

DUBUQUE AREA SWIMMIN' HURRICANES

D.A.S.H. Valentine's Classic

Age Group / Senior / 8 & Under OPEN

ISI SANCTION NUMBER: IA-10-16

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

DATE: Friday, February 5 - Sunday, 7, 2010.

TIME:	Coaches' Mtg.	Warm-ups**	Competition
Friday Night	4:50 p.m.	4:00 – 4:50 p.m.	5:00 p.m.
Saturday Morning	8:50 a.m.	8:00 – 8:50 a.m.	9:00 a.m.
Saturday Afternoon	TBA	Min. 40 mins., not before 1	Not before 2:00 p.m.
Sunday Morning	TBA	7:00 – 7:50 a.m.	8:00 a.m.
Sunday Afternoon	TBA	Min. 40 mins., not before 12	Not before 1:00 p.m.

** Teams will be notified, by 6:00 p.m., Tuesday, February 2nd, if warm-ups are to be split.

SITE: Loras College – San Jose Pool, on Cox St., between Loras Blvd. & Kirkwood St., Dubuque, IA
Indoor, 6-lane, 25 yd.
Water depth: 5 1/2' – 6' at Starting Block end / 4 1/2' at shallow end
Colorado Timing System touch-pads, button and two watch back-up.
Diving Well area will serve as warm-up and warm-down.

COACHES: All coaches must possess and visibly wear a current USA Swimming Coaches Registration card. All coaches must sign-in when picking up their team's information packet or before actively taking part in coaching duties on the pool deck. Only USA Swimming coach members will be permitted on the deck in the designated areas.

WARM-UPS: ISI Warm-up procedure will be followed, ISI Code Book Sec J. Swimmer(s) without a coach are to report to the Meet Referee prior to warm-up for a lane assignment.

ENTRY REQUIREMENT:

- 1) All swimmers must be current USA Swimming registered athletes.
- 2) Contestants must enter the age bracket corresponding to their age on February 5, 2010.
- 3) A swimmer may enter up to four (4) individual events per day.
- 4) Seed times must be submitted for a 25 yd. course. NT entries will be accepted.
- 5) If names are on entry sheets for Relays, those names will be on the Relay Card at the Meet.
- 6) Phone entries will not be accepted.

ENTRY LIMIT: Not to exceed 100 heats per session.

ENTRY FEES:

- 1) Individual events are \$3.00 per event.
- 2) Relays are \$5.00 per relay.
- 3) ISI Splash Fee is \$3.00 per swimmer.
- 4) Make one check payable to – DUBUQUE AREA SWIMMIN' HURRICANES
- 5) Entry fees are not refundable. Splash fees will be refunded if the entire meet is cancelled.
- 6) Teams submitting hand entries will be charged \$2.00 per swimmer if there are more than 5 swimmers.

ENTRY FORMS: Use attached forms: ISI App-8.1 Financial Sheet and ISI App-7 Entry Form
OR
Submit entries on disk in Hy-Tek Commlink II format. When submitting disk entries, you must provide a coach signed printout of your entries for backup and the ISI Financial Sheet (App-8.1). Any team submitting entries on disk, will receive the meet results on disk at the end of the meet.

E-mail entries will be accepted.

ENTRY DEADLINE:

- 1) Entries will be accepted from teams in the Iowa LSC beginning on January 5, 2010.
- 2) Entries will be accepted from teams outside of the Iowa LSC beginning on January 12, 2010.
- 3) Hand written entries must be received by 6:00 p.m., WEDNESDAY, January 26, 2010.
- 4) Electronic entries are due no later than Noon, Monday, February 1, 2010. A confirmation email will be sent upon receiving electronic entries.

LATE ENTRIES: NO Late Entries will be accepted.

SEND ENTRIES TO:
Doug Colin / Swimming
1450 Alta Vista
Dubuque, IA 52001
(563) 543-1105
coachdoug@teamdash.org

MEET DIRECTOR:
Doug Colin
(563) 543-1105
coachdoug@teamdash.org

SCORING: Individual Events: 7 – 5 – 4 – 3 – 2 – 1
Relay Events: 14 – 10 – 8 – 6 – 4 – 2

AWARDS: Individual Events: 1st – 6th Ribbons
Relay Events: 1st – 3rd Ribbons
Team: 1st – 3rd Trophies
(The host team is not eligible for the team awards.)
Individual High Point: 1st in each age group* Trophies
* 6 & Under, 7, 8, 9, 10, 11, 12, 13, 14, 15 & Over

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.

MEET OPERATION:

- 1) Events will be seeded and swum in the age group as listed in the Order of Events, then separated into the age groups as listed in AWARDS (above).
- 2) There WILL be a Clerk of Course for the afternoon session. Morning session swimmers should report promptly to the starting area when their event is called.
- 3) It is not the meet host's responsibility to provide "additional" rest for swimmers that enter consecutive events.
- 4) NOTE: 1650 Free – Entries in the 1650 will be limited to the fastest 12 women and fastest 12 men, or combination of both not to exceed 4 heats. (When the entry limit is reached, the overflow swimmers will be allowed to enter other individual events.) SWIMMERS MUST CHECK-IN at the Timing Table by 4:15 p.m., Friday afternoon, if they are planning to swim. Swimmers who don't check-in by the designated time will be scratched from the event.
- 5) The 1650 Free and 400 I.M. will be swum fastest to slowest, alternating women / men. All other events will be swum slow to fast, all women, then all men.
- 6) POSITIVE CHECK-IN is REQUIRED for all individual events on Friday Night, by 4:15 p.m., and both MORNING sessions, Saturday by 8:15 a.m. and Sunday by 7:15 a.m. Swimmers not checking in by the required time risk being scratched from the event.
- 7) Afternoon sessions will be pre-seeded.
- 8) If names are on entry sheets for relays, those names will be on the relay cards at the meet.

SCRATCHES: ISI Scratch Rule is in effect. See ISI Code Book Sec J.

NO SMOKING: Smoking, or any tobacco use, is NOT ALLOWED on Loras College property.

USA Swimming REGISTRATION: Late USA Swimming Registration at the meet \$58 Annual or Individual Season (150 days) \$35.50 payable to ISI + \$5 Late Fee payable to DASH. Clubs and Coaches Registration are not accepted.

ADAPTED COMPETITIVE SWIMMER: USA Swimming and ISI encourage adapted competitive swimmers to participate in all sanctioned meets. The 'Adapted Competitive Swimmer Information Form' APP-21 must accompany entries. The form is available on the ISI website (www.isiswim.org) or ISI Office, 2715 Pioneer Ct., Davenport, IA, 52804, e-mail isiswim@aol.com or phone 877-474-7946. 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 & Regulations Article 105.

OTHER INFORMATION:

- 1) PROGRAMS will be on sale at the meet. Complimentary programs will be available to teams, with swimmers entered in the meet, when the team coaches sign-in at the Coaches Registration area.
- 2) FINAL RESULTS will be sold at the meet - \$5.00. Electronic final results will be provided to teams having an entrant in the meet & posted on the ISI website. Hard copy results can be requested on Financial sheet APP8.1 for \$5.00.
- 3) REFRESHMENTS. There will be a full menu of snacks and treats available (including pizza, hot dogs, sloppy joes, veggies, and baked goods) on the pool balcony, which overlooks the pool.
- 4) SPECTATOR SEATING is available in the pool balcony bleachers which seat approximately 200.
- 5) A swimming equipment vendor will be located near the concession stand.
- 6) MAPS & LODGING – See attached pages.

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FRIDAY, FEBRUARY 5, 2010

Afternoon Session

Warm-ups: 4:00 –4:50 p.m.
 Competition: 5:00 p.m.

GIRLS Event #	Age Group	Distance & Event	BOYS Event #
1	11 & Over	1650 Freestyle	2
3	9 & 10	500 Freestyle	4
5	11 & Over	400 I.M.	6
7	9 & 10	200 I.M.	8

NOTE: 1650 Free – Entries in the 1650 will be limited to the fastest 12 women and fastest 12 men, or combination of both not to exceed 4 heats. (When the entry limit is reached, the overflow swimmers will be allowed to enter other individual events.) **SWIMMERS MUST CHECK-IN** at the Timing Table by 4:15 p.m., Friday afternoon, if they are planning to swim. Swimmers who don't check-in by the designated time will be scratched from the event.

SATURDAY, FEBRUARY 6, 2010

Morning Session (11 & Older)

Warm-ups: 8:00 – 8:50 a.m.
 Competition: 9:00 a.m.

GIRLS Event #	Age Group	Distance & Event	BOYS Event #
9	11 & Over	200 Medley Relay	10
11	11 & Over	200 Freestyle	12
13	11 & Over	100 Backstroke	14
15	11 & Over	50 Breaststroke	16
17	11 & Over	100 Butterfly	18
19	11 & Over	200 Breaststroke	20
21	11 & Over	50 Freestyle	22
23	11 & Over	200 Individual Medley	24

NOTE: POSITIVE CHECK-IN is REQUIRED for ALL individual events on Saturday morning by 8:15 a.m. Swimmers not checking in by the required time risk being scratched from the event.

Afternoon Session (10 & Younger)

Warm-ups: Minimum of 40 minutes, not to begin before 1:00 p.m.
 Competition: Not before 2:00 p.m.

GIRLS Event #	Age Group	Distance & Event	BOYS Event #
25	10 & Under	200 Medley Relay	26
27	8 & Under	100 Medley Relay	28
29	9 & 10	200 Freestyle	30
31	8 & Under	100 Freestyle	32
33	9 & 10	50 Backstroke	34
35	8 & Under	25 Backstroke	36
15 minute Break			
37	8 & Under	25 Butterfly	38
39	9 & 10	50 Butterfly	40
41	8 & Under	50 Breaststroke	42
43	9 & 10	100 Breaststroke	44
45	8 & Under	50 Freestyle	46
47	9 & 10	100 Freestyle	48

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SUNDAY, FEBRUARY 7, 2010

Morning Session (11 & Older)

Warm-ups: 7:00 – 7:50 a.m.
 Competition: 8:00 a.m.

GIRLS Event #	Age Group	Distance & Event	BOYS Event #
49	11 & Over	200 Freestyle Relay	50
51	11 & Over	100 Freestyle	52
53	11 & Over	50 Butterfly	54
55	11 & Over	200 Backstroke	56
57	11 & Over	100 I.M.	58
59	11 & Over	200 Butterfly	60
61	11 & Over	100 Breaststroke	62
63	11 & Over	50 Backstroke	64
65	11 & Over	500 Freestyle	66

NOTE: POSITIVE CHECK-IN is REQUIRED for ALL individual events on Sunday morning by 7:15 a.m. Swimmers not checking in by the required time risk being scratched from the event.

Afternoon Session (10 & Younger)

Warm-ups: Minimum of 40 minutes, not to begin before 1:00 p.m.
 Competition: Not before 2:00 p.m.

GIRLS Event #	Age Group	Distance & Event	BOYS Event #
67	10 & Under	200 Freestyle Relay	68
69	8 & Under	100 Freestyle Relay	70
71	9 & 10	100 Individual Medley	72
73	8 & Under	100 Individual Medley	74
75	9 & 10	100 Backstroke	76
77	8 & Under	50 Backstroke	78
79	9 & 10	50 Freestyle	80
81	8 & Under	25 Freestyle	82
15 Minute Break			
83	8 & Under	25 Breaststroke	84
85	9 & 10	50 Breaststroke	86
87	8 & Under	50 Butterfly	88
89	9 & 10	100 Butterfly	90