

CRAA
SENIOR TRAIN AND RACE
SENIOR MEET
January 2, 2010

- ISI SANCTION: IA-10-19
- RULES: Current USA Swimming and Iowa Swimming, Inc. (ISI) rules will govern this meet.
- DATES: Saturday, January 2, 2010
- TIME: Training Session / Warm Up: 7:30-9:45 AM
Breakfast Break: 9:45-10:35 AM
Lecture / Classroom 10:30-12:30 PM
Three 40 minute lectures
Warm Up: 12:45-1:30 PM
Competition: 1:30 PM
Conclusion: 3:30-4:30 PM
Video Analysis DVD sent to each participant
- SITE: Pool Site: Coe College
1220 First Ave NE
Cedar Rapids, IA 52402
Classroom Location
CRAA Office
Ecumenical Center
601 Second Ave SE
Cedar Rapids, IA 52401
- FACILITIES: Twenty five yd, 8 lanes, indoor pool. Only four lanes will be used for competition. Non-turbulent lane markers. Colorado Timing System with touch pads and push button back-up system. Horn & strobe starts. One manual watches on each lane for back-up time & two 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 5 feet at the starting blocks to 3 1/2 feet at the shallow end.
- 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) **Only swimmers who are age 13 or above as of January 2, 2010 may enter.**
2) All swimmers must be current registered athletes.
3) A swimmer may enter up to two individual events per session and a maximum of four events for the meet.

- 4) Seed times must be submitted for a 25yd course. Events will be deck seeded.

ENTRY LIMITS: The maximum number of swimmers allowed to register is 50 Swimmers

- ENTRY FEES:
- 1) \$15 per swimmer entry fee to cover ISI Splash fee, Breakfast food and individual entries fees. The \$15 entry fee includes the \$3.00 ISI Splash fee.
 - 2) Write single check for entry and splash fees payable to CRAA.
 - 3) Entry fees are not refundable. Splash fees will be refunded if the entire meet is cancelled.
 - 4) Teams submitting hand entries will be charged \$2.00 per swimmer if there are more than 5 swimmers.

ENTRY FORMS: Submit entries 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 and fee. Any team submitting entries on disk will receive the meet results on disk at the end of the meet. Hand entries shall be accepted.

ENTRY

- DEADLINE:
- 1) Entries will be accepted from teams in the Iowa LSC beginning on December 2, 2009
 - 2) Entries will be accepted from teams outside of Iowa LSC beginning on December 9, 2009
 - 3) Hand written entries are due no later than December 28, 2009.
 - 4) Electronic entries must be received no later than Monday, December 28, 2009 by Noon, with hardcopy, financial sheet and fees due by December 31, 2009 or entries will be scratched.
 - 5) Phone entries or changes will not be accepted.

Since the limit for this event is 50 participants, we expect the meet to fill quickly. If you wish to enter this meet and participate in the training sessions and classroom discussions, please contact Bobby Kelley right away.

LATE ENTRIES Late entries will be accepted if event is not closed and the meet has not exceeded the splash number. The late entry fee will be \$25 per swimmer. Please call the meet entry chair to find out if late entries can be accepted.

SEND ENTRIES

TO: Bobby Kelley
CRAA
601 Second Ave SE
Cedar Rapids, Iowa 52301
319-929-0244
coachkelley@aol.com

Entries must be received no later than Monday, December 28, 2009 at by NOON. Express mailing entries NO SIGNATURE REQUIRED will be accepted all day. NO FAXED ENTRIES.

CO-MEET DIRECTORS:

Karin Ford
423 Teakwood Ln. NE
Cedar Rapids, IA 52402
319-393-1151
kjford4@gmail.com

David Grinde
2200 5th Avenue SE
Cedar Rapids, IA 52403
319-899-9093
davidgrinde@yahoo.com

SCORING: No points will be awarded in during this meet.

AWARDS: There will not be any awards given at this meet.

MEET

OPERATION:

- 1) Swimmer check in is required by noon.
- 2) It is not the meet hosts responsibility to provide rest for swimmers who enter multiple events.
- 3) The meet will be deck seeded. Heat sheets will be posted. Each team's coaching staff will also be supplied with a heat sheet.
- 4) There will not be a Clerk of Course for this meet. Swimmers should report directly to the lanes.
- 5) CRAA reserves the right to combine events.

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: Smoking is not permitted anywhere on the Kennedy High School property, including the parking lot, outside grounds and inside the buildings.

USA

REGISTRATION: Late USA Registration at the meet is \$58.00 (annual) or \$35.50 (Individual Season – 150 days) payable to ISI + \$5 late fee (payable to CRAA). 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 available on the ISI website: www.isiswim.org or by contacting the ISI office by 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.

PROGRAMS AND

RESULTS: Programs will available at the meet. Complimentary electronic final results will be sent to each swim club participating in this meet; a hard copy of the results can be requested on financial sheet and will be mailed to teams for a fee of \$5.00.

SEATING: An indoor bleacher section is available for viewing competition. There is plenty of room around the pool area for swimmers.

CONCESSIONS: There will not any concessions sales at this meet. Vending machines are located at the natatorium and breakfast foods will be available at the classroom location.

VENDOR: There will not be a meet vendor at this meet.

CRAA RACE AND TRAIN
SENIOR MEET
 25 yd-Pool

Saturday, January 2, 2010

IA-10-19

Training Session	7:30-9:45 AM
Breakfast Break:	9:45-10:30 AM
Lecture / Classroom	10:30-12:30 PM
Warm Up prior to competition:	12:45-1:30 PM
Competition:	1:30 PM
Conclusion:	3:30-4:30 PM
Video Analysis	DVD sent to each participant

Session I

Girls	Events	Boys
1	13 & Over 100 IM Free	2
3	13 & Over 50 Butterfly	4
5	13 & Over 50 Backstroke	5
7	13 & Over 50 Breaststroke	8
9	13 & Over 50 Free	10

15 Minute Break between Sessions

Session II

Girls	Events	Boys
11	13 & Over 100 Free	12
13	13 & Over 200 Butterfly	14
15	13 & Over 200 Backstroke	15
17	13 & Over 200 Breaststroke	18
19	13 & Over 200 Free	20

Video Release

Part of this meet is to provide a DVD of both the practice session and race session. Swimmers need to complete the release form below to permit the use of video. Swimmers not completing this release will not be filmed and will not appear in the DVD. Additionally, these swimmers will not receive a DVD of the practice session and race sessions.

I, _____, give my permission for Cedar Rapids Aquatics Association, Inc, to video tape myself or my child, _____, during the 2010 CRAA Train and Race Invitational held on January 2, 2010. I understand that a DVD of the day's training and race sessions will be duplicated and distributed to all participants completing this release form.

Parent / Guardian (if swimmer is under 18)

Swimmer (if 18 or older)