

**Central Iowa Aquatics
Fall Mixer
October 23 & 24, 2009
Valley High School, 25 yard course**

ISI SANCTION: **IA-10-05**

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

DATES: Friday, October 23, 2009 and Saturday, October 24, 2009

TIME: Session I: Warm-ups: 5:45 pm Competition: 6:45 pm
 Session II: Warm-Ups: 10:30 am Competition 11:30 pm
 Session III: Warm-ups: 3:00 pm Competition: 4:00 pm
Warm-ups begin immediately following the mid-morning session, but not before 3:00 p.m. Competition begins 60 minutes following mid-morning session, but not before 4:00 p.m.

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. Colorado 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 and 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 October 23, 2009.
 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.
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.

ENTRY FORMS: Entries must 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 a copy of the results at the end of the meet.

ENTRY DEADLINE: 1) Entries will be accepted from the teams in the Iowa LSC beginning September 23, 2009.
2) Entries will be accepted from teams outside of the Iowa LSC beginning October 2, 2009.
3) Hand written entries are due no later than Tuesday, October 13, 2009.
4) Electronic entries must be received by noon on Friday, October 16, 2009 with hardcopy, financial sheet and fees due by Tuesday, October 20, 2009 or entries will be scratched.
5) Phone entries or changes **will not** be accepted.

MEET DIRECTORS: John & Jennifer Van Meter ciameetdirectors@mchsi.com
624 19th Street SW, Altoona, IA 50009 Phone: 515-967-1762

SEND ENTRIES TO: Entry files will be sent to the meet director, ciameetdirectors@mchsi.com.
CIA entries will be submitted online through the team website.

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: Heat winners will be awarded a special treat. **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, Senior) 10 & Under, 12 & Under and Senior Events will not count towards age group event points.
Participation gifts will be given to each swimmer.

MEET OPERATION: 1) Events will be pre-seeded. Swimmers are not required to 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 senior events.
4) Events may be combined to facilitate meet operation and separated out later.
5) The 500 and 1000 yard events will be swum slowest to fastest, alternating women/men.
6) Individuals swimming the 1000 can request a split at the 500 yard mark for time.
7) Swimmers competing in the 500 or 1000 are requested to provide lap 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 an emergency meeting.
- SCRATCHES:** ISI Scratch Rule is in effect. See ISI Code Book Section J.
- NO SMOKING:** There will be no smoking in the swim venue.
- CONCESSIONS:** There will be a concession stand.
- PROGRAMS:** Programs will be available for \$10
- VENDORS:** **Splash Multi-Sport** will be present, offering a variety of swimming apparel & equipment.
- 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.

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**Session I
Friday Evening, October 23, 2009**

Warm-ups begin at 5:45 pm
Competition Starts at 6:45 pm

<u>Girls #</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys #</u>
1	10 & Under	200 IM	2
3	11 & 12	200 IM	4
5	13 & 14	200 IM	6
7	Senior	200 IM	8
9	12 & Under	500 Free	10
11	13-14	500 Free	12
13	Senior	500 Free	14
*15	13-14	1000 Free	16
*17	Senior	1000 Free	18

**Session II
Saturday Mid-Morning, October 24, 2009**

Warm-ups begin at 10:30 am
Competition Starts at 11:30 am

<u>Girls #</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys #</u>
19	8 & Under	50 Back	20
21	9 & 10	50 Back	22
23	11 & 12	100 Back	24
25	9 & 10	100 Free	26
27	11 & 12	100 Free	28
29	8 & Under	50 Fly	30
31	9 & 10	50 Fly	32
33	11 & 12	50 Fly	34
35	8 & Under	50 Breast	36
37	9 & 10	100 Breast	38
39	11 & 12	100 Breast	40
41	8 & Under	50 Free	42
43	9 & 10	50 Free	44
45	11 & 12	50 Free	46

Session III
Saturday Late Afternoon, October 24, 2009
Warm-ups begin after Session II but not before 3:00 pm
Competition Starts 1 hour after Session II but not before 4:00 pm

<u>Girls #</u>	<u>Age Group</u>	<u>Event:</u>	<u>Boys #</u>
47	13 & 14	200 Back	48
49	Senior	200 Back	50
51	13 & 14	50 Free	52
53	Senior	50 Free	54
55	13 & 14	100 Breast	56
57	Senior	100 Breast	58
59	13 & 14	100 Free	60
61	Senior	100 Free	62
63	13 & 14	100 Fly	64
65	Senior	100 Fly	66
67	13 & 14	100 Back	68
69	Senior	100 Back	70

- * The 500 and 1000 yard events will be swum slowest to fastest, alternating women/men.
- * Individuals swimming the 1000 can request a split at the 500 yard mark for time.
- * Swimmers competing in the 500 or 1000 are requested to provide lap counters and timers.