

**Central Iowa Aquatics
Winter Blues Buster
January 23 & 24, 2010
Valley High School, 25 yard course**

ISI SANCTION: IA-10-20

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

DATES: Saturday, January 23, 2010 and Sunday, January 24, 2010

TIME:

Session I:	Warm-ups: 10:00 am	Competition: 11:00 am
Session II:	Warm-Ups: Not before 2:00 pm	Competition: Not before 3:00 pm
Session III:	Warm-ups: 8:00 am	Competition: 9:00 am
Session IV:	Warm-ups: Not before 12:15 pm	Competition: Not before 1:15 pm

If warm-ups need to be split, teams will be notified by Tuesday, January 19, 2010.

SITE: Valley High School. 3650 Woodland Ave, West Des Moines, Iowa. Indoor, 7-lane, 25-yard pool. Water depth at the starting end is 12 feet, 6 inches; the turn end water depth is 3 feet, 10 inches. Daktronics Omni Sport 2000 timing system with 7-lane readout scoreboard, with 2 back-up watches per lane.

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 the ISI office.

WARM-UP PROCEDURES: ISI Warm-up procedure will be followed. See ISI Code Book Section J. Swimmers without a coach are to report to the Meet Referee prior to warm-up for lane assignment. The pool will be cleared 10 minutes prior to competition.

ENTRY REQUIREMENTS:

- 1) All Swimmers must be currently registered with USA Swimming.
- 2) Contestants must enter the age bracket corresponding to age as of January 23, 2010.
- 3) A swimmer may enter up to 4 individual events per day.
- 4) Seed times must be submitted for a 25 yard course. NT entries will be accepted.

ENTRY LIMITS: 100 splashes/lane/session

ENTRY FEES:

- 1) Individual events are \$3.50 per event. Relays are \$6.00 per relay
- 2) ISI Splash Fee is \$3.00
- 3) Write a single check for entry and splash fees payable to Central Iowa Aquatics.
- 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.

LATE ENTRIES: Late entries will be accepted until 10 minutes after the start of warm-ups for each session and will only be allowed if adding a swimmer to an event where an open lane exists. No additional heats will be created for late entries whether the event is pre-seeded or not. All late entries will be entered at NT. Late entry charges \$5 for individual events, \$10 for relays.

ENTRY FORMS: Use Forms ISI APP-7 Entry form and ISI APP 8.1 Financial Sheet or entries may be submitted electronically in Hy-Tek format. When submitting electronic entries, please provide a printout of your entries for backup and the ISI Financial Sheet. Any team submitting entries electronically will receive the meet results electronically after the meet.

ENTRY DEADLINE:

- 1) Entries will be accepted from the teams in the Iowa LSC beginning December 21, 2009.
- 2) Entries will be accepted from teams outside of the Iowa LSC beginning December 28, 2009.
- 3) Hand written entries are due no later than Wednesday, January 13, 2010.
- 4) Electronic entries must be received no later than 12 p.m. Monday, January 18, 2010 with hardcopy, financial sheet and fees due by Wednesday, January 20, 2010 or entries will be scratched.
- 5) Phone entries or changes **will not** be accepted.

MEET DIRECTORS: John & Jennifer Van Meter: ciameetdirectors@mchsi.com.

SEND ENTRIES TO: Send entries to the meet director, ciameetdirectors@mchsi.com. Hard copies can be mailed to John & Jennifer Van Meter, 624 19th Street SW, Altoona, IA 50009. 515-967-1762. Express mailing entries, NO SIGNATURE REQUIRED, will be accepted all day.

SCORING: Individual events will be scored as follows:
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

AWARDS: **Individual High Point Trophies** will be awarded to the TOP 3 male/female in each age division. (8 & Under, 9-10, 11-12, 13-14, Open) 10 & Under, 12 & Under and Open Events will count towards age group event points. **Individual event awards** for 10 & Under swimmers will be given for 1-6 places; relays 1-3 places. **Participation gifts** will be given to each swimmer.

MEET OPERATION:

- 1) Events will be pre-seeded, except for the 500 Free, 1000 Free, and 400 IM, to be seeded after positive check in.
- 2) There will not be a Clerk of Course.
- 3) It is not the meet host's responsibility to provide rest for swimmers that enter both 8 & Under and 10 & Under event, or both age group and open events.
- 4) Events may be combined to facilitate meet operation and separated out later.
- 5) 10 & Under 500 Free may be combined girls/boys and will be swum **fastest to slowest**. **Positive check in is REQUIRED.** Deadline is 30 minutes after start of warm-ups. Late check-ins will be able to swim only if there are open lanes available in the slower heats.
- 6) Events 23 thru 28, the 500 Free, will be seeded together will be swum **slowest to fastest**. **Positive check in is REQUIRED.** Deadline is 30 minutes after start of warm-ups. Late check-ins will be able to swim only if there are open lanes available in the slower heats.
- 7) Events 65 thru 70, the 1000 Free, will be seeded together and will be swum **fastest to slowest**. **Positive check in is REQUIRED.** Deadline is 30 minutes after start of warm-ups. Late check-ins will be able to swim only if there are open lanes available in the slower heats.
- 8) Events 135 thru 138, the 400 IM, will be seeded together and will be swum **fastest to slowest**. **Positive check in is REQUIRED.** Deadline is 30 minutes after start of warm-ups. Late check-ins will be able to swim only if there are open lanes available in the slower heats.
- 9) Swimmers competing in the 500 Free or 1000 Free are requested to provide lap counters and timers.
- 10) If names are on entry sheets for relays, those names will be on the relay card at the meet. Relay cards will be distributed prior to each session and order of swimmers must be certified on each card.

- 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 an emergency meeting.
- SCRATCHES:** ISI Scratch Rule is in effect. See ISI Code Book Section J.
- NO SMOKING:** The West Des Moines Community School District is a **smoke-free environment**. No smoking or use of tobacco products is permitted in any school-owned facility, or on school grounds.
- CONCESSIONS:** There will be a concession stand. A hospitality room will be available for coaches, officials, and volunteers working the meet.
- PROGRAMS:** Programs will be available for \$10
- VENDORS:** **Splash Multi-Sport** will be present, offering a variety of swimming apparel & equipment. **Schwan's Home Service** will be available to purchase cash & carry items.
- Hotel Information:** A block of rooms have been reserved at the **Hampton Inn, 7060 Lake Drive, West Des Moines, 50266** for Saturday, January 23, 2010. **\$89 plus taxes for double room with FREE Hot Breakfast** served from 6am – 10 am . Check In available at 2 p.m. **Rooms must be reserved no later than Friday, January 8, 2010 for the \$89 rate.** Please ask for the **Central Iowa Aquatics** discount if making a phone reservation. Reservations also accepted online at:
<http://hamptoninn.hilton.com/en/hp/groups/personalized/DSMWEHX-CIA-20100123/index.jhtml>
- USA REGISTRATION:** Late USA Registration at the meet is \$58 annual or \$35.50 individual season (150 days) (payable to ISI) and \$5 late fee payable to **Central Iowa Aquatics**. 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 website: www.isiswim.org or by contacting the ISI office, 2715 Pioneer Ct. Davenport, IA 52804, email isiswim@aol.com or phone: 1-877-ISI-SWIM or 563-391-5832. 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 and posted on the ISI website: www.isiswim.org. A hard copy of the final results will be mailed for a fee of \$5.00 and can be requested on the financial sheet.

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Session I

Saturday Morning, January 23, 2010

Warm-ups begin at 10:00 am Competition Starts at 11:00 am

<u>Girls #</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys #</u>
1	10 & Under	50 Backstroke	2
3	8 & Under	100 Freestyle	4
5	10 & Under	50 Freestyle	6
7	8 & Under	25 Freestyle	8
9	10 & Under	100 Butterfly	10
11	8 & Under	50 Butterfly	12
13	10 & Under	50 Breaststroke	14
15	8 & Under	25 Breaststroke	16
17	10 & Under	100 Freestyle	18
19	10 & Under	200 Medley Relay	20
*21	10 & Under	*500 Freestyle*	22*

*The 10 & Under 500-yard event will be swum fastest to slowest, and may be combining boys/girls.
Positive Check In REQUIRED. Deadline 30 Minutes after the start of warm-ups.

Session II

Saturday Afternoon, January 23, 2010

Warm-ups: Not before 2:00 pm Competition: Not before at 3:00 pm

<u>Girls #</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys #</u>
23	11 & 12	*500 Freestyle*	24
25	13 & 14	*500 Freestyle*	26
27	OPEN	*500 Freestyle*	28
29	11 & 12	100 Backstroke	30
31	13 & 14	200 Backstroke	32
33	OPEN	200 Backstroke	34
35	11 & 12	50 Freestyle	36
37	13 & 14	50 Freestyle	38
39	OPEN	50 Freestyle	40
41	11 & 12	100 IM	42
43	13 & 14	200 IM	44
45	OPEN	200 IM	46
47	11 & 12	50 Breaststroke	48
49	13 & 14	100 Breaststroke	50
51	OPEN	100 Breaststroke	52
53	11 & 12	100 Butterfly	54
55	13 & 14	200 Butterfly	56
57	OPEN	200 Butterfly	58
59	OPEN	200 Medley Relay	60
61	13 & 14	200 Medley Relay	62
63	11 & 12	200 Medley Relay	64
65	OPEN	**1000 Freestyle**	66
67	13 & 14	**1000 Freestyle**	68
69	11 & 12	**1000 Freestyle**	70

* The 500-yard Free, events 23-28, will be seeded together and swum slowest to fastest.

** The 1000-yard Free, events 65-70 will be seeded together and will be swum fastest to slowest.

Swimmers competing in the 500 and/or 1000 freestyle events require positive check in 30 minutes after the start of warm-ups and are asked to provide their own lap counters and timers.

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Session III

Sunday Morning, January 24, 2010

Warm-ups begin 8:00 am Competition Starts at 9:00 am

<u>Girls #</u>	<u>Age Group</u>	<u>Event:</u>	<u>Boys #</u>
71	8 & Under	100 IM	72
73	10 & Under	200 IM	74
75	8 & Under	25 Backstroke	76
77	10 & Under	100 Backstroke	78
79	8 & Under	25 Butterfly	80
81	10 & Under	50 Butterfly	82
83	8 & Under	50 Breaststroke	84
85	10 & Under	100 IM	86
87	8 & Under	50 Backstroke	88
89	10 & Under	200 Freestyle	90
91	8 & Under	50 Freestyle	92
93	10 & Under	100 Breaststroke	94
95	10 & Under	200 Freestyle Relay	96

Session IV

Sunday Afternoon, January 24, 2010

Warm-ups: Not Before 12:15 pm Competition: Not Before 1:15 pm

<u>Girls #</u>	<u>Age Group</u>	<u>Event:</u>	<u>Boys #</u>
97	11 & 12	100 Breaststroke	98
99	13 & 14	200 Breaststroke	100
101	OPEN	200 Breaststroke	102
103	11 & 12	200 Freestyle	104
105	13 & 14	200 Freestyle	106
107	OPEN	200 Freestyle	108
109	11 & 12	50 Backstroke	110
111	13 & 14	100 Backstroke	112
113	OPEN	100 Backstroke	114
115	11 & 12	100 Freestyle	116
117	13 & 14	100 Freestyle	118
119	OPEN	100 Freestyle	120
121	11 & 12	50 Butterfly	122
123	13 & 14	100 Butterfly	124
125	OPEN	100 Butterfly	126
127	11 & 12	200 Freestyle Relay	128
129	13 & 14	200 Freestyle Relay	130
131	OPEN	200 Freestyle Relay	132
133	11 & 12	200 IM	134
135	OPEN	*400 IM*	136
137	13 & 14	*400 IM*	138

*The 400 IM, events 135-138, will be seeded together and will be swum fastest to slowest.

***Positive check in required 30 minutes after the start of warm-ups.**