

FOLLOWING PLEASE FIND THE 2009 CENTRAL ZONE CHAMPIONSHIP INFORMATION. WE ARE ASKING EACH CLUB TO DUPLICATE THIS INFORMATION AND MAKE IT AVAILABLE TO YOUR SWIMMERS.

IOWA SWIMMING, INC.
Eric Follmuth – Age Group Vice Chair
400 North Monroe, Ste #1
Mason City, IA 50401
641-425-5357
isientries@gmail.com

Iowa will participate in the 2009 Central Zone Championships in Grand Forks, ND at the University of North Dakota Hyslop Pool on August 7, through August 10, 2009. The open water competition will be on Monday, August 10, and pool events taking place Friday through Sunday, August 7-9th, 2009.

Pre-Entry: The eligibility period to qualify for this summers Zone meet is this past year, including last summers Zone Meet. Any swimmer achieving a “AAA” or faster time standard since last summers Zone meet (Short Course Yards, Short Course Meters, Long Course Meters) **must have their entry for those events into the Age Group Chair by noon on Monday, July 27th** (the Monday before the Long Course Championships in Iowa City).

This is a change from previous years where swimmers were able to enter for all events at the Championship Meet. This change is to assist in getting the entries to the host club on the Monday after the Championship Meet.

ANY SWIMMER HOLDING A “AAA” OR FASTER TIME WILL NEED TO MEET THIS NEW ENTRY DEADLINE TO BE ALLOWED TO SWIM THAT EVENT AT ZONES.

A swimmer achieving a **NEW** “AAA” at the Championship Meet will be allowed to enter that event during the Championship Meet weekend provided they enter for that event in time period of that session.

State Championship Entries: All swimmers achieving a new time cut are encouraged to complete/update their entries within 30 minutes after the end of each session of the State Championships for events swim in that session. After the 30-minute deadline, unfilled events will then be filled with priority given to place finish achieved at the State Championships, with the total ending deadline being the end of the session in which the event is swum at State. If no qualifying swimmers wish to addend the Zones meet, Team Iowa may fill our allotted slots for each event non-qualifiers (we are allotted one (1) swimmer per event for 11-12, and 10 and under events, and allotted two (2) swimmers per event for 13-14 and Sr. events. A non “AAA” swimmer must have at least a “A” time minimum to enter the event in question. Once we have filled an event with non-qualifiers, we cannot take other swimmers for that event. IF YOU ACHIEVE YOUR CUT,

AND WISH TO ATTEND THE MEET – SIGN UP ON TIME OR YOU MAY LOSE YOUR SPOT. As long as we only take qualified swimmers “AAA” (or faster) there is no limit to how many swimmers can sign up for an event.

- **Forms to be completed and returned:**
Central Zone Championship Entry Form
Central Zone Championship Meet permission and Release Form
Central Zone Championship Meet Code of Conduct
- **Eligibility:** For the pool events, a swimmer must be a regular (not seasonal) USA membership, who has achieved an “AAA” time during or after last year’s Zone Championships. For Open Water events, swimmers must have achieved a National “A” time for the longest freestyle event for their age offered at the Zone Meet. All times not previously submitted to the ISI Office (Elaine Sortor) must be accompanied by highlighted final meet results. Please take special note of the eligibility rules as pertains to USA Swimming National Championships as listed in the meet invitation.
- **Entry Limits**
12 and Under swimmers may enter no more than six (6) individual events (excluding the open water event) of which no more than five (5) may occur on any given day – not including the open water event.

13 and Over swimmers may enter no more than five (5) individual events (excluding the open water event) of which no more than three (3) may occur on any given day – not including the open water event..

Team Iowa may enter two (2) relays per relay event.

Team Iowa may also enter two (2) 12 & U and two (2) 13-18 swimmers with a disability. These swimmers with a disability will not be required to have achieved the qualifying time standards for their age groups/events.
- **Special Information:** There will be relays starting on Wednesday evening. The 13-14, 15-18 400 Free and Medley relay will be held Wednesday night. If your swimmer attending the meet falls into these age groups, and you plan on NOT ATTENDING on Wednesday night, you need to let Eric Follmuth know ASAP. Please let ISI know so we can plan accordingly. All athletes entered in the meet will be considered for relays – and all relays will be held as timed finals during the prelims (AM – for 13-14, 15-18 age groups) and timed finals in the afternoon session (11-12 and 10 and under age groups).

For additional info, please visit the host club website at:
<http://rrvywahoos.usswim.net/Zones>
- **Entry Fees:** \$5.00 per individual pool events and \$20.00 per open water event. Relay fees will be paid by ISI.

Meet Program Fees: \$10 meet program, includes psych sheet. \$4 daily heat sheets and \$1 final heat sheets each Session.

- **Team Pictures:** Thursday, August 6, 2009 – 2:00pm (Please wear your team Warm up with White Shirt).
- **Team Warm-Ups:** Thursday, August 6, 2009 – 2:30 to 3:30pm
- **Team Meeting:** Will follow Thursday warm up.
- **Team Clothing:** Each Team Iowa member will receive a Team Iowa Warm-Up, three latex caps (silicone upgrade available), and three different color t-shirts to be worn on the days listed below. Swimmers will be able to purchase a Speedo Championship suit at a special team discount (FSII and FSPro will be a 40% discount, and LZR suits will be 25% off). All clothing fees will be paid to Splash Multisport, and event entry fees will be paid to ISI.

This year, you will have the option to do clothing orders through the internet. This will also allow you to pay for apparel with a credit card or paypal. Log into our team store at www.splashmulti.com to order your clothing. To purchase a Speedo Championship suit, please create an account on the site, and once your entry has been received your account status will be changed to allow you to view the Team Iowa championship suits and discounts. You will receive an email when you first set up your account, and another email will be sent out when you are able to view the store items. At the following meets, Splash Multisport will have the new Team Iowa warm-up for your swimmer to try on.

MCSC Invite (Mason City)

BLAST Invite (Cedar Falls)

RCA Invite (Clinton)

DMSF Regionals (Des Moines)

State Championships for those achieving new times (Iowa City)

These new warm-ups run very true to size. If your swimmer is a youth medium, or adult XS. That should be the size your swimmer will wear.

If you wish to purchase a Speedo Championship suit at the special team price, you will want to get your entry in ASAP, as availability may be limited in time for the Zones Meet. If you order late, or the suit isn't available, you will still receive your suit at the discount, but it may be after the Zones Meet.

Swimmers will wear the different color shirt for each day.

THURSDAY (Pictures) – Warm-up with White Shirt

FRIDAY – Blue shirt / Warm-up

SATURDAY – RED Shirt / Warm-up

SUNDAY – White shirt / Warm-up

- **Team Travel:** Each swimmer (family) will have to arrange for their own travel. This year there will be no Team Iowa Bus. The lack of participation made the bus travel to costly.
- **Hotel:** A block of rooms has been reserved for Team Iowa at the Americinn, at 1820 S. Columbia Rd, Grand Forks, ND 58201. We will have 29 double queen rooms at \$99/night plus tax, and 4 rooms with King/Pull out for \$129.90/night plus tax. **DO NOT** contact the hotel directly as ISI will submit a group rooming list to the hotel. If you try to make reservations on your own under the Team Iowa Block – it will severely mix up our room count, and may effect someone else’s reservation. Rooms will be on a first come first served bases (by date of entry being received by Eric Follmuth).
- **Volunteers:** Timers and officials are encouraged and welcome. If you would like to officiate, please contact Eric Follmuth. If needed solicitation for timers will be held at the meet site.

PLEASE MAIL/EMAIL ALL INFO TO:
ERIC FOLLMUTH
400 N. MONROE, STE #1
MASON CITY, IA 50401
641-425-5357 -

2009 Central Zone Championship Entry Form

Swimmer's Name: _____ Swim Club: _____
 Female/Male: _____ Birth Date: _____ Age on Aug. 10th _____
 Address: _____ City: _____ Zip: _____
 Home Phone: _____ Parent/Guardian Names: _____
 Email Address (Mandatory) _____

Entry Limits:

12 & Under: 6 Individual pool events

13 & Over: 5 Individual pool events

Event #	Event Name	Event Time	Meet & Date

This swimmer is entering the above-listed events at the 2008 Central Zone Championships and will be available for all relays as assigned. Please indicate if the athlete will not be available on a given day.

_____ Date _____
 Parent/guardian signature

UNLESS YOU DON'T THINK YOU WILL MAKE CHANGES TO THE NUMBER OF EVENTS, YOU MAY WAIT UNTIL THE STATE MEET TO PAY THE ENTRY FEE.

	<u>Fees</u>		
Entry Fees	\$5 per event X _____	=	\$ _____
	\$20 open water X _____	=	\$ _____
	TOTAL (check payable to ISI)	=	\$ _____

Hotel Reservation

#of rooms: _____ Circle DOUBLE KING
 Credit Card Type: _____ Number: _____ Exp. Date: _____

**RETURN TO ERIC FOLLMUTH, 400 N. MONROE, STE #1,
 MASON CITY, IA 50401**

CHECKLIST (BE SURE ALL FORMS ARE COMPLETELY FILLED OUT)

- _____ CENTRAL ZONE CHAMPIONSHIP PERMISSION/RELEASE
- _____ CENTRAL ZONE CHAMPIONSHIP CODE OF CONDUCT
- _____ FEES (check payable to ISI)

**2009 Central Zone Championship Clothing Form
(for those not wishing to use the Team Iowa Web Store)**

The clothing costs for the 2009 Team Iowa Central Zone Championship will be **\$70.00**. This will include a three Team T-Shirts, a Speedo Velocity Warm-Up and three team latex swim caps (a silicone cap upgrade is available for two silicone caps – while supplies last)

The sizing available for the T-Shirts will be Youth Medium, Youth Large, Adult S, M, L, and XL. The sizing available for the Warm-Up will be Female XS, S, M, L, XL. Male XS, S, M, L, XL, XXL. And Unisex Youth S, M, L. The warm-up may be bought in different sizes for Jacket and Pant.

Name: _____ Home Club: _____
Address: _____ City: _____
Phone: _____ Email: _____

T-Shirt Size (adult sizing): _____

Warm-Up Jacket Sizing: _____

Warm-Up Pant Sizing: _____

Silicone Cap Upgrade (2 caps) while supplies last (**\$17.00 addition**): _____

Additional Team Iowa Latex Swim Caps (**\$3.00 ea.**): _____

Additional Team Iowa Silicone Swim Caps (**\$10.00 ea.**): _____

TOTAL CLOTHING PRICE:
Make check payable to Splash Multisport

**2009 Central Zone Championship Meet at Grand Forks
Permission and release Form**

LSC: IOWA

I hereby give my permission for: _____
(please print name of swimmer)

To accompany the IOWA LSC TEAM to the **2009 Central Zone Championships** on the following dates: _____

I further waive all claims for injury, accident, or liability of any kind for the above-mentioned swimmer, and in case of an accident or injury in any way resulting, directly or indirectly from participation in such program, hold harmless from any liability therefore the IOWA LSC, it's officers, coaches, chaperones, managers, or any other person or persons in any way connected or associated with the program.

Furthermore, in case of emergency medical attention that may be required, I authorize adult coaches, chaperones, and/or other adults traveling in an official capacity with the team to act for me according to their best judgment and ability.

_____ Date: _____
(signature of parent or guardian)

Medical Information

Please Print

List of medication and dosage the swimmer is taking now: _____

Pre-existing conditions (asthma, epilepsy, etc.): _____

Allergies (include medicines needed): _____

Other pertinent information the coach, and other in charge, should know about the swimmer: _____

Physician's Name: _____ Phone: _____
Name of Parent/Guardian: _____
Street Address: _____ City: _____ Zip: _____
Day Phone: _____ Eve Phone: _____
Phone during meet competition: _____

