

Des Moines Swimming Federation Invitational Swim Meet
Valley High School, West Des Moines, Iowa (25 yds)
November 14, 15 & 16, 2008

MEET CLASSIFICATION:

OPEN for 12 years old and Under; Q+ for 13 and over.

USA SWIMMING SANCTION NUMBER:

ISI Sanction number is **IA-09-05**.

RULES:

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

DATES:

Friday, Saturday and Sunday, November 14, 15, 16, 2008.

TIME:

Friday session: warm-up at 4:45 p.m., competition starts at 6:15 p.m.

Saturday Morning: warm-up at 8:45 a.m., competition starts at 10:00 am.

Saturday Afternoon: warm-up immediately following the conclusion of the morning session but not before 2 pm. Competition will not start before 3 pm.

Sunday Morning: warm-up at 7:50 am, competition starts at 9:00 am.

Sunday afternoon: warm-up immediately following the conclusion of the morning session but not before 1pm. Competition will not start before 2:00 pm.

Coaches' Meeting: If needed, 15 minutes prior to the start of all sessions.

If warm-ups are to be split, teams will be notified the Monday before the meet which warm-up period they are assigned.

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 ISI Codebook section J.

SITE:

Valley High School, 3650 Woodland Ave, WDM, IA 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: Colorado electronic timing system with horn start, touch pads and push button backup system. Secondary timing of 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 November 14, 2008.
- 3) A swimmer may enter up to 4 individual events per day.
- 4) Seed times must be submitted for a 25-yard course.
- 5) All events are pre-seeded except those scheduled for Friday sessions and the relays.
- 6) There will be a Clerk of Course for the check-in Friday only.
- 7) Phone entries or changes will **NOT** be accepted.
- 8) The 500 freestyle and 400 IM are limited entry events.

Note: The host team reserves the right to enter its own swimmers in any event. In limited entry events, the host team reserves the right to fill empty lanes with its own swimmers.

USA SWIMMING REGISTRATION:

USA Swimming registration at the meet is \$57.00 (annual) or \$34.50 (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 per session. **Only one additional change will be allowed to original entry and must be received prior to the deadline. No entries will be accepted without fees included. 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 2007.

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. **DMSF EXPECTS THIS MEET TO FILL QUICKLY. TEAMS ARE ENCOURAGED TO ENTER EARLY.**

ENTRY FEES:

- 1) Individual final events are \$2.50/event. Relays are \$5.00 per relay.
- 2) ISI splash fee is \$3.00/swimmer.
- 3) Make checks payable to DMSF for all fees. Payment for fees must accompany the entries.
- 4) Entry fees are not refundable. Splash fees will be refunded if the entire meet is cancelled

RECERTIFICATION:

On Saturday, November 15, 2008 there will be an officials' recertification clinic between the morning and afternoon session.

ENTRY FORMS:

- 1) The ISI financial summary sheet (App. 8.1) can be found at the ISI website (www.lornet.com/lowaSwim).
- 2) DMSF has the ComLink program for Meet Manager. Electronic entries are encouraged with a hard copy of the entries due by Wednesday, November 12th.

LIMITED ENTRY EVENTS:

- 1) The 500 freestyle and 400 IM will be limited to the fastest 21 entrants in each event.
- 2) Proof of time **may be** required by meet officials. Please have proof of times available upon request. Acceptable proofs are meet results. When proof of time is requested and not provided swimmer will be scratched. If a swimmer fails to make the minimum qualifying time and cannot provide proof of time, a \$10.00 fine will be assessed.
- 3) Verification on position in the limited entry events may be made by calling the meet director after November 10, 2008.
- 4) Alternate events will not be provided for swimmers failing to make the cut in the limited entry events.
- 5) Refunds are available for swimmers who do not make the cut.

ENTRY DEADLINE: Entries must be received by **5:00 p.m.**, Friday, November 7, 2008. Fed EX, Express Mail or UPS entries will be accepted all day (no signature required) **FAX ENTRIES WILL NOT BE ACCEPTED.** Email entries will be accepted until noon Sunday, November 9, 2008. Hard copy and fees for email entries are due Wednesday, November 12th. The entry chair person will confirm e-mail entries have been received via e-mail. All hand entries in excess of 5 swimmers will be charged \$2.00 for each swimmer.

LATE ENTRIES:

No late entries will be accepted.

SEND ENTRIES TO THE ENTRY CHAIR:

Sue Skold, 1020 Briar Ridge, West Des Moines, IA 50265; day phone 515-264-8420/ eve phone 515-221-0617.
E-mail: sue@skoldcompanies.com

MEET DIRECTOR:

Sue Wenhe, 4204 Oakwood Lane, West Des Moines, IA 50265; phone 515-226-8814.

AWARDS:

Individual event awards for 12 and under swimmers will be given for 1-6 places; relays' awards for 1-3 places.

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 judgement 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 all Friday events by 5:45 p.m. Those failing to check in will be scratched from the event.**
- 2) 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.
- 3) Events may be combined to facilitate meet operation and separated later.
- 4) Swimmers are to report directly behind their blocks for their events.
- 5) **The 500 freestyle and 400 IM heats will be swum from fastest to slowest, alternating women to men.**

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 an ISI competitive 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.

PROGRAMS/FINAL RESULTS:

- 1) Programs will be for sale.
- 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.

SALES:

There will be swimming merchandise available for sale.

REFRESHMENTS:

There will be a concession stand on the premises.

DMSF INVITATIONAL SWIM MEET
VALLEY POOL (25 YARDS) WEST DES MOINES, IA
NOVEMBER 14, 15, 16, 2008 SANCTION NUMBER IA-09-05

GIRLS	QUALIFYING			QUALIFYING			BOYS
EVENT #	TIMES	AGE	DISTANCE	EVENT	TIMES	EVENT #	
Session #1 Friday November 14, 2008 * Warm-up 4:45 PM * Meet Starts 6:15 PM							
1	----	10& U	200 YD	IM	----	2	
3	----	11-12	200 YD	IM	----	4	
5*	5:47.39	SENIOR	500 YD	FREE	5:24.29	6*	
7*	5:52.99	13-14	500 YD	FREE	5:35.19	8*	
9*	----	11-12	500 YD	FREE	----	10*	
11*	5:22.79	SENIOR	400 YD	IM	4:59.79	12*	
13*	5:31.09	13-14	400 YD	IM	5:12.99	14*	
15*	----	11 – 12	400 YD	IM	----	16*	

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*These events will be swum fastest to slowest, alternating women and men.

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GIRLS	QUALIFYING			QUALIFYING		BOYS
EVENT #	TIMES	AGE	DISTANCE	EVENT	TIMES	EVENT #
Session #2 Saturday November 15, 2008 * Warm-up 8:50 AM * Meet Starts 10:00 AM						
17	----	8 & U	50 YD	FLY	----	18
19	----	10 & U	50 YD	FLY	----	20
21	----	11 - 12	50 YD	FLY	----	22
23	----	10 & U	100 YD	BACK	----	24
25	----	11 - 12	100 YD	BACK	----	26
27	----	8 & U	100 YD	IM	----	28
29	----	10 & U	100 YD	IM	----	30
31	----	11 - 12	100 YD	IM	----	32
33	----	8 & U	50 YD	BREAST	----	34
35	----	10 & U	50 YD	BREAST	----	36
37	----	11 - 12	50 YD	BREAST	----	38
39	----	10 & U	200 YD	FREE	----	40
41	----	11 - 12	200 YD	FREE	----	42
43	N/A	8 & U	200 YD	FR. RELAY	N/A	44
45	N/A	10 & U	200 YD	FR. RELAY	N/A	46
47	N/A	11 - 12	200 YD	FR. RELAY	N/A	48

GIRLS	QUALIFYING			QUALIFYING		BOYS
EVENT #	TIMES	AGE	DISTANCE	EVENT	TIMES	EVENT #
Session #3 Saturday Afternoon November 15, 2008						
Warm-up not before 2 pm * Meet will not start Prior to 3 pm.						
49	2:39.59	13 - 14	200 YD	BACK	2:29.79	50
51	2:29.89	SENIOR	200 YD	BACK	2:17.89	52
53	28.69	13 - 14	50 YD	FREE	26.29	54
55	27.99	SENIOR	50 YD	FREE	25.29	56
57	3:00.69	13 - 14	200 YD	BREAST	2:49.39	58
59	2:49.59	SENIOR	200 YD	BREAST	2:36.39	60
61	1:10.64	13 - 14	100 YD	FLY	1:05.49	62
63	1:06.29	SENIOR	100 YD	FLY	1:00.09	64
65	2:13.79	13 - 14	200 YD	FREE	2:05.29	66
67	2:10.39	SENIOR	200 YD	FREE	2:00.09	68
69	N/A	13 - 14	400 YD	MED. RELAY	N/A	70
71	N/A	SENIOR	400 YD	MED. RELAY	N/A	72

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GIRLS	QUALIFYING			QUALIFYING		BOYS
EVENT #	TIMES	AGE	DISTANCE	EVENT	TIMES	EVENT #
Session #4 Sunday, November 16, 2008 * Warm-up 7:50 AM * Meet Starts 9:00 AM						
73	----	8 & U	50 YD	FREE	----	74
75	----	10 & U	50 YD	FREE	----	76
77	----	11 - 12	50 YD	FREE	----	78
79	----	10 & U	100 YD	FLY	----	80
81	----	11 - 12	100 YD	FLY	----	82
83	----	8 & U	50 YD	BACK	----	84
85	----	10 & U	50 YD	BACK	----	86
87	----	11 - 12	50 YD	BACK	----	88
89	----	10 & U	100 YD	BREAST	----	90
91	----	11 - 12	100 YD	BREAST	----	92
93	----	8 & U	100 YD	FREE	----	94
95	----	10 & U	100 YD	FREE	----	96
97	----	11 - 12	100 YD	FREE	----	98
99	N/A	8 & U	200 YD	MED. RELAY	N/A	100
101	N/A	10 & U	200 YD	MED. RELAY	N/A	102
103	N/A	11 - 12	200 YD	MED. RELAY	N/A	104

GIRLS	QUALIFYING			QUALIFYING		BOYS
EVENT #	TIMES	AGE	DISTANCE	EVENT	TIMES	EVENT #
Session # 5 Sunday Afternoon November 16, 2008						
Warm-up Not before 1pm * Meet will not start Prior to 2 pm						
105	2:30.49	13 - 14	200 YD	IM	2:20.29	106
107	2:26.99	SENIOR	200 YD	IM	2:15.09	108
109	1:20.89	13 - 14	100 YD	BREAST	1:15.09	110
111	1:15.69	SENIOR	100 YD	BREAST	1:08.89	112
113	2:40.99	13 - 14	200 YD	FLY	2:31.99	114
115	2:30.49	SENIOR	200 YD	FLY	2:18.99	116
117	1:02.19	13 - 14	100 YD	FREE	57.39	118
119	1:00.79	SENIOR	100 YD	FREE	55.19	120
121	1:11.39	13 - 14	100 YD	BACK	1:06.89	122
123	1:06.59	SENIOR	100 YD	BACK	1:01.09	124
125	N/A	13 - 14	400 YD	FR. RELAY	N/A	126
127	N/A	SENIOR	400 YD	FR. RELAY	N/A	128

