

**Des Moines Swimming Federation “Winter Freeze”
Meet
Valley High School, West Des Moines, Iowa (25 yards)
Sunday, January 3, 2010
ISI Sanction number IA-10-21**

MEET CLASSIFICATION:

National 14 and Under A/BB/B

USA SWIMMING SANCTION NUMBER:

ISI Sanction number IA-10-21

RULES:

Current USA Swimming Rules and Iowa Swimming, Inc. rules will govern this meet.

DATE:

Sunday, January 3, 2010.

TIME:

Warm-ups: 12:00 –12:50 pm (earlier if split needed)

Competition: 1:00 pm.

COACHES MEETING:

10 minutes prior to the start of the session.

WARM-UPS:

The ISI warm-up procedure will be followed, section J of code book. No diving will be allowed during general warm-up. Swimmers without a coach are to report to the Meet Referee prior to warm-up for lane assignments. If warm-ups are to be split, teams will be notified the Tuesday before the meet which warm-up period they are assigned.

SITE:

Valley High School, 3650 Woodland Ave,
West Des Moines, Iowa 50266.

- 1) Indoor, 25 yards, 7 lanes.
- 2) Water depth 12 feet 6 inches at starting end.
- 3) Turn Depth- 3 feet 10 inches
- 4) Timing System: Daktronics electronic timing system with horn start, Colorado touch pads and push button backup system. Secondary timing of at least two digital watches on each lane.

NO SMOKING:

No smoking will be permitted on the Valley property.

COACHES:

Must possess and visibly wear a current USA Swimming Coach's Registration Card. All coaches participating in this meet must sign an ISI Coaches Meet Sign In sheet (APP 29) to verify that all certifications are current and on file with LSC office.

ENTRY REQUIREMENTS:

- 1) All swimmers must be current USA Swimming registered athletes.
- 2) Contestants must enter the age bracket corresponding to age as of January 3, 2010.
- 3) A swimmer may enter up to 4 ind events & 1 relay.
- 4) Seed times must be submitted for a 25 yd course.

USA SWIMMING REGISTRATION:

USA Swimming registration at the meet is \$58.00 (annual) or \$35.50 (individual season 150 days) payable to ISI, plus a \$5.00 late fee to DMSF. Club and coach's registrations are not accepted.

ENTRY LIMITS:

100 splashes per lane. **Teams will not be split if all entries are received together.** The ISI 4-hour rule applies. Entries will be accepted in order received at the address given until the splash limitation has been reached. **FAX ENTRIES WILL NOT BE ACCEPTED.** Entries will be marked as to date and time received to determine the order of acceptance. In the event multiple entries are received, the order of acceptance will be:

- 1) Team within our LSC.
- 2) Earliest postmark date.
- 3) Team, which participated in 2009.

After the splash limitation has been reached, no additions or changes to accepted entries will be allowed. Teams may call the meet director to verify acceptance.

ENTRY FEES:

- 1) Individual events are \$3/event. Relays are \$6.00/relay. Late entries \$5.00/event. \$10/relay.
- 2) ISI splash fee is \$3.00/swimmer.
- 3) Make checks payable to DMSF for all fees.
- 4) Entry fees non-refundable. Splash fees refundable if entire meet is cancelled.
- 5) All hand entries in excess of 5 swimmers will be charged \$2.00 per swimmer.

ENTRY FORMS:

- 1) The enclosed ISI financial summary (APP-3.1) sheet must accompany the entry.
- 2) Hy-Tek entries by disk or email are encouraged. Include hard copy with disk.

ENTRY DEADLINE:

- 1) Entries will be accepted from teams in the Iowa LSC beginning on December 3, 2009
- 2) Entries will be accepted from teams outside of the Iowa LSC beginning on December 10, 2009
- 3) Mailed entries must be received by 5:00 PM, Friday December 25, 2009 along with financial statement (APP-8.1) and fee. Fax entries will not be accepted.
- 4) Electronic entries will be accepted until noon Monday, December 28, with hardcopy, financial sheet and fees due by Friday January 1, 2010 or entries will be scratched. The entry chairperson will confirm e-mail entries have been received via e-mail.
- 5) Phone entries will not be accepted.
- 6) Only one additional change will be allowed to original entry and must be received prior to the deadline.

LATE ENTRIES:

Deadline for late entries is 1:00 pm Sat, Jan. 2. Late entries will be accepted for open lanes only. Contact the entry chair. Late entrants will be required to show current 2010 USA Swimming registration. \$5.00/event \$10/relay.

SEND ENTRIES TO THE ENTRY CHAIR:

Sue Skold
Skold Companies
5730 NE 17th Street
Des Moines, IA 50313-1618
515-264-8420
sue@skoldcompanies.com

MEET DIRECTOR:

Kim Lammers
805 SE Shawver Dr.
Grimes, IA 50111
kimlammers123@gmail.com
515-986-9439

AWARDS:

Ribbons will be awarded for individual events 1-6 for each classification A/BB/B. Result for multi-age group events will be broken down for awards/results into each individual age classification based on ISI time standards. Ex. 14 & U 100 Free will be broken into 10 & U, 11-12, 13-14 and within broken into A/BB/B. Ex. 14 & U 50 Free will be broken into 8&U (just A/B), 9-10, 11-12, 13-14 and within broken into A/BB/B. Time classifications for awards/results will be based on entry time. Relays will be awarded ribbons 1-3 place.

MEET COMMITTEE:

A meet committee comprised of the meet referee, meet director, a coach's representative, an athlete representative, and one acting-at-large official will be established to receive and act upon any administrative protests 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) Positive check-in is required for the 1,000/1,650 yard Freestyles by 1:00 pm. No late check-in. If swimmers fail to check in they will be scratched from that event.
- 2) It is not the meet host's responsibility to provide rest for those that enter more than one event in a stroke division.
- 3) Events may be combined to facilitate meet operation and separated later.
- 4) Swimmers are to report directly behind their blocks for their events. There is no clerk of course.
- 5) The 1,000 & 1650 free will be swum fast to slow alternating girls and boys, and may be combined.
- 6) All classifications within each age group will be seeded together for individual events. Class will be determined by entry time. A/BB/B will be separated for results and awards.
- 7) All events are pre-seeded. Except the relays and the 1,000/1,650 Free will be deck seeded.
- 8) 1,000/1650 Freestyle event participants are requested to provide their own timers.
- 9) If names are on entry sheets for relays, those names will be on the relay card at the meet. Relay cards will be distributed prior to session and order of swimmers must be certified on each card.

SCRATCHES:

The ISI Scratch Rule is in effect.

ADAPTED COMPETITIVE SWIMMERS:

The Adapted Competitive Swimmer form must accompany entries. Information for adapted competitive swimmers is available from the ISI Office, 2715 Pioneer Ct. Davenport, IA 52804-1099; phone 563-391-5832 or 1-877- ISI-SWIM; email ISISWIM@aol.com.

JUDY HOFFMAN MEMORIAL AWARD

The Judy Hoffman Memorial Award has been established in memory of Judy Hoffman, President of Iowa Swimming, Inc. until her untimely death in March, 1978. This award will be presented to a swimmer at the spring Iowa Banquet from a list of nominations by member ISI clubs and unattached ISI members. For further information concerning this award, contact the ISI Office, 2715 Pioneer Ct, Davenport, IA 52804-1099, phone 1-877-ISI-SWIM. Contributions to the Memorial Fund are greatly appreciated and may be made through officials of DMSF or ISI office.

PROGRAMS/FINAL RESULTS:

- 1) Programs for meet will be for sale for \$5.00
- 2) Final Results will be available for \$5.00.
- 3) Club teams will receive a complimentary program upon coach signing in. Teams will receive electronic results, and meet results will also be posted on the ISI website. If teams request a hard copy, a fee of \$5.00 will be charged. This may be requested on financial sheet APP 8.1 with entries.

DIRECTIONS:

Take the Valley West Dr exit off of I-235. Go South one block to Woodland Ave. Turn West (Right) on Woodland. You will see the school on the South side of street. Enter the double doors (North side) under the large "V".

REFRESHMENTS:

There will be a concession stand on the premises.

DMSF
“WINTER FREEZE”
Sunday, Jan. 3, 2010
Valley HS, W. Des Moines, IA - 25 yd course
 Warm-ups: 12:00 –12:50 pm (earlier if split needed)
 Competition: 1:00 pm.
ISI Sanction #IA-10-21

	GIRLS EVENT NUMBER	EVENT DESCRIPTION	BOYS EVENT NUMBER
S1	1	12 & Under 100 IM	2
	3	14 & Under 200 IM	4
	5	11-14 400 IM	6
S2	7	8 & Under 25 Breast	8
	9	12 & Under 50 Breast	10
	11	14 & Under 100 Breast	12
	13	11-14 200 Breast	14
S3	15	8 & Under 25 Free	16
	17	14 & Under 50 Free	18
	19	14 & Under 100 Free	20
	21	14 & Under 200 Free	22
	23	14 & Under 500 Free	24
S4	25	8 & Under 25 Back	26
	27	12 & Under 50 Back	28
	29	14 & Under 100 Back	30
	31	11-14 200 Back	32
S5	33	8 & Under 25 Fly	34
	35	12 & Under 50 Fly	36
	37	14 & Under 100 Fly	38
	39	11-14 200 Fly	40
S6	41	8 & Under 100 Free Relay	42
	43	10 & Under 200 Free Relay	44
	45	11-12 200 Free Relay	46
	47	13-14 200 Free Relay	48
	49	11-14 1,000 Free *	50
	51	11-14 1,650 Free *	52

* The 1,000 & 1,650 free will be swum fast to slow, alternating girls and boys.
 Positive check-in is required for the 1,000/1,650 yard Freestyles by 1:00 pm. If swimmers fail to check in they will be scratched from that event.

Swimmers may enter a maximum of 4 individual events. The meet host will not guarantee rest for swimmers that enter more than one event in a stroke division.
 Divisions are listed above: S1, S2, S3, S4, S5, S6.

Ribbons will be awarded for individual events 1-6 for each classification A/BB/B. Result for multi-age group events will be broken down for awards/results into each individual age classification based on ISI time standards. Ex. 14 & U 100 Free will be broken into 10 & U, 11-12, 13-14 and within broken into A/BB/B. Time classifications for awards/results will be based on entry time. Ex. 14 & Under 50 Free will be broken 8&U, 9-10, 11-12, 13-14 and within broken into A/BB/B (8 & Under only broken into A/B). Relays will have no classification and will be awarded ribbons 1st – 3rd.