

**IOWA SWIMMING, INC.**  
**2010 SUMMER REGIONAL FINALS**  
**Hosted by the *Dubuque Area Swimmin' Hurricanes***

- ISI SANCTION: *IA-10-48*
- RULES: Current USA Swimming and Iowa Swimming, Inc. (ISI) rules will govern this meet.
- DATES: Saturday, July 24 & Sunday, July 25, 2010
- MEET CLASSIFICATION: This is a CLOSED meet to only Iowa Swimming, Inc. registered swimmers. Swimmers must have NOT achieved an Iowa "Q" time standard in an event, in order to compete in that event, except, as noted in ENTRY REQUIREMENTS #3.
- TIME:
- |                  | <u>Morning Session</u>       | <u>Afternoon Session</u> |
|------------------|------------------------------|--------------------------|
| Coaches Meeting: | 15 minutes prior to warm-ups | If needed                |
| Warm-ups:        | *Not before 7:30 a.m.        | *Not before 11:00 a.m.   |
| Competition:     | Not before 8:30a.m.          | Not before Noon          |
- \* If warm-ups are split, DASH will take the earlier time at all sessions. Teams will be notified by the Tuesday before the meet when their warm-up period will begin.
- SITE: Loras College – San Jose Pool, on Cox St., between Loras Blvd. & Kirkwood St. Dubuque, IA  
Indoor, 6-lane, 25 yd. Water depth: 5 ½' – 6' at Starting Block end 4 ½' at shallow end  
The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Colorado Timing System touch-pads, button and two watch back-up. Diving Well area will serve as warm-up and warm-down.
- COACHES: Must possess and visibly wear a current USA Swimming Coaches Registration Card. Only USA Swimming coach member will be permitted on the deck in designated areas. All coaches must sign an ISI Coaches Meet Sign In sheet (APP-29) to verify that all certifications are current and on file with ISI office.
- WARM-UPS: ISI Warm-up procedure will be followed. See ISI Code Book Section J. Any swimmer(s) without a coach are to report to the Meet Referee prior to warm-up for lane assignment.
- ENTRY REQUIREMENTS:
- 1) All swimmers must be currently registered athletes.
  - 2) Contestants must enter the age bracket corresponding to age as of July 24, 2010.
  - 3) A swimmer MAY NOT enter an event in which they have an ISI State "Q" time. HOWEVER, swimmers who will age up to a new age group between Regionals and the ISI State Championships, will be able to swim in the age group corresponding to their age on the first day of Regionals in those events

offered in their current age group in which they do not have ISI Q times for their new age group, even if they have Q times in those events for their current age group. Swimmers who swim events under this clause will not be eligible for awards. This rule will not change the current ISI rule regarding relay competition.

- 4) All 8 & Under swimmers, regardless of A, B, or C Classification may compete together on the same relay team. In all other age group relays, a swimmer who has an Iowa Swimming "Q" time in the 50 yd or metric distance of a stroke, MAY NOT swim that leg in a 200 relay, nor may a 13 & Over swimmer who has a "Q" time in the 100 yd. Or metric distances of Backstroke, Breaststroke, or Butterfly swim that leg in a 200 Medley Relay.
- 5) A swimmer may enter up to 4 individual events per day, plus relays.
- 6) See times must be submitted for a 25-yard course. No Time (NT) entries will be accepted.
- 7) A club/team may enter as many relays per event as they wish designating the relays A, B, C, etc.
- 8) Events will be pre-seeded, except for the 1000/1650 Freestyles, which will be deck seeded.
- 9) If names are on entry sheets for relays, those names will be on the relays card at the meet.

ENTRY FEES:

- 1) Individual events: \$3.25 per event  
Relays are \$8.00 per relay.
- 2) ISI Splash Fee is \$3.00.
- 3) Teams submitting hand entries will be charged \$2.00 per swimmer if there are more than 5 swimmers.
- 4) Write single check for entry and splash fees payable to ***Dubuque Area Swimmin' Hurricanes.***
- 5) Entry fees are not refundable. Splash fees will be refunded if the entire meet is cancelled.

ENTRY FORMS:

Use forms: ISI APP-7 Entry form  
ISI APP 8.3 Financial Sheet

Or

Submit entries on disk in Hy-Tek comlink II format (generated from Team Manager or Meet Manager). When submitting disk entries, please provide a printout of your entries for backup and the ISI Financial Sheet. Any team submitting entries on disk will receive the meet results on disk at the end of the meet.

ENTRY DEADLINE:

The meet entry deadline for emailed, electronic entries (Hy-Tek cfile) is Noon, Monday, July 19, 2010. The entry fees & hardcopy are due by *Wednesday, July 21, 2010*. Any changes made after Noon, Monday, July 19, 2010 will be considered Late Entries.

The deadline for hand written or emailed non-Hy-Tek is Wednesday, July 14, 2010. Teams entering by this method must email or phone updates from July 17 & 18, 2010 weekend meets by noon, Monday, July 19, 2010. These changes can only be for those swimmers who have already been entered in the meet, but need to change events due to a "Q" achievement in originally entered events(s). All new swimmers, not originally entered, will be assessed the Late Entry fee(s).

## LATE ENTRIES

Late entries will be accepted by phoning or emailing (by 5:00 p.m., Friday, July 23, 2010) the meet entry person, or in person up to one hour before the start of each session.

1. If the meet program has not been printed, the swimmer shall be seeded into the meet, but will still be responsible for the Late Entry Fees.
2. If the program has been printed, late entries shall be accepted, but these entries shall be seeded with the meet event entry time or NT and shall swim in heat one of the event. A zero heat will be created, if necessary.
3. Late Entry Fees: Individual events \$6.50 per event and Relay events \$16.00 per relay.
4. Late entry swimmers will be required to show proof of current membership.

## SEND ENTRIES TO:

***Doug Colin***

Swimming

1450 Alta Vista

Dubuque, IA 52001

(563) 543-1105

E-mail to: [coachdoug@teamdash.org](mailto:coachdoug@teamdash.org)

Express mailing entries NO SIGNATURE REQUIRED will be accepted all day.

## MEET DIRECTOR:

***Doug Colin***

(563) 543-1105

E-mail to: [coachdoug@teamdash.org](mailto:coachdoug@teamdash.org)

## SCORING:

No individual or team scoring will be kept.

## AWARDS:

Individual events: 1<sup>st</sup> – 3<sup>rd</sup> Medals 4<sup>th</sup> – 8<sup>th</sup> Ribbons

Relay Events: 1<sup>st</sup> Medals 2<sup>nd</sup> – 3<sup>rd</sup> Ribbons

No high point awards will be given.

ISI SPORTSMANSHIP-SPIRIT AWARD – ISI will provide and present this award. One coach and one athlete from each team will vote, in addition the meet referee will cast a vote. Criteria to use will be included in the coaches' packet.

## MEET OPERATION:

- 1) There will be a clerk of course for the morning sessions only.
- 2) Swimmers must check-in for the 1000 & 1650yd Free by 2:00pm, Sunday, July 25, at the computer/timing table. These events will be deck seeded and combined according to USA Swimming rules. Eligible athletes (those meeting the entry criteria) may compete in either the 1000 or 1650, NOT both. If they need to swim both, in attempting to reach and ISI 'Q' time, they will need to take an intermediate split in the 1650.
- 3) It is not the meet hosts responsibility to provide rest for swimmers that enter both 8 & Under and 10&Under or Age Group and Senior events.
- 4) Events may be combined to facilitate meet operation and separated later.
- 5) The 13-14 and 15&Over 1000/1650 Free will be seeded together, but separated for awards. The events will be swum from fastest to slowest, alternating women/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.
- TIMERS & OFFICIALS:** Clubs and unattached swimmers participating in this meet must provide 50 % of the timers on a prorated basis according to their number of entries. A list of timers and officials assignments will be posted on the pool deck behind Lane 1.
- NO SMOKING:** Smoking, or any tobacco use, is NOT ALLOWED on Loras College property.
- USA REGISTRATION:** There will be NO USA Swimming registration at the meet (swimmers, coaches, or clubs).
- ADAPTED COMPETITIVE SWIMMERS:** USA Swimming and ISI encourage adapted competitive swimmers to participate in all sanctioned meets. The “Adapted Competitive Swimmer Information Form” form APP-21 must accompany entries. The form is also available on the ISI website ([www.isiswim.org](http://www.isiswim.org)) or from the ISI office, email: [isiswim@aol.com](mailto:isiswim@aol.com), phone: 1-877-474-7946, or mail: 2715 Pioneer Ct, Davenport, IA 52804-1099 . 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 and Regulations Article 105.
- PROGRAMS & FINAL RESULTS** Programs & final results will be sold at the meet. Each USA Swimming team entered will receipt a copy of the program. Electronic results will be provided to all teams participating in the meet & posted on the ISI website. A hard copy of final results will be mailed for a fee of \$5.00 & may be requested on financial sheet.
- SEATING:** Seating for the spectators is in the balcony area above the pool. A holding area outside of the pool area will be available. The pool deck is reserved for registered coaches, swimmers and meet workers only.
- OTHER INFORMATION:** Vendors – Action Accents will be selling swimwear, goggles, etc... Concessions will be available

Iowa Swimming, Inc.  
Regional Finals  
25-yard Course IA-10-48  
Loras College – San Jose Pool, Dubuque, IA

Session I – Saturday, July 24, 2010

Warm-ups: Not before 7:30 a.m. Competition: Not before 8:30 a.m.

Girls						Boys
<i>Event #</i>	<i>Min Time</i>	<i>Max Time</i>	<i>Events</i>	<i>Max Time</i>	<i>Min Time</i>	<i>Event #</i>
1		36.00	10&U 50 Free	35.20		2
3		21.30	8&U 25 Free C	20.70		4
5	21.29		8&U 25 Free AB		20.69	6
7		1:34.00	10&U 100 Back	1:32.10		8
9		58.90	8&U 50 Back	57.80		10
11		43.00	10&U 50 Fly	42.00		12
13		24.90	8&U 25 Fly C	25.10		14
15	24.89		8&U 25 Fly AB		25.09	16
Break - Warm-up/cool down 15 minutes min – Admin 20 minutes						
17		1:46.70	10&U 100 Breast	1:43.70		18
19		1:03.80	8&U 50 Breast	1:02.40		20
21		2:58.30	10&U 200 Free	2:50.90		22
23		1:49.00	8&U 100 Free	1:45.80		24
25		1:33.80	10&U 100 IM	1:31.20		26
27			10&U 200 Medley Relay			28
29			8&U 100 Medley Relay			30

Session II – Saturday, July 24, 2010

Warm-ups: Not before 11:00 a.m. Competition: Not before Noon

Girls						Boys
<i>Event #</i>	<i>Min Time</i>	<i>Max Time</i>	<i>Events</i>	<i>Max Time</i>	<i>Min Time</i>	<i>Event #</i>
31		2:48.90	11-12 200 Back	2:45.60		32
33		2:39.60	13-14 200 Back	2:29.80		34
35		2:29.90	15&O 200 Back	2:17.90		36
37		1:25.80	11-12 100 Breast	1:24.20		38
39		1:20.90	13-14 100 Breast	1:15.10		40
41		35.40	11-12 50 Back	35.00		42
43		1:15.70	15&O 100 Breast	1:08.90		44
45		2:51.80	11-12 200 Fly	2:48.30		46
47		2:41.00	13-14 200 Fly	2:32.00		48
49		2:30.50	15&O 200 Fly	2:19.00		50
51		2:44.20	11-12 200 IM	2:42.50		52
53		2:30.50	13-14 200 IM	2:20.30		54
55		2:27.00	15&O 200 IM	2:15.10		56
Break - Warm-up/cool down 15 minutes min – Admin 20 minutes						
57		1:05.70	11-12 100 Free	1:05.30		58
59		1:02.20	13-14 100 Free	57.40		60
61		39.40	11-12 50 Breast	39.10		62
63		1:00.80	15&O 100 Free	55.20		64
65			11-12 200 Medley Relay			66
67			13-14 200 Medley Relay			68
69			Open 200 Medley Relay			70
Break – Warm-up/cool down 15 minutes min – Admin 20 minutes						
71		6:24.70	11-12 500 Free	6:19.90		72
73		5:53.00	13-14 500 Free	5:35.20		74
75		5:47.40	15&O 500 Free	5:24.30		76

Iowa Swimming, Inc.  
Regional Finals  
25-yard Course IA-10-48  
Loras College – San Jose Pool, Dubuque, IA

Session III – Sunday, July 25, 2010

Warm-ups: Not before 7:30 a.m. Competition: Not before 8:30 a.m.

Girls	<i>Event #</i>	<i>Min Time</i>	<i>Max Time</i>	<i>Events</i>	<i>Max Time</i>	<i>Min Time</i>	<i>Event #</i>	Boys
	77		3:19.40	10&U 200 IM		3:18.10		78
	79		1:53.60	8&U 100 IM		1:52.10		80
	81		43.50	10&U 50 Back		43.70		82
	83		25.70	8&U 25 Back C		25.30		84
	85	25.69		8&U 25 Back AB			25.29	86
	87		1:42.10	10&U 100 Fly		1:40.40		88
	89		57.00	8&U 50 Fly		57.50		90
	Break – Warm-up/cool down 15 minutes min – Admin 20 minutes							
	91		47.80	10&U 50 Breast		47.90		92
	93		27.90	8&U 25 Breast C		27.30		94
	95	27.89		8&U 25 Breast AB			27.29	96
	97		1:21.60	10&U 100 Free		1:20.00		98
	99		48.80	8&U 50 Free		47.40		100
	101			10&U 200 Free Relay				102
	103			8&U 100 Free Relay				104
	Break - Warm-up/cool down 15 minutes min – Admin 20 minutes							
	105		7:39.50	10&U 500 Free		7:35.20		106

Session IV – Sunday, July 25, 2010

Warm-ups: Not before 11:00 a.m. Competition: Not before Noon

Girls	<i>Event #</i>	<i>Min Time</i>	<i>Max Time</i>	<i>Events</i>	<i>Max Time</i>	<i>Min Time</i>	<i>Event #</i>	Boys
	107		30.70	11-12 50 Free		29.80		108
	109		28.70	13-14 50 Free		26.30		110
	111		28.00	15&O 50 Free		25.30		112
	113		5:50.20	11-12 400 IM		5:42.60		114
	115		5:31.10	13-14 400 IM		5:13.00		116
	117		5:22.80	15&O 400 IM		4:59.80		118
	119		1:17.70	11-12 100 Back		1:15.70		120
	121		1:11.40	13-14 100 Back		1:06.90		122
	123		33.80	11-12 50 Fly		33.70		124
	125		1:06.60	15&O 100 Back		1:01.10		126
	Break - Warm-up/cool down 15 minutes min – Admin 20 minutes							
	127		2:25.70	11-12 200 Free		2:21.90		128
	129		2:13.80	13-14 200 Free		2:05.30		130
	131		2:10.40	15&O 200 Free		2:00.10		132
	133		1:16.70	11-12 100 Fly		1:15.20		134
	135		1:10.70	13-14 100 Fly		1:05.50		136
	137		1:06.30	15&O 100 Fly		1:00.10		138
	139		3:11.70	11-12 200 Breast		3:07.30		140
	141		3:00.70	13-14 200 Breast		2:49.40		142
	143		1:17.10	11-12 100 IM		1:14.60		144
	145		2:49.60	15&O 200 Breast		2:36.40		146
	147			11-12 200 Free Relay				148
	149			13-14 200 Free Relay				150
	151			Open 200 Free Relay				152
	Break - Warm-up/cool down 10 minutes min – Admin 15 minutes							
	153		13:23.90	11-12 1000 Free		13:14.70		154
	155		12:38.00	13-14 1000 Free		12:05.40		156
	157		12:25.70	15&O 1000 Free		11:40.20		158
	159		22:33.80	11-12 1650 Free		22:17.10		160
	161		21:02.70	13-14 1650 Free		20:03.90		162
	163		20:48.90	15&O 1650 Free		19:35.00		164