

**26th Annual Birdland Invitational**  
**12 & Under Open; 13 & Over Q+**  
**IOWA SWIMMING, INC. SANCTION #IA-09-37 50M**  
**JUNE 12, 13 and 14, 2009**

**HOST:** Des Moines Swimming Federation and Ames Cyclone Aquatic Club

**RULES:** 2009 USA Swimming and ISI rules will govern this meet.

**DATES:** Friday, Saturday, Sunday June 12, 13 and 14, 2009

<b>TIME:</b>		<b><u>Morning</u></b>	<b><u>Afternoon</u></b>
Friday	Warm-ups	----	1:30PM
	Competition	----	3:00 PM
	Coaches Meeting	----	2:45 PM
Saturday	Warm-ups	7:00 AM	A minimum of 30 min. after AM Session, but not before 11:30 am.
	Competition	8:30 AM	Not before 12:30 PM
	Coaches Meeting	8:15 AM	
Sunday	Warm-ups	7:00 AM	A minimum of 30 min. after AM Session, but not before 11:30 am.
	Competition	8:30 AM	Not before 12:30 PM

All warm-up sessions are general warm-ups. Teams will be notified by Tuesday, June 9<sup>th</sup> if warm ups are to be split.

**Saturday and Sunday Finals for 13-14 and Senior events: warm-ups, competition and coaches meeting will be announced at the coaches meeting. Saturday finals will not start before 5 pm and Sunday night finals will not start before 4:30 pm.**

**SITE:**

Birdland Park Swimming Pool, 300 Holcomb Ave., Des Moines, IA 50313

Outdoor 50- meter, 8 lanes, heated. Water depth 12' at starting end and 3'8" at turning end. Colorado timing system with touch pads and button back up system. Secondary timing of at least 2 manual watches per lane.

**COACHES:**

Must possess and visibly wear a current USA Swimming Coaches registration card. All coaches Participating in this meet must sign an ISI Coaches Meet Sign in Sheet (APP29) to verify that all certifications are current and on file with the LSC office.

**WARM-UPS:**

The ISI warm-up procedure will be followed. 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. See section J of the ISI Code Book.

**ENTRY REQUIREMENTS:**

1. All contestants must be current USA Swimming registered athletes.
2. Contestants must enter the age brackets corresponding to their ages as of June 12<sup>th</sup> 2009.
3. A swimmer may enter up to 3 Prelim/Final or 4 timed final events per day.
4. Seed times must be submitted for a 50 meter course.

5. The host team reserves the right to enter its own swimmers in any event regardless of qualifying times except for limited entry events.
6. Phone entries or changes will not be accepted.
7. 1500 M freestyle participants are requested to provide their own timers and counters.

**ENTRY LIMIT:**

**100 splashes per lane, per session. One additional change will be allowed to the original entry as long as it is received prior to the deadline and the splash limit for the meet has not already been reached. No entries will be accepted without fees included. Teams will not be split if all entries are received together.** Entries will be accepted in order received at the address given until 100 splashes per lane per session have been reached. NO FAX ENTRIES. Entries will be marked as to date and time received to determine order of acceptance.

In the event multiple entries are received at the same time, the order of acceptance will be 1) Team within our LSC, 2) Earliest postmark date, 3) Team who participated in 2008. Teams may call entry chair to verify acceptance.

**LIMITED ENTRY EVENTS:**

1. The 400 M freestyle, 800 M freestyle, and 400 M I.M. will be limited to the fastest 24 males and 24 females for ALL age groups. If less than 24 athletes from one gender enter the event, those slots can be filled by the opposite gender, fastest to slowest.
2. The Senior 1500 M freestyle will be limited to the fastest 16 males and 16 females. If less than 16 athletes from one gender enter the event, those slots can be filled by the opposite gender, fastest to slowest.
3. These events may be combined based upon the number of entries, but will be separated for scoring.
4. Verification of position in these events may be done by calling the entry chairperson after June 8th, 2009.
5. Alternate events will not be provided for swimmers failing to make the cut in these events, however refunds are available for these swimmers if requested.

**ENTRY FEES:**

Timed final events are \$3.00; Prelim/Final events are \$4.00; relays are \$6.00/relay. ISI splash fee is \$3.00/swimmer. **Make check payable to DMSF for all fees. Payment for fees must accompany all entries. Entry fees are nonrefundable. Splash fees will be refunded if the entire meet is cancelled.**

**ENTRY FORMS:**

All entries must be complete, legible and submitted on the enclosed ISI Entry Form OR on disk in HY-Tek Commlink II format (generated from Team Manager or Meet Manager). If you are submitting entries on disk please provide a print out of entries for backup. All entries must include a completed ISI financial sheet. Hand entries in excess of 5 swimmers per team will be charged \$2 for each swimmer.

**ENTRY DEADLINE:**

All entries must be received by 6:00PM on Tuesday June 2nd, 2009. **NO FAXED ENTRIES. E-mail entries will be accepted until noon, Saturday, June 6th, 2009 if entry limits haven't been met. Email entries must be received in the form of a Hy-Tek importable file (cfile). The entry chair person will confirm e-**

mail entries have been received via e-mail. If emailing entries, the hard copy and fees are due by Thursday, June 11<sup>th</sup>. All hand entries in excess of 5 swimmers per team will be charged \$2 for each swimmer.

**LATE ENTRIES:**

Late entries will be accepted until 2 pm on Thursday, June 11<sup>th</sup>, if open lanes are available. Fee for late entries are double (T/F events \$6.00, P/F events \$6.00, relays \$12.00).

**SEND ENTRIES**

**TO:** Kelly Berard  
15089 Beechwood Avenue  
Clive, IA. 50325  
(515) 491-3687  
E-mail – brianandkellyb@msn.com

**MEET DIRECTOR:** Irwin Zuckerman  
1141 19th ST  
West Des Moines, IA 50265  
(515) 360-7957  
E-mail—palslinen@aol.com

**SCORING:**

1. Individual points will be kept for the 12 & under swimmers only.
2. Point totals for individual events will be: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1.
3. No team scoring will be kept.

**STARTING PROCEDURE:**

FINA whistle starts and no false starts policy will be used.

**AWARDS:**

High point awards will be given for 8 & under, 9-10, & 11-12 male and female age groups. Ribbons for 1<sup>st</sup>-8<sup>th</sup> place for individual and relay 12 and U age groups. If a swimmer swims a senior event they will not receive points for that event. 8 & under swimmers will not score points if they swim in a 10 & under event. No awards will be given for 13-14 or senior swimmers.

**MEET COMMITTEE:**

A meet committee comprised of the meet referee, meet director, coach's representative, athlete representative, and an 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 required for all events on Friday June 12th, 2009 by 2:30 PM.
2. Positive check in required for the limited entry events including the SR 400 free on Saturday, and all relays 30 minutes before the start of the meet. All relays are timed finals. The top eight senior 400 free relay and 400 medley relay will be swum with finals.

3. Failure to check-in for required events will result in the athlete being scratched from that event
4. It is not the meet host's responsibility to provide rest for swimmers who enter both 8 & under and 10 & under events. The same holds true for those who enter age group and Senior events.
5. Events may be combined to facilitate meet operation and separated later.
6. The top 16 swimmers from the prelim session will qualify for the consolation final and the final heat for the 13-14 and senior divisions.
7. Swimmers are to report directly behind the blocks.
8. The 4-hour rule is in effect for the afternoon sessions. The Meet Committee will decide what action to take at the end of the 4-hour time period.
9. **All heats of the 1500 free will be swum at the end of the morning session. They will be swum fastest to slowest, alternating women's and men's heats (limited to fastest 16 women and 16 men).**
10. **Friday night all heats in each age group of the 400 IM, 400 free and the 800 free will be swum fastest to slowest, alternating women's and men's heats (limited to fastest 24 females and fastest 24 males in each age group).**
11. **The senior 400 free on Saturday will be a TIMED FINAL event with the fastest eight Swimmers competing at night. Positive check in is required 30 minutes prior to the Start of PRELIMS on Saturday morning. The women will swim first, then the men.**
12. Fly over starts will be implemented for 13-14 and senior prelim events.
13. Phone entries or changes will not be accepted.
14. There will be a Clerk Of Course on Friday and for both prelim sessions.

#### **SCRATCHES:**

ISI scratch rule is in effect for the Timed Final sessions. ISI scratch rule is effect for ALL RELAYS. ISI scratch rule is in effect for the Prelim/Final events with the exception that **(1) A swimmer qualifying for a consolation final or final race will have 30 minutes after the announcement of the qualifiers for that final race in which to scratch; thus the declaration of intent to scratch is not in effect. Reminder that if a swimmer qualifies for a consolation final or final race and fails to compete, he/she will be barred from further competition for the meet.**

**NO SMOKING:** No smoking will be permitted in the pool area.

#### **USA SWIMMING REGISTRATION:**

USA Swimming registration at the meet is \$57.00 for an annual membership and \$33.00 for a seasonal membership payable to ISI. There is a \$5.00 late fee payable to DMSF. Club and coaches' registrations are not accepted.

#### **ADAPTED COMPETITIVE SWIMMERS:**

Adapted Competitive Swimmer form (APP-21) must accompany entries. Information for adapted competitive swimmers is available for the ISI office, 2715 Pioneer Court, Davenport IA 52804-1099 phone (563) 391-5832 or 1-877-ISI-SWIM, 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. at the time of her untimely death in March 1978. This award will be presented to an Iowa competitive swimmer at the Iowa Spring 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 Court, Davenport, IA 52804-1099: phone (563) 391-5832 or 1-877-ISI-SWIM. Contributions to the Fund are greatly appreciated and may be made through officials of DMSF.

**PROGRAMS & FINAL RESULTS:**

Programs for the entire meet will be on sale for \$ 10.00.

Heat sheets for finals will be available for \$3.00 per session and free to those who have purchased a program. All participating teams will receive an electronic copy of the final results. Teams wanting a hard copy of the final results will be charged \$5.00 and can be requested on financial sheet.

**SALES:**

A swim apparel vendor will be open on the premises during the entire meet. A silent auction may also take place during the meet.

**DIRECTIONS:**

From the west – take I-235 to 7<sup>th</sup> St. exit and proceed to 6<sup>th</sup> Ave. Turn left, go north 1 mile past the Des Moines River. Pool is on your right.

From the east – take I-235 west to 3<sup>rd</sup> St & 5<sup>th</sup> Ave. exit. Proceed to 6<sup>th</sup> Ave and turn right. Go north 1 mile past the Des Moines River. Pool is on your right.

**Note: Because of freeway construction exits and ramps may be under construction. You can visit [www.i235.com](http://www.i235.com) for more information.**

**CONSESSIONS:**

Concessions are available on a limited basis through a vendor not affiliated with DMSF. Participants are advised to bring your own food and drink.

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JUNE 12, 13 and 14, 2009

*Friday June 12, 2009*  
*Warm-ups 1:30PM & Timed Finals at 3:00PM*

<b>Girls Event#</b>	<b>Qualifying Times</b>	<b>Age</b>	<b>Distance</b>	<b>Event</b>	<b>Qualifying Times</b>	<b>Boys Event</b>
1	-----	11-12	200M	Fly	-----	2
3*	6:05.19	Senior	400M	IM	5:40.79	4*
5*	6:16.09	13-14	400M	IM	5:58.89	6*
7*	-----	11-12	400M	IM	-----	8*
9	-----	10&U	200M	IM	-----	10
11*	11:03.69	Senior	800M	Free	10:26.99	12*
13*	5:16.59	13-14	400M	Free	5:02.79	14*
15*	-----	11-12	400M	Free	-----	16*
17*	-----	10&U	400M	Free	-----	18*

**\*LIMITED ENTRY EVENT**

**NOTE: 11-12, 13-14, and SR 400 IM, SR 800 free, and the 400 free for the 10 & Under, 11-12 and 13-14 age groups will be swum fastest to slowest, alternating women's and men's heats. These events are limited to the fastest 24 swimmers (24 female and 24 male) in each age group.**

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**JUNE 12, 13 and 14, 2008**

**Saturday Morning June 13, 2009**  
**Warm-ups 7:00AM & Prelims at 8:30AM**

<b>Girls Event#</b>	<b>Qualifying Times</b>	<b>Age</b>	<b>Distance</b>	<b>Event</b>	<b>Qualifying Times</b>	<b>Boys Event</b>
19*	5:08.89	Senior	400M	Free	4:50.19	20*
21	1:32.69	13-14	100M	Breast	1:24.69	22
23	1:26.69	Senior	100M	Breast	1:19.69	24
25	2:49.49	Senior	200M	Fly	2:36.89	26
27	1:10.39	13-14	100M	Free	1:05.99	28
29	1:08.59	Senior	100M	Free	1:03.09	30
31	2:51.19	Senior	200M	Back	2:37.59	32
33	2:51.49	13-14	200M	IM	2:42.39	34
35	2:47.29	Senior	200M	IM	2:35.89	36
37	-----	Senior	400M	Free Relay	-----	38

**\*LIMITED ENTRY EVENT-fastest 24 females and fastest 24 males.**

**Note: SR 400 free will be a timed final event with the fastest 8 swimmers competing in finals at night**

**Saturday Afternoon June 13, 2009**  
**Warm-ups a minimum of 30 min after Morning Session - Timed Finals**  
**Warm-ups not before 11:30 am Meet Starts Not Before 12:30PM**

<b>Girls Event#</b>	<b>Qualifying Times</b>	<b>Age</b>	<b>Distance</b>	<b>Event</b>	<b>Qualifying Times</b>	<b>Boys Event</b>
39	-----	11-12	200M	Back	-----	40
41	-----	8&U	50M	Free	-----	42
43	-----	10&U	50M	Free	-----	44
45	-----	11-12	50M	Free	-----	46
47	-----	10&U	100M	Breast	-----	48
49	-----	11-12	100M	Breast	-----	50
51	-----	8&U	50M	Back	-----	52
53	-----	10&U	50M	Back	-----	54
55	-----	11-12	50M	Back	-----	56
57	-----	10&U	100M	Fly	-----	58
59	-----	11-12	100M	Fly	-----	60
61	-----	10&U	200M	Free	-----	62
63	-----	11-12	200M	Free	-----	64
65	-----	10&U	200M	Free Rel	-----	66
67	-----	11-12	200M	Free Rel	-----	68
69	-----	11-12	200M	IM	-----	70

**Saturday Evening Finals(top 16) for 13-14 and Senior events will be swum in the same event order as prelims.**

**26 in th Annual Birdland Invitational**  
**12 & Under Open; 13 & Over Q+**  
**IOWA SWIMMING, INC. SANCTION # IA-09-37 50M**  
**JUNE 12, 13 and 14, 2009**

*Sunday Morning June 14, 2009*  
*Warm-ups 7:00AM & Prelims at 8:30AM*

<b>Girls Event#</b>	<b>Qualifying Times</b>	<b>Age</b>	<b>Distance</b>	<b>Event</b>	<b>Qualifying Times</b>	<b>Boys Event</b>
71	1:19.69	13-14	100M	Fly	1:14.09	72
73	1:14.19	Senior	100M	Fly	1:07.69	74
75	2:31.79	13-14	200M	Free	2:23.29	76
77	2:27.19	Senior	200M	Free	2:17.19	78
79	3:13.49	Senior	200M	Breast	3:01.59	80
81	1:21.09	13-14	100M	Back	1:17.59	82
83	1:16.29	Senior	100M	Back	1:10.59	84
85	32.49	13-14	50M	Free	30.29	86
87	31.79	Senior	50M	Free	28.79	88
89	-----	Senior	400M	Medley Rel	-----	90
91*	21:19.59	Senior	1500M	Free	20:01.49	92*

**\*LIMITED ENTRY EVENT- fastest 16 females and fastest 16 males.**

**Note: The SR 1500 free will be swum fastest to slowest, alternating women's and men's heats at the end of the morning session.**

*Sunday Afternoon June 14, 2009*  
*Warm-ups a minimum of 30 min after Morning Session- Timed Finals*  
*Warm-ups not before 11:30 am Meet Starts Not Before 12:30 PM*

<b>Girls Event#</b>	<b>Qualifying Times</b>	<b>Age</b>	<b>Distance</b>	<b>Event</b>	<b>Qualifying Times</b>	<b>Boys Event</b>
93	-----	11-12	200M	Breast	-----	94
95	-----	8&U	100M	Free	-----	96
97	-----	10&U	100M	Free	-----	98
99	-----	11-12	100M	Free	-----	100
101	-----	8&U	50M	Breast	-----	102
103	-----	10&U	50M	Breast	-----	104
105	-----	11-12	50M	Breast	-----	106
107	-----	10&U	100M	Back	-----	108
109	-----	11-12	100M	Back	-----	110
111	-----	8&U	50M	Fly	-----	112
113	-----	10&U	50M	Fly	-----	114
115	-----	11-12	50M	Fly	-----	116
117	-----	10&U	200M	Medley Rel	-----	118
119	-----	11-12	200M	Medley Rel	-----	120

***Sunday Evening Finals (top 16) for 13-14 and Senior events will be swum in the same event order as prelims.***

# DES MOINES SWIMMING FEDERATION FINANCIAL SHEET JUNE 2009

Club Name \_\_\_\_\_ Club Code \_\_\_\_\_

Coach's Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Coach e-mail Address \_\_\_\_\_

Contact information to whom questions/problems on this entry may be directed:

Name \_\_\_\_\_ E-mail \_\_\_\_\_ Phone \_\_\_\_\_

NUMBER OF SWIMMERS			TOTAL EVENTS		RELAYS	
GIRLS	BOYS		GIRLS	BOYS	GIRLS	BOYS
_____	_____	<b>8&amp;U</b>	_____	_____	_____	_____
_____	_____	<b>10&amp;U</b>	_____	_____	_____	_____
_____	_____	<b>11-12</b>	_____	_____	_____	_____
_____	_____	<b>13-14</b>	_____	_____	_____	_____
_____	_____	<b>SENIOR</b>	_____	_____	_____	_____
Total Swimmers (1) _____			Total Events (2)		Total Relays (3) _____	
			12&U _____			
			13, 14, Seniors _____			

1. Total Swimmers for Splash Fee (1) \_\_\_\_\_ X \$3.00 = \$ \_\_\_\_\_

2. Timed Final Total Events (2) \_\_\_\_\_ X \$3.00 = \$ \_\_\_\_\_

3. Prelim Final Total Events (2) \_\_\_\_\_ X \$4.00 = \$ \_\_\_\_\_

4. Total Relays (3) \_\_\_\_\_ X \$6.00 = \$ \_\_\_\_\_

**Total Entry Fee** \$ \_\_\_\_\_  
(Make check payable to DMSF)

**Send this form, check and completed entry forms or disc with hard copy to:**  
Kelly Berard, 15089 Beechwood Avenue, Clive, IA 50325

April 25, 2009

Re: Birdland Invitational June 12-14, 2009

Coaches / Parents / Swimmers:

The City of Des Moines is requiring that all swimmers, coaches and volunteers sign the

“CITY OF DES MOINES, IOWA RELEASE AND WAIVER OF LIABILITY, ASSUMPTION  
OF RISK, AND INDEMNITY AGREEMENT “

that is attached to our meet invite. DMSF and ACAC are required to collect and verify all  
waivers prior to warm ups. We are requiring that all coaches bring these signed waivers to the  
Meet Directors tent located at the NW corner of the pool.

On behalf of the Des Moines Swim Federation and Ames Cyclone Aquatic Club, we appreciate  
your understanding in this matter and look forward to your participation in our meet.

Thank you

DMSF & ACAC

**CITY OF DES MOINES, IOWA  
RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK,  
AND INDEMNITY AGREEMENT**

Activity: Des Moines Swimming Federation Use and Occupancy of Birdland Aquatic Center

In consideration of my, or my minor child, being permitted to participate in any way in the above named Activity, I, the Undersigned, for myself and my minor child, all of my or my minor child's, personal representatives, executors, administrators, heirs, next of kin, successors and assigns, herein referred to as "Releasors", do hereby: 1. Acknowledge that this Activity carries with it the potential for serious injury, death and/or property damage, and certify as to my physical fitness and that of my minor child to participate and declare that neither I, or my minor child, have been advised otherwise by a qualified medical professional. 2. Acknowledge, agree, and represent that I and my minor child will, at all times, be aware of the surroundings during the Activity and agree that if I or my minor child consider anything related to this Activity to be unsafe, will immediately advise the Activity officials of such, and if necessary, will leave the area or refuse to participate further in the Activity. 3. Waive, release and discharge, and covenant not to sue, the City of Des Moines, Iowa, its elected and appointed officials, employees, volunteers, sponsors, and agents, including others who give recommendations, directions, or instructions as part of this Activity, (hereinafter referred to as "City"), and USA Swimming, members of its board of directors, and its officers, employees, members, volunteers, other participants, and agents (hereinafter referred to as "Others"), from any and all liability to Releasors for any and all loss or damage, and any claim or demands therefor, on account of injury to the person or property or resulting in my death or that of my minor child arising out of or related to the Activity, including traveling to or from the Activity. 4. Agree to Indemnify and Save and Hold Harmless the City, Others and each of them from any loss, liability, damage, or cost that they may incur arising out of or related to my or my minor child's participation in this Activity. 5. Assume full responsibility for any risk of bodily injury, death or property damage arising out of or related to the Program/Activity. 6. Agree that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement extends to all acts of negligence, not including gross negligence and willful misconduct, by the City or Others and is intended to be as broad and inclusive as is permitted by law, including any governmental immunity afforded the City by law, and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. 7. Authorize any medical treatment, including the administration of anesthesia, deemed advisable by any licensed physician to relieve any injuries received or illness contracted by me or my minor child as a participant in this Activity. **I have read the Release and Waiver, Assumption of Risk and Indemnity Agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it voluntarily without assurance or guarantee being made to me and intend my signature to be a complete and unconditional release of all liability to the fullest extent permitted by law as stated above.**

Participant Name (Print): \_\_\_\_\_

Age (If under age 18): \_\_\_\_\_

Participant Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_

City/Zip \_\_\_\_\_

Phone: \_\_\_\_\_

If Participant is a Minor

Parent/Legal

Guardian

(Print):

\_\_\_\_\_

Parent/Legal Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_

City/Zip \_\_\_\_\_ Phone: \_\_\_\_\_