

CRAA OPEN Invitational Spring Pentathlon Saturday, May 15, 2010

HOST: Cedar Rapids Aquatic Association.
ISI SANCTION: IA-10-37
RULES: Current USA Swimming and Iowa Swimming, Inc. (ISI) rules will govern this meet.
DATE: Saturday, May 15, 2010

TIME SCHEDULE:

	Coach's Meeting	Warm-ups	Competition
Morning Session	8:20 a.m.	7:30 a.m.	8:30 a.m.
Afternoon Session	TBA	After the completion of the morning session but not before 10:30, 50 minutes of warm-up time will be given. Competition 10 minutes following warm-ups, but not before 11:30am.	

If warm-ups are to be split, teams will be notified by Tuesday, May 11th, which warm-up period they are in.

SITE: Coe College Natatorium
1220 1st Ave NE
Cedar Rapids, IA 52402

FACILITIES:

A twenty five yd, 8 lane, indoor pool. Non-turbulent lane markers. Colorado Timing System with touch pads and push button back-up system. Horn & strobe starts. Two manual watches on each lane for back-up time & 3 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 16' feet at the starting blocks to 4' at the bulkhead end. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

COACHES/COACHES MEETING:

All team coaches must be a current Coach Member of USA Swimming (be CPR, First Aid, and Safety Certified). Only USA Swimming coach members will be permitted on the deck in designated areas. All coaches must sign in and be prepared to show their cards. See TIME SCHEDULE for meeting times.

CONTROLLED WARM-UP:

The ISI controlled warm-up procedure will be followed as appropriate for an 8 lane pool. (See ISI code book Sec. J.)

ENTRY REQUIRMENTS:

1. All swimmers must be current USA Swimming registered athletes.
2. Contestants must enter the age bracket corresponding to the age as of 5-15-2010.
3. A swimmer may enter 5 individual events.
4. "No Time" entries will be accepted.

ENTRY LIMITS: 100 Splashes per lane per session.

ENTRY FEES:

An official ISI financial sheet must accompany fees.

Individual Events - \$15.00 per swimmer will cover all entries and ISI splash fee. The entry fee is the same whether swimming 1 or 5 events. All hand entries in excess of 5 swimmers per team will be charged \$2 for each swimmer.

Make check payable to CRAA

No entry fees will be refunded. Splash fees will be refunded for inclement weather, in the event an entire meet is canceled.

ENTRY FORMS:

Submit entries on disk in Hy-Tek comlink II format (generated from Team Manager or Meet Manager). All entries must include a completed ISI financial sheet APP 8.1 (see ISI website). If you are submitting entries on disk, you must provide a print out of entries for backup. Any team submitting entries on disk will receive the meet results on disk at the end of the meet.

ENTRY DEADLINE:

1. Entries will be accepted from teams in the Iowa LSC beginning April 15, 2010.
2. Entries will be accepted from all teams outside of Iowa LSC beginning April 22, 2010.
3. Hand written entries are due no later than Wednesday, May 5, 2010
4. Electronic entries will be received until noon Monday, May 10, 2010. The entry chairperson will confirm 3-mail entries have been received via e-mail. E-mail hard copies and fees are due by Wednesday, May 12, 2010.
5. Fed Ex, Express Mail or UPS entries (no signature required) will be accepted all day. NO FAXED ENTRIES.

LATE ENTRIES:

Late entries will be accepted up to the beginning of warm ups for each session, if the meet has not exceeded the splash limit. Late entries will be seeded into open lanes. If no open lanes exist a zero heat will be created. The late entry fee will be \$25.00. Contact the meet entry chair (James Broghammer) for availability of more entries.

SEND ENTRIES TO:

James Broghammer
510 Tory Lane
Marion, IA 52302
319-389-6975
james@allfuelsandenergy.com

MEET DIRECTORS:

Karin Ford
423 Teakwood Ln Ne
Cedar Rapids, IA 52402
319-651-4681
kjford4@gmail.com

David Grinde
2200 5th Ave SE
Cedar Rapids, IA 52403
319-364-4721
davidgrinde@yahoo.com

AWARDS:

Individual events: 1 through 8 – Ribbons
Age Group: The top eight male and female swimmers in each age group having the best cumulative time for all 5 events completed without a DQ will be awarded medals.

MEET OPERATION:

1. Swimmer check-in not required.
2. Events may be combined to facilitate meet operation and separated later.
3. **For the 13-14 and Senior age groups swimmers should enter their best 100 yard times for the 50 back, 50 breast and 50 fly events. For the 100 yard IM these swimmers should enter their best 200 yard IM times.**
4. Seed times must be submitted for 25 yd course.
5. Events will be pre-seeded.
6. There will be a clerk of course for the morning session.
7. No phone entries will be accepted.

MEET COMMITTEE:

A meet committee comprised of the Meet 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.

SCRATCHES:

ISI Scratch Rule is in effect. See ISI Code Book Section J.

USA REGISTRATION:

Late USA Swimming registrations at the meet will be \$58 yearly fee or \$34.00 seasonal payable to ISI and \$5 late fee payable to CRAA. Club and Coach Registrations are not accepted.

ADAPTED COMPETITIVE SWIMMERS:

USA Swimming and ISI encourage handicapped swimmers to participate in all sanctioned meets. The information form for disabled swimmers is available in the ISI code book APP 21. 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. For more information, please contact Elaine Sortor, 2715 Pioneer Court, Davenport, IA 52804-1099. 1-877-ISI-SWIM or e-mail ISISWIM@aol.com

PROGRAMS AND RESULTS:

Programs will be available for \$5 before and during the meet. A program and heat sheets will be provided for the coach of each team having swimmers entered in the meet. Electronic Final Results will be provided to teams having an entrant in the meet and posted on the ISI web site. Hard copies of the results can be requested on the financial sheet for \$ 5.00.

SEATING:

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

NO SMOKING:

Smoking is not permitted anywhere on school property.

REFRESHMENTS:

Limited concessions will be available at the pool.

**CRAA INVITIATIONAL
SPRING PENTATHLON**

25-yd Pool

ISI Sanction: IA-10-37

Session 1

Saturday, May 15, 2010

Warm-ups: 7:30 a.m.

Cedar Rapids, Iowa

Competition: 8:30 a.m.

Girl's Event #	Order of Events	Boy's Event #
1	8&U 25 Freestyle	2
3	9-10 50 Freestyle	4
	11-12 50 Freestyle	5
6	8&U 25 Fly	7
8	9-10 50 Fly	9
	11-12 50 Fly	10
11	8&U 25 Breast	12
13	9-10 50 Breast	14
	11-12 50 Breast	15
16	8&U 25 Back	17
18	9-10 50 Back	19
	11-12 50 Back	20
21	8&U 100 IM	22
23	9-10 100 IM	24
	11-12 100 IM	25

Session 2

Saturday, May 15, 2010

Warm-ups: After morning session
but not before 10:30 a.m.

Cedar Rapids, Iowa

Competition: Following warm-ups
but not before 11:30 a.m.

Girl's Event #	Order of Events	Boy's Event #
26	11-12 50 Freestyle	
27	13-14 50 Freestyle	28
29	Senior 50 Freestyle	30
31	11-12 50 Fly	
32	13-14 50 Fly*	33
34	Senior 50 Fly*	35
36	11-12 50 Breast	
37	13-14 50 Breast*	38
39	Senior 50 Breast*	40

41	11-12 50 Back	
42	13-14 50 Back*	43
44	Senior 50 Back*	45
46	11-12 100 IM	
47	13-14 100 IM**	48
49	Senior 100 IM**	50

***Enter using best 100 yard time for seeding on the 50 events.**

**** Enter using best 200 yard IM time for seeding on the 100 yd IM event.**