

Iowa City Eels Swim Club

ICE Spring Meltdown 2009

Dear Coaches and Swimmers:

We look forward to seeing you at the Iowa City Eels Spring Meltdown 2009! Enclosed you will find your meet invitation and events file. The invite and events file will be posted on the ISI website at www.isiswim.org and the Iowa City Eels website at www.iceels.org. For additional information about the Iowa City/Coralville area please visit the Iowa City/Coralville Convention & Visitors Bureau at www.iowacitycoralville.org.

We will be providing extended warm-ups each session to allow your team additional time to swim in a long course facility. Saturday morning will be dedicated to those swimming the 1500 FR and the 400 IM with positive check-in at 8:00 AM. Positive check-in deadline for the 400 FR will be at the conclusion of Event 20 - Men's 100 Breaststroke. These are changes from previous years.

We encourage each team to enter one male and one female participant in the Plunge. This event will be held Saturday afternoon and the stunning Plunger Trophy will be awarded to the winner of both the male and female division who can glide the furthest with no movement. **Participation in the Plunge does not count as one of the 4 events per day.**

Please note that you are encouraged to enter as soon as possible because we anticipate this meet will fill quickly. In order to keep the timeline of the sessions reasonable we will be closing entries when we reach the entry limits.

If you have any additional questions, please feel free to contact one of the meet directors or our Head Coach, Don Spellman.

Al Miller
Eleanor Dilkes
Meet Directors

Mercer Aquatic Center
2701 Bradford Drive
Iowa City, Iowa 52240

Don Spellman (Head Coach)
dspellman@iceels.org
Adam Osweiler (Asst. Head Coach)
aosweiler@iceels.org



Iowa City Eels Swim Club (ICE)
Spring Meltdown Invitational - Senior A-BB
May 2nd & 3rd, 2009
50 Meter Course

ISI Sanction: IA-09-31

Host Club: Iowa City Eels Swim Club (ICE)

Meet Type: This is a SENIOR A-BB, LONG COURSE METER competition. It is designed as an introduction to the summer season. Warm-up times have been lengthened to allow a club to perform a workout, or lengthened warm-up to help adjust to the long-course set up.

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

Dates: Saturday, May 2nd & Sunday, May 3rd, 2009

Times:

Session 1	Warm-ups:	7:30 AM
Saturday AM	Competition:	9:00 AM
	Coaches' Meeting:	8:45 AM

Session 2	Warm-ups:	12:00 PM
Saturday PM	Competition:	2:00 PM
	Coaches' Meeting:	1:45 PM

Session 3	Warm-ups:	8:00 AM
Sunday AM	Competition:	9:30 AM
	Coaches' Meeting:	9:15 AM

If warm-ups are to be split, teams will be notified via e-mail or phone by Tuesday, April 28th, 2009.

Site: Mercer Park Aquatic Center
2701 Bradford Drive
Iowa City, Iowa
Indoor, 8 lane, 50 meter (with cool down area)
12' depth at start, 4' at opposite end
Daktronics Electronic Timing System, horn starts, touch pads, push button back up, two back up watches.

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 (APP-29) to verify that all certifications required by their LSC are current and on file with their LSC office.

Warm-ups: ISI warm-up procedure will be followed. See ISI Code Book Section J. Swimmer(s) without a coach are to report to the Meet Referee prior to warm-up for lane assignment. Host team reserves the right to split warm-ups.

Entry

Requirements:

1. All swimmers must be current USA Swimming registered athletes
2. Contestants must enter with age as of May 2nd, 2009.
3. A swimmer may enter up to 4 individual events per day.
4. Seed times must be submitted for a 50-meter course.
5. Events will be pre-seeded, except the 1500 FR, 400 IM, and the 400 FR, which will be deck seeded with positive check-in required.
6. The 1500 FR will be limited to the fastest 24 women and men, the 400 IM and the 400 FR will be limited to the fastest 40 women and men. Swimmers not making the cutoff for these events may not swim an alternate event but are welcome to late enter if open lanes exist in other events. Psych sheets for the meet will be posted on the ICE website (www.iceels.org) by 9:00 PM Monday, April 27th.
7. There will not be a Clerk of Course.
8. Phone entries or changes will not be accepted.
9. The host team reserves the right to enter team members who do not have qualifying times in all non-distance events (the non-distance events being all events except the 1500 FR, 400 IM and 400 FR).

Entry Limits:

100 Splashes/lane/session. **We anticipate this meet may fill quickly so please send your entries in as soon as possible.**

Entry Fees:

Fees are \$25.00 per swimmer, which includes the \$3.00 ISI Splash Fee. Make checks payable to: Iowa City Eels. Entry fees are not refundable. Splash fee will be refunded if the entire meet is cancelled. Teams submitting hand entries will be charged \$2.00 per swimmer if there are more than 5 swimmers.

All fees must be submitted with entries or paid prior to the first session on Saturday, May 2nd, 2009. If payment is not received prior to the first session, swimmers will be scratched. Write a single check for entry and splash fees payable to Iowa City Eels (ICE). Late entry fees will be taken onsite at the timers table.

Entry Forms:

We encourage entry on disk in Hy-Tek Commlink II format (generated from Team Manager or Meet Manager). When submitting disk entries, you must provide a printout of your entries. Also, include the ISI Financial Sheet, ISI APP-8.1. Entries will also be accepted on the attached form, ISI APP-7 Entry Form. Both forms can be downloaded from the Iowa Swimming website (www.isiswim.org). Any team submitting entries on disk will receive the meet results on the disk at the conclusion of the meet.

Entry Deadline:

Entries will be accepted starting at 9:00 a.m. on Monday March 30th, 2009. Entries will be accepted on a first come first serve basis until the entry limits have been reached. No team entries will be split once the entry limits have been exceeded. Mailed entries must be received by 6 p.m. on Wednesday, April 22nd, 2009. PLEASE CHECK "NO SIGNATURE REQUIRED" WHEN MAILING ENTRIES. Electronic entries are due by 12 noon on Monday, April 27th, 2009. **Please note that neither mailed nor electronic entries will be accepted once the entry limits have been reached.** All fees must be submitted with entries or paid prior to the first session on Saturday, May 2nd, 2009.

Late Entries:

Late entries will be accepted until 50 minutes prior to the start of each session and will only be allowed if adding a swimmer to an event where an open lane exists. No additional heats will be created for late entries whether the event is pre-seeded or not. All late entries will be entered at the qualifying time for that

event. Late entry charges will be \$5.50 per event payable at the timers table. If a swimmer is not already entered in the meet the late entry charge will be \$47.00 which includes the \$3.00 ISI Splash Fee.

Send entries to: Kelly Eyanson
3014 Friendship Street
Iowa City, IA 52245-5112
Phone: (319) 339-7579
E-mail: eyanksbj@msn.com

Co-Meet Directors: Al Miller
1418 Wild Prairie Dr.
Iowa City, IA 52246
(319)321-5688
al.miller13@gmail.com

Eleanor Dilkes
609 Kimball Road
Iowa City, IA 52245
(319)337-6444
edilkes@mchsi.com

Scoring: There will be no team score kept.

Awards: No awards will be given at this meet with the exception of the "Plunge" which will follow the Saturday afternoon session and trophies will be awarded to one female and one male winner.

Meet Operation:

1. Positive check-in is not required except for 1500 FR, 400 IM, and the 400 FR. Positive check-in deadline for the 1500 FR and 400 IM is 8:00 AM on Saturday. Positive check-in for the 400 FR ends with the conclusion of Event #20 – Men's 100 Breaststroke. If a swimmer does not check-in as required they will be scratched from that event.
2. Events may be combined to facilitate meet operation.
3. The 1500 Free, 400 IM and the 400 Free will be swum fastest to slowest, with women and men in alternating heats.
4. A maximum of six (6) heats of the 1500 FR and ten (10) heats each of the 400 IM and 400 FR will be swum; ideally consisting of an equal number of heats of women and men. However all open slots will be filled, even if this results in combined heats or more heats for either women or men.

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.

Scratches: ISI Scratch Rule is in effect. See ISI Code Book section J for details.

No Smoking: NO SMOKING IN THE SWIMMING VENUE OR OUTSIDE THE ENTRANCE.

USA Swimming Registration: Late USA Swimming registration at the meet is \$57.00 (annual) or \$33.00 (Iowa Seasonal: April 1 – August 28) payable to ISI and \$5.00 processing fee to ICE. No club or coach registration will be accepted.

Adapted Competitive Swimmers: USA Swimming and ISI encourage adapted competitive swimmers to participate in all sanctioned meets. The "Adaptive Competitive Swimmer Information Form" (ISI Code Book APP-21) must accompany entries. This form

is available from the ISI website – www.isiswim.org or the ISI Office – isiswim@aol.com or 2719 Pioneer Ct., Davenport, IA 52804-1099, 563-391-5832 or 1-877-ISI-SWIM. Refer to USA Swimming Rule and Regulation Article 105.

Other Info:

Programs and final results will be available for purchase. Request for hard copy of meet results can be included on financial report APP 8.1 along with payment of \$5.00. Each USA Swimming team will receive one copy of the program and the final results (electronic). A special event (The Plunge) will follow the Saturday afternoon session. It will not count as one of the swimmers' 4 events per day. Concessions and merchandise will be available for purchase at the meet.

ICE Spring Meltdown Invitational
 Saturday May 2nd, 2009
 50m course Sanction: IA-09-31

Session 1

****Reminder: 1500 Free and 400 I.M. Positive Check-in 8:00 A.M.****

WARM-UPS: 7:30 A.M.		MEET STARTS AT 9:00 A.M.		
QUALIFYING TIMES YARDS/METERS	WOMEN'S	EVENT	MEN'S	QUALIFYING TIMES YARDS/METERS
21:38.89/22:10.69	1	1500 Freestyle**	2	20:21.89/20:49.49
		(Limited to fastest 24)		
5:35.69/6:19.79	3	400 I.M.**	4	5:11.79/5:54.39
		(Limited to fastest 40)		

Session 2

WARM-UPS: 12:00 P.M.		MEET STARTS AT 2:00 P.M.		
QUALIFYING TIMES YARDS/METERS	WOMEN'S	EVENT	MEN'S	QUALIFYING TIMES YARDS/METERS
2:39.29/3:01.19	5	200 I.M.	6	2:26.39/2:48.89
1:12.09/1:22.69	7	100 Backstroke	8	1:06.19/1:16.49
2:56.39/3:21.19	9	200 Breaststroke	10	2:42.59/3:08.79
1:05.79/1:14.39	11	100 Freestyle	12	59:79/1:08.39
2:36.49/2:56.19	13	200 Butterfly	14	2:24.49/2:43.19

*****PLUNGE*****

*****A SPECIAL NOVELTY EVENT FOLLOWS THE SATURDAY SESSION. IT DOES NOT COUNT AS ONE OF THE 4 EVENTS PER DAY. ONE FEMALE & ONE MALE PER TEAM*****

*****The Plunge:** Each team is allowed to enter one male and one female swimmer for the **ICE Spring Meltdown Plunge**. Using lanes 1 and 8 we will be running this event two participants at a time. The person who glides the furthest with no movement will be declared the winner. The **stunning** Plunger Trophy will be awarded to the winner of both the male and female divisions. ***

ICE Spring Meltdown Invitational
 Sunday May 3rd, 2009
 50m course Sanction: IA-09-31

Session 3

****Reminder: Positive Check-In Deadline for the 400 Free is the Conclusion of Event 20 – Men's 100 Breaststroke****

WARM-UPS: 8:00 A.M.

MEET STARTS AT 9:30 A.M.

QUALIFYING TIMES YARDS/METERS	WOMEN'S	EVENT	MEN'S	QUALIFYING TIMES YARDS/METERS
30.39/34.49	15	50 Freestyle	16	27.39/31.19
2:35.89/2:57.99	17	200 Backstroke	18	2:23.39/2:43.89
1:21.99/1:33.89	19	100 Breaststroke	20	1:14.69/1:26.39
THERE WILL BE A FIFTEEN (15) MINUTE BREAK AFTER EVENT 20, MEN'S 100 BREASTROKE				
2:21.19/2:39.49	21	200 Freestyle	22	2:10.09/2:28.59
1:11.79/1:20.39	23	100 Butterfly	24	1:05.09/1:13.39
6:16.29/5:34.69	25	400 Freestyle**	26	5:51.29/5:14.39

(Limited to fastest 40)