers not checked in will be downseeded to the slowest heat**
5. Clubs are asked to have swimmers in the 1000 free and 500 free provide their own timers and counters.

## 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 revenue.

## USA

### REGISTRATION:

Late USA Registration at the meet is \$57 annual registration (payable to ISI) or \$34.50 individual season + \$5 late fee (payable to host club). Club and Coach registrations are not 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 also available from the ISI office, 2715 Pioneer Ct., Davenport IA 52804-1099, email ISISwim@aol.com. 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:

- 1) Programs and final results will be available for purchase.  
Each USA Swimming team entered will receive one copy of the program and detailed final results will be available to all teams using HY-TEK software.
- 2) Concessions will be available for purchase.
- 3) A merchandise vendor will be available at this meet.
- 4) Hard copy of the final results may be requested on the Financial Sheet #8.1 for a fee of \$5.00.
- 5) Seating will be in bleachers located around the pool deck.
- 6) Spectators are encouraged to bring chairs for seating
- 7) A separate warm down area will be available for swimmers.

**Central Iowa Aquatics Winter Blues Buster**  
**Sanction #IA-09-21**  
**Age Group and Senior Open Invitational Swim Meet 25 yard Pool**  
**Saturday January 31<sup>st</sup>, 2009 Urbandale Municipal Pool, Urbandale, Iowa**

<u>Session #1</u>	Warm-ups 8:00 am	Competition 9:00 am
Girls Event #		Boys Event #
1	10 & Under 50 Back	2
3	8 & Under 100 Free	4
5	10 & Under 50 Free	6
7	8 & Under 25 Free	8
9	10 & Under 100 Fly	10
11	8 & Under 50 Fly	12
13	10 & Under 50 Breast	14
15	8 & Under 25 Breast	16
17	10 & Under 100 Free	18
19	10 & Under 200 Medley Relay	20
21	10 & Under 500 Free*	22

\* No check in required. Event is preseeded and will be swum slow to fast, all girls then all boys

<u>Session #2</u>	Warm-ups 12:00 noon	Competition not before 1:00 pm
Girls Event #		Boys Event #
23	Senior 500 Free	24
25	Senior 200 Back	26
27	11 & 12 50 Free	28
29	13 & 14 50 Free	30
31	Senior 50 Free	32
33	11 & 12 200 IM	34
35	13 & 14 200 IM	36
37	Senior 200 IM	38
39	11 & 12 50 Breast	40
41	13 & 14 100 Breast	42
43	Senior 100 Breast	44
45	11 & 12 200 Breast	46
47	Senior 200 Fly	48
49	11 & 12 200 Free	50
51	Senior 200 Medley Relay	52
53	13 & 14 200 Medley Relay	54
55	11 & 12 200 Medley Relay	56
57	Senior 1000 Free**	58

\*\* Positive check-in required 30 minutes after the start of warmups and no earlier than 1:30 pm. Event will be swum fastest to slowest alternating women and men. Swimmers not checked in will be downseeded to slowest heat.

**Central Iowa Aquatics Winter Blues Buster**  
**Sanction #IA-09-21**  
**Age Group and Senior Open Invitational Swim Meet 25 yard Pool**  
**Sunday February 1<sup>st</sup>, 2009 Urbandale Municipal Pool, Urbandale, Iowa**

<u>Session #3</u> Girls Event #	Warm-ups 8:00 am	Competition 9:00 am Boys Event #
59	8 & Under 100 IM	60
61	10 & Under 200 IM	62
63	8 & Under 25 Back	64
65	10 & Under 100 Back	66
67	8 & Under 25 Fly	68
69	10 & Under 50 Fly	7
71	8 & Under 50 Breast	72
73	10 & Under 100 IM	74
75	8 & Under 50 Back	76
77	10 & Under 200 free	78
79	8 & Under 50 Free	80
81	10 & Under 100 Breast	82
83	10 & Under 200 Free Relay	84

<u>Session #4</u> Girls Event #	Warm-ups 12:00noon	Competition not before 1:00 pm Boys Event #
85	11&12 100 Breast	86
87	Open 200 Breast	88
89	11 & 12 100 IM	90
91	Open 200 Free	92
93	11 & 12 50 Back	94
95	13 & 14 100 Back	96
97	Senior 100 Back	98
99	11 & 12 100 Free	100
101	13 & 14 100 Free	102
103	Senior 100 Free	104
105	11 & 12 50 Fly	106
107	Senior 100 Fly	108
109	Senior 200 Free Relay	110
111	13 & 14 200 Free Relay	112
113	11 & 12 200 Free Relay	114
115	Open 400 IM	116

