



**Black Hawk Area Swim Team**



Tourism & Visitor's Bureau  
319-268-4266  
800-845-1955  
[www.cedarfallstourism.org](http://www.cedarfallstourism.org)

## **BLAST Winter Invite**

To: ISI Team Representative  
From: Jamie Langner and Kerri Shimp  
Date: November 30<sup>th</sup>, 2011  
Re: BLAST Winter Invite

Dear Representative,

Please find enclosed your invitation to the upcoming BLAST Winter Invite being held on Friday, January 27<sup>th</sup>, 2012, through Sunday, January 29<sup>th</sup>, 2012, at the Holmes Junior High School Pool in Cedar Falls.

We are looking forward to having you join us for this meet and will strive to make it an enjoyable experience for you and your swimmers.

Please note that we have a change with our concessions. They will be extremely limited to swimmer friendly drinks and snacks.

If you have any questions about the meet, please don't hesitate to contact any one of the meet directors. Hope to see you at the meet with safe travels.

Sincerely,  
Jamie Langner  
319-290-9299  
[jamielangner@yahoo.com](mailto:jamielangner@yahoo.com)

Kerri Shimp  
319-230-8165  
[shimpfam@cfu.net](mailto:shimpfam@cfu.net)



**Black Hawk Area Swim Team**

## **Hotels**

### **Ramada Inn**

4<sup>th</sup> & Commercial  
Waterloo  
319-233-7560

### **AmericInn Lodge and Suite**

5818 Nordic Dr.  
Cedar Falls  
319-277-6166

### **Heartland Inn – Greyhound Park**

3052 Marnie Rd.  
Waterloo  
319-232-7467

### **Holiday Inn Express**

2141 LaPorte Rd.  
Waterloo  
319-233-9191

### **University Inn**

4711 University Ave.  
Cedar Falls  
319-277-1412

### **Wingate Inn**

1614 Technology Pkwy  
Cedar Falls  
319-277-2400

### **Clarion University Plaza**

5826 University Ave.  
Waterloo  
319-277-2230

### **Midway Inn**

4117 University Ave.  
Cedar Falls  
319-277-6931

### **Comfort Suites**

7402 Nordic Dr.  
Cedar Falls  
319-273-9999

# BLAST WINTER INVITATIONAL

## 8 & Under, Age Group, Senior Open

### JANUARY 27<sup>th</sup>-29<sup>th</sup>, 2012

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#### ISI

**SANCTION:** IA-12-14 – held under the sanction of USA Swimming and Iowa Swimming

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

**DATE:** Friday, January 27<sup>th</sup> – Sunday, January 29<sup>th</sup>, 2012

<b>TIME:</b>	Friday Evening	Warm-ups:	4:15 pm**	Competition:	5:15 pm
	Saturday Morning	Warm-ups:	8:00 am*	Competition:	9:00 am*
	Saturday Afternoon	Warm-ups:	Following AM session, not before 1:00 pm		
		Competition:	Following warm-ups, not before 2:00 pm		
	Saturday Finals	Warm-ups:	5:00 pm (confirm at coaches meeting)		
		Competition:	6:00 pm		
	Sunday Morning	Warm-ups:	8:00 am*	Competition:	9:00 am*
	Sunday Afternoon	Warm-ups:	Following am session, not before 2:00 pm		
		Competition:	Following warm-ups, not before 3:00 pm		

Teams will be notified Tuesday prior to the meet if warm-ups are to be split.

\*If Warm-up and Competition times need to be moved due to timelines, teams will be notified by the Tuesday before the meet.

\*\*Friday, Split Warm-Ups: Only BLAST swimmers will be from 3:45-4:30pm

Coaches Meeting	Friday Evening	4:05 pm
	Saturday & Sunday Morning	If needed
	Saturday & Sunday Afternoon	If needed

**SITE:** The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Holmes Junior High School, 505 Holmes Dr., Cedar Falls, IA 50613

Indoor 25 yd. (with bulkhead at turn end and water on opposite side), 6 lanes

Water depth: 11 feet at starting end, 4 feet at far end

Back stroke flags at both ends

Non-turbulent lane markers

Permanent starting blocks at deep end

Daktronic 2000 timing system with horn start

A minimum of one watch and one backup button for back-up times, and an additional watch for heat winners

**COACHES:** Must possess and visibly wear a current USA Swimming Coaches Registration Card. Only USA Swimming coach members will be permitted on the deck in designated areas. All coaches must show current coach membership card and sign the 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 Sec J. Athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such

arrangements prior to the start of the meet. All swimmers are to carefully enter the pool using feet first, three point entry. The pool will be cleared 10 minutes prior to competition.

**RACING START CERTIFICATION:** Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**ENTRY REQUIREMENTS:**

- 1) All swimmers must be current USA Swimming registered athletes.
- 2) Contestants must enter the age bracket corresponding to their age as of January 27<sup>th</sup>, 2012.
- 3) A swimmer 11&O may enter in a limit of 3 individual events per day. A swimmer 10&U may enter in a limit of 4 individual Timed Final events per day. If a swimmer enters any Prelim/Final event, said swimmer is limited to entering in 3 individual events for that day.
- 4) Seed times must be submitted for a 25yd course.
- 5) NTs will be accepted.

**ENTRY LIMIT:** 100 Splashes/lane/session

**ENTRY FEES:**

- 1) Individual entries are \$3.50 per individual event
- 2) Relays are \$6.00 per relay.
- 3) ISI splash fee is \$3.00 per swimmer.
- 4) All hand written or emailed entries in excess of 5 swimmers per team will be charged \$2.00 for each swimmer.
- 5) Write single check for entry and splash fees payable to BLAST
- 6) Entry fees are not refundable. Splash fees will be refunded if the entire meet is canceled.

**ENTRY FORMS:** Submit electronic entries on disk on Hy-Tek, Team Unify or other MM software format readable by Meet Manager. When submitting disk entries, please provide a printout of your entries for backup and the ISI Financial Sheet (ISI, APP8.1). Any team submitting entries on disk will receive the meet results on disk at the end of the meet. All other entries must be submitted on the included entry forms (APP#7) with swimmer's full name, Age, ID number and entry times for each event. A financial summary sheet (APP#8.2) must accompany the entries.

**ENTRIES:**

- 1) Entries will be accepted from teams in the Iowa LSC & outside of LSC clubs entered in the 2011 BLAST Winter Invitational beginning on Monday, December 19<sup>th</sup>, 2011. Teams in attendance last year, BLAST, ACAC, BPVA, CRAA, CIA, DMSF, DASH, ICE, IFLY, MCSC, QCA, USSD.
- 2) Entries will be accepted from all teams beginning Tuesday, December 27<sup>th</sup>, 2011.
- 3) Entries will be confirmed via a return email receipt.
- 4) Phone and fax entries will not be taken.

**ENTRY DEADLINE:**

- 1) Hand written or emailed entries must be received no later than Tuesday, January 17<sup>th</sup>, 2012. Financial sheet and fees must accompany hand written entries.
- 2) Electronic entries must be received no later than noon, Monday, January 23<sup>rd</sup>, 2012. Hard copy, financial sheet and fees need to be turned in prior to the first warm-ups. Fees must be received for athletes to participate.

**LATE ENTRIES:** Late entries will be accepted up to the start of the meet – Friday at 5:15 pm - in open lanes only if the meet has not exceeded the splash number. No heats will be added. Late entries will be entered as NT except for the 400 IM, 500, 1000, and 1650 for which 25 yard seed times will be accepted. Late entry fee will be \$7.00 per individual events and \$12.00 for relays. Fees need to be paid and USA registration card need to be shown prior to the swimmer entering the water. Please call the meet entry chair to find out if late entries can be accepted.

**SEND ENTRIES TO:** Shelley Hackett  
917 Barrington  
Cedar Falls, IA 50613  
319- 464-5448 or 319-290-6849  
[shackett@cfu.net](mailto:shackett@cfu.net)  
Express mailing entries NO SIGNATURE REQUIRED will be accepted all day.

**MEET DIRECTOR:**

Jamie Langner	Kerri Shimp
319-290-9299	319-230-8165
512 Alvarado Ave	1222 W 2 <sup>nd</sup> St
Cedar Falls, IA 50613	Cedar Falls, IA 50613
<a href="mailto:jamielangner@yahoo.com">jamielangner@yahoo.com</a>	<a href="mailto:shimpfam@cfu.net">shimpfam@cfu.net</a>

**SCORING:** There will be no team or individual scoring.

**AWARDS:** Ribbons will be awarded for 8&U, 10&U, and 12&U top six places in individual events, top six place for 8&U and 10&U relays and top three places for 12&U relay events. All participants will receive participation awards.

**MEET OPERATION:**

- 1) Events will be pre-seeded except the 400 IM, 500 free, and 1650 free.
- 2) It is not the meet host's responsibility to provide rest for swimmers that enter both 8&U and 10&U events. The same is true for swimmers that enter both Age Group and Senior events.
- 4) If names are on entry sheets for relays, those names will be on the relay card at the meet.
- 5) Events may be combined to facilitate meet operation and separated later.
- 6) Top 12 finishers advance to finals.
- 7) Positive check-in required for the 400 IM and the 500 Free by 4:45 pm on Friday, and by 8:30 am on Sunday for the 1650 Free. Swimmers who do not check-in by the deadline will only be allowed to swim provided lanes are available in the slower heats.
- 8) The 1650 will be limited to the fastest 9 swimmers in each age group.
- 9) The 1650 Free events will be combined ages and genders by necessity governed by the timeline, swimming fastest to slowest heats. 1650 swimmers are requested to provide their own timers and counters. If swimmers are entering the 1650 with a NT, coaches are asked to provide a 'guestimate' time for more accurate seeding purposes.
- 10) There will not be a Clerk of Course

**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:**

- 1) Over entering the daily and meet limit is not permitted.
- 2) There is no penalty for NS in prelims or timed finals where there is no positive check-in.
- 2) Qualifiers for finals will be determined following the allotted 30 minutes to scratch.
- 3) Any swimmer qualifying for consolation final or final race in an individual event who fails to compete and fails to scratch within the 30 minutes after **the announcement of qualifiers** in said consolation final or final race shall be barred from their next individual event.
- 4) Exception for Failure to Compete: No penalty shall apply for failure to withdraw or compete in an individual event if:
  - ◆ A swimmer qualifying for consolation final or final race during preliminaries notifies clerk of course within thirty (30) minutes after announcement of the original qualifiers.
  - ◆ It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.
  - \* If a swimmer fails to show for the finals on the last night of the meet for which they are entered, and has not scratched according to the rules of this meet, a \$25 fine will be imposed payable to BLAST. Payment of the fine will be the responsibility of their team. Two exceptions to this rule:
    - ◆ Illness to the swimmer reported to the meet referee prior to warm-ups at the finals.
    - ◆ Cancellation of the meet due to inclement weather at the discretion of the meet referee.

If a swimmer positively checks-in for a deck seeded event and fails to participate in that event, that swimmer will not be allowed to swim their next event and their team will be assessed a \$25 per event fine payable to BLAST. Note: The meet referee may rule against these penalties due to extenuating circumstances.

**NO SMOKING:** No smoking in Swimming Venue.

**AUDIO/VISUAL**

**RECORDING DEVICES:** USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING A CELL PHONE, IS NOT PERMITTED IN CHANGING AREAS, REST ROOMS OR LOCKER ROOMS.

**USA SWIMMING**

**REGISTRATION:** Late USA Swimming Registration \$60 for annual or \$37.50 for individual seasonal (payable to ISI) + \$5 Late fee (payable to BLAST) will be accepted. Club and non-athlete registrations will not be accepted.

**ADAPTED COMPETITIVE SWIMMERS:**

USA Swimming and ISI encourage adapted competitive swimmers to participate in all sanctioned meets. The “Adapted Competitive Swimmer Information Form” (ISI Code Book App-21) must accompany entries. The form is available from the ISI web site [www.isiswim.org](http://www.isiswim.org) or from the ISI Office: 2715 Pioneer Court, Davenport, Iowa 52804-1099; Toll free Iowa only 1-877-ISI-SWIM or 1-563-391-5832; Email [admin@isiswim.org](mailto:admin@isiswim.org)

**OTHER INFORMATION:**

- Programs will be on sale at the meet. Electronic final results will be provided to teams having an entrant in the meet & posted on the ISI website. Hard copy of results can be requested on financial sheet (APP#8.2) for \$5.00.
- An extremely limited concessions will be open during the meet offering only swimmer friendly drink and snacks.
- Splash Multi Sport will be available at the meet with a variety of swimming supplies.
- Spectator seating is available in a balcony above the pool.
- Only swimmers, coaches, and workers will be allowed on deck.

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## BLAST WINTER INVITATIONAL

Friday Evening Session January 27<sup>th</sup>, 2012

25 yard course      Sanction: IA-12-14

Warm-ups: 4:30 pm

Competition: 5:15 pm

<u>Girls' Events</u>	<u>Events</u>	<u>Boys' Events</u>
1 TF	11-12      100 IM	2 TF
3 TF	10&U      200 IM	4 TF
5 TF	Senior      50 Fly	6 TF
7 TF	11-12      50 Fly	8 TF
9 TF	Senior      400 IM*	10 TF
11 TF	11-12      400 IM*	12 TF
13 TF	Senior      50 Back	14 TF
15 TF	10&U      500 Free*	16 TF
17 TF	Senior      50 Breast	18 TF
19 TF	11-12      500 Free*	20 TF
21 TF	Senior      500 Free*	22 TF

\* Positive Check-in Required by 4:45 pm

# BLAST WINTER INVITATIONAL

Saturday Morning & Afternoon Sessions – January 28<sup>th</sup>, 2012

25 yard course      Sanction: IA-12-14

Morning Warm-ups: 8:15 am

Competition: 9:00 am

<u>Girls' Events</u>	<u>Events</u>	<u>Boys' Events</u>	
51 P	11-12	50 Back	52 P
53 P	Senior	200 IM	54 P
55 P	13-14	200 IM	
56 P	11-12	200 IM	57 P
58 P	Senior	100 Free	59 P
60 P	13-14	100 Free	
61 P	11-12	100 Free	62 P
63 P	Senior	200 Breast	64 P
65 P	13-14	200 Breast	
66 P	11-12	200 Breast	67 P
68 P	Senior	100 Fly	69 P
70 P	13-14	100 Fly	
71 P	11-12	100 Fly	72 P
73 P	Senior	100 Back	74 P
75 P	13-14	100 Back	
76 P	11-12	100 Back	77 P
23 TF	Senior	200 Medley Relay	24 TF
25 TF	11-12	200 Medley Relay	26 TF

Afternoon Warm-ups: Immediately following morning session, but not before 1:00 pm

Competition: One hour after warm-ups, but not before 2:00 pm

<u>Girls' Events</u>	<u>Events</u>	<u>Boys' Events</u>	
27 TF	10&U	100 Fly	28 TF
29 TF	8&U	50 Fly	30 TF
31 TF	10&U	50 Free	32 TF
33 TF	8&U	25 Free	34 TF
35 TF	10&U	100 IM	36 TF
37 TF	8&U	100 IM	38 TF
39 TF	10&U	100 Back	40 TF
41 TF	8&U	25 Back	42 TF
43 TF	10&U	50 Breast	44 TF
45 TF	8&U	50 Breast	46 TF
47 TF	10&U	200 Medley Relay	48 TF
49 TF	8&U	100 Medley Relay	50 TF

# BLAST WINTER INVITATIONAL

Sunday Morning & Afternoon Sessions - January 29<sup>th</sup>, 2011

25 yard course      Sanction: IA-12-14

Morning Warm-ups: 8:15 am

Competition: 9:00 am

<u>Girls' Events</u>	<u>Events</u>	<u>Boys' Events</u>
78 TF	11-12    50 Breast	79 TF
80 TF	13 & O    50 Free	81 TF
82 TF	11-12    50 Free	83 TF
84 TF	13 & O    200 Fly	85 TF
86 TF	11-12    200 Fly	87 TF
88 TF	13 & O    200 Back	89 TF
90 TF	11-12    200 Back	91 TF
92 TF	13 & O    100 Breast	93 TF
94 TF	11-12    100 Breast	95 TF
96 TF	13 & O    200 Free	97 TF
98 TF	11-12    200 Free	99 TF
100 TF	13 & O    200 Free Relay	101 TF
102 TF	11-12    200 Free Relay	103 TF
104 TF	13 & O    1650 Free*	105 TF
106 TF	11-12    1650 Free*	107 TF

\*Positive check-in is required by 8:30 am. 1650 will be combined as necessary, dictated by the timeline and be swam fastest to slowest heats. All swimmers are requested to provide their own timers and counters.

Afternoon Warm-ups: Immediately following morning session, but not before 2:00 pm

Competition: One hour after warm-ups, but not before 3:00 pm

<u>Girls' Events</u>	<u>Events</u>	<u>Boys' Events</u>
108 TF	10&U    100 Free	109 TF
110 TF	8&U      50 Free	111 TF
112 TF	10&U    50 Fly	113 TF
114 TF	8&U      25 Fly	115TF
116 TF	10&U    200 Free	117 TF
118 TF	8&U      100 Free	119 TF
120 TF	10&U    50 Back	121 TF
122 TF	8&U      50 Back	123 TF
124 TF	10&U    100 Breast	125 TF
126 TF	8&U      25 Breast	127 TF
128 TF	10&U    200 Free Relay	129 TF
130 TF	8&U      100 Free Relay	131 TF

## FINANCIAL SHEET - PRELIMS & FINALS

MEET NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_ CODE: \_\_\_\_\_

COACHES ATTENDING MEET: \_\_\_\_\_

\_\_\_\_\_

ENTRY CONTACT: \_\_\_\_\_

ADDRESS: \_\_\_\_\_, IA \_\_\_\_\_  
Street Address City Zip

PHONE: (\_\_\_\_)\_\_\_\_-\_\_\_\_ EMAIL: \_\_\_\_\_

ENTRY FEES	NUMBER	FEE	TOTAL \$
INDIVIDUAL ENTRIES		\$ 3.50	
RELAY ENTRIES		\$ 6.00	
SWIMMERS (Splash Fee)		\$ 3.00	
FINAL RESULTS*		\$ 5.00	
TOTAL ENTRY FEES			
MAKE CHECK PAYABLE TO: BLAST			

\***FINAL RESULTS** – Final results will be provided in electronic form & available on the ISI website, unless hard copy is requested along with fees.

Mail final results to:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_