

CRAA Open Summer Long Course Kick-off

Saturday, June 5 & 6, 2010

HOST: Cedar Rapids Aquatic Association

ISI SANCTION: IA-10-39

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

DATE: Saturday, June 5, 2010 and Sunday June 6, 2010

TIME SCHEDULE:

	Warm-Ups:	Coaches' Meeting	Competition
Saturday AM:	7:30 AM	8:20 AM	8:30 AM
Saturday PM:	12:00 PM	12:50 PM	1:00 PM
Sunday AM:	7:30 AM	8:20 AM	8:30 AM
Sunday PM:	12:00 PM	12:50 PM	1:00 PM

The pool will be cleared 10 minutes prior to the start of the session.

If warm-ups are to be split, teams will be notified by Tuesday, June 1st, which warm-up period they are in.

Warm-ups will not commence prior to the times listed above. Warm-ups for the PM session will follow the completion of the AM session, but not before the times listed above.

SITE: Mercer Park Aquatic Center
2701 Bradford Drive
Iowa City, IA 52240

FACILITIES:

Fifty meter, 8 lane, indoor pool with a warm up/cool down area with non-turbulent lane lines. A Daktronics Timing System with touch pads and push button back-up system will be utilized. Two (2) manual watches will be used on each lane for back-up times and three (3) watches on the first place lane. Backstroke flags will be placed fifteen feet from each end of the course. The pool depth ranges from 12 feet at the starting blocks to 4 feet 10 inches at the opposite 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 coaches must be a current Coach Members of USA Swimming. 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 REQUIREMENTS:

1. All swimmers must be current USA Swimming registered athletes.
2. Contestants must enter the age bracket corresponding to the age as of June 5, 2010.
3. A swimmer may enter four (4) individual events each day.
4. "No Time" entries will be accepted.
5. Seed times must be submitted for 50 meter course.

ENTRY LIMITS: 100 Splashes/Lane/Session.

Be advised that this meet has filled quickly the past two years. Teams should submit entries before the entry deadline.

ENTRY FEES:

An official ISI financial sheet must accompany fees. Fees are as below.

Individual Events - \$3.00

Splash Fee - \$3.00

All hand entries in excess of 5 swimmers per team will be charged \$2 for each swimmer. No entry fees will be refunded. Splash fees will be refunded in the event an entire meet is canceled.

Make check payable to CRAA

ENTRY FORMS:

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

ENTRY DEADLINE:

1. Entries will be accepted from teams/athletes in the Iowa LSC beginning on May 6, 2010.
2. Entries will be accepted from teams/athletes outside of Iowa LSC and Iowa LSC team/athletes beginning on May 12, 2010.
3. Hand written entries are due no later than Wednesday, May 26, 2010. Fed Ex, Express Mail or UPS entries (no signature required) will be accepted all day.
4. Electronic entries will be accepted until noon Monday, May 31, 2010. The entry chair person will e-mail entries have been received via e-mail. E-mail hard copies and payments are due by Wednesday, June 2, 2010. If e-mail hard copies and payments are not received by the due date above, teams will be scratched.
5. No phone entries will be accepted.

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 and a zero heat will be created if needed. Late entry fees are \$6.00 per event plus splash fee if applicable and are due at the time of sign up for late entries. The swimmer must provide proof of current membership with membership card or coach computer list from ISI. Contact the meet entry chair (James Broghammer) for availability of more entries.

SEND ENTRIES TO:

James Broghammer
510 Tory Lane
Marion, IA 52302-9527
319-389-6975
James@allfuelsandenergy.com

MEET DIRECTORS:

Karin Ford
423 Teakwood Ln NE
Cedar Rapids, IA 52402-1321
319-651-4681
kiford4@gmail.com

David E. Grinde
2200 5th Ave SE
Cedar Rapids, Iowa 52403
319-899-9093
davidgrinde@yahoo.com

AWARDS:

Individual events: 1 through 8 – Ribbons for 8 & under, 9-10 and 11-12. There will be no awards for senior events or mixed events.

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.

MEET OPERATION:

1. There will not be a Clerk of Course.
2. **Swimmers must check-in for each event that they intend to swim. Check in will close at the start of the warm-ups for the morning sessions and 12:00 p.m. (noon) for the afternoon sessions.**
3. **The check-in table will be located by the glass windows at the entrance of the pool.**
4. **Events will be seeded 45 minutes prior to the start of each session and heat sheets will be distributed to each team's coach prior to the start of each session.**
5. **Swimmers who do not check-in by the deadline will be scratched.**

6. The meet will utilize fly over starts during the afternoon sessions.
7. Swimmers must positive check-in for each event.
8. Meet will be deck seeded.
9. The host team is not responsible to provide rest for swimmers that enter both Age group and 8&U, 10&U, or 12&U events.

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 encourages 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-ISISWIM or e-mail ISISWIM@aol.com

PROGRAMS AND RESULTS:

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

SEATING:

Indoor bleacher seating and a standing area behind the bleachers shall be available for viewing competition. No coolers, bags, or blankets are allowed on, beneath, or behind the bleachers. A gym shall be available for a "crash" area for swimmers and spectators.

NO SMOKING: Smoking is not permitted anywhere within the Mercer Park Aquatic Center.

REFRESHMENTS: The Iowa City Eels Club will provide a food concession.

VENDOR: Splash Multisport will be at the pool both days.

CRAA SUMMER LONG COURSE KICK-OFF

ISI Sanction: IA-10-39

50-meter Pool

Session 1

Saturday, June 5, 2010

Warm-ups: not before 7:30 a.m.

Iowa City, Iowa

Competition: 8:30 a.m.

<u>Girl's Event #'s</u>	<u>Age Group</u>	<u>Event</u>	<u>Boy's Event #'s</u>
1	11-12	200 Ind. Medley	2
3	10 & Under	200 Ind. Medley	4
5	11-12	50 Fly	6
7	9-10	50 Fly	8
9	8 & Under	50 Fly	10
11	12&U*	Mixed 200 Fly	11
12	11-12	50 Back	13
14	10 & Under	50 Back	15
16	11-12	50 Breast	17
18	9-10	50 Breast	19
20	8 & Under	50 Breast	21
22	12&U*	Mixed 200 Breast	22
23	11-12	100 Free	24
25	10 & Under	100 Free	26
27	12&U*	Mixed 400 Free	27

Session 2

Saturday, June 5, 2009

Warm-ups: not before 12:00 noon

Iowa City, Iowa

Competition: 1:00 p.m.

<u>Girl's Events #'s</u>	<u>Age Group</u>	<u>Event</u>	<u>Boy's Event #'s</u>
28	Senior	200 IM	29
30	Senior	100 Free	31
32	Senior*	Mixed 200 Fly	32
33	Senior	100 Back	34
35	Senior*	Mixed 200 Breast	35
36	Senior*	Mixed 400 Free	36

* These events will have all ages of boys and girls swim together.

Session 3

Sunday, June 6, 2010

Warm-ups: not before 7:30 a.m.

Iowa City, Iowa

Competition: 8:30 a.m.

<u>Girl's Event #'s</u>	<u>Age Group</u>	<u>Event</u>	<u>Boy's Event #'s</u>
37	11-12	100 Fly	38
39	10 & Under	100 Fly	40
41	11-12	50 Free	42
43	9-10	50 Free	44
45	8 & Under	50 Free	46
47	11-12	100 Back	48
49	9-10	100 Back	50
51	8 & Under	50 Back	52
53	12&U*	Mixed 200 Back	53
54	11-12	100 Breast	55
56	10 & Under	100 Breast	57
58	11-12	200 Free	59
60	10 & Under	200 Free	61

Session 4

Sunday, June 6, 2010

Warm-ups: not before 12:00 noon

Iowa City, Iowa

Competition: 1:00 p.m.

<u>Girl's Event #'s</u>	<u>Age Group</u>	<u>Event</u>	<u>Boys Event #'s</u>
62	Senior	200 Free	63
64	Senior	100 Fly	65
66	Senior*	Mixed 200 Back	66
67	Senior	50 Free	68
69	Senior	100 Breast	70
71	Senior*	Mixed 400 IM	71

* These events will have all ages of boys and girls swim together.