

Central Iowa Aquatics Fall Mixer
October 1 & 2, 2011
Valley High School, 25 yard course
Mixed Open

- ISI SANCTION:** **IA-12-01** held under the sanction of USA Swimming.
- RULES:** Current USA Swimming & Iowa Swimming, Inc. (ISI) technical and administrative rules will govern this meet.
- DATES:** Saturday, October 1, 2011 and Sunday, October 2, 2011.
- TIME:** The doors to the Valley HS Pool will open 10:30am on Saturday, 7:30am on Sunday.
Session I: Warm-ups: 11:00am Competition: 12:00pm
Session II: Warm-Ups: Not before 3:00pm Competition: Not before 4:00pm
Session III: Warm-ups: 8:00am Competition: 9:00am
Session IV: Warm-ups: Not before 12:15pm Competition: Not before 1:15pm
- Coaches meeting will be at 11:50am Saturday and 8:50am Sunday.
If warm-ups need to be split, teams will be notified by Tuesday, September 27, 2011.
- SITE:** Valley High School. 3650 Woodland Ave, West Des Moines, Iowa. Indoor, 7-lane, 25-yard pool. Water depth at the starting end is 12 feet, 6 inches; the turn end water depth is 3 feet, 10 inches. Daktronics Omni Sport 2000 timing system with 7-lane readout scoreboard, with 2 back-up watches per lane. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- 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.
- WARM-UP PROCEDURES:** ISI Warm-up procedure will be followed. See ISI Code Book Section 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. 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 age as of October 1, 2011.
 - 3) A swimmer may enter up to 4 individual events per day and 1 relay per day.
 - 4) Seed times must be submitted for a 25 yard course. NT entries will be accepted.
 - 5) Relay teams will be mixed ages and gender consisting of 2 males and 2 females.

- ENTRY LIMITS:** 100 splashes/lane/session.
- ENTRY FEES:**
- 1) Individual events are \$4.00 per event.
 - 2) Relays are \$8.00 per relay.
 - 3) ISI Splash Fee is \$3.00 per swimmer
 - 4) Teams submitting hand entries will be charged \$2.00 per swimmer if more than five entries.
 - 5) Write a single check for entry and splash fees payable to Central Iowa Aquatics.
 - 6) 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 and ISI APP 8.1 financial sheet or entries may be submitted electronically in Hy-Tek, Team Unify or other MM software format readable by Meet Manager. When submitting electronic entries, please provide a printout of your entries for backup and the ISI Financial Sheet. Any team submitting entries electronically will receive the meet results electronically after the meet.
- ENTRIES:**
- 1) Entries will be accepted from teams in the Iowa LSC beginning September 12, 2011.
 - 2) Entries will be accepted from all teams beginning September 19, 2011.
 - 3) Each electronic entry accepted will be confirmed via return email receipt.
- ENTRY DEADLINE:**
- 1) Hand entries are due no later than Wednesday, September 21, 2011. Financial sheet and fees must accompany hand written entries. Express mailing entries NO SIGNATURE REQUIRED.
 - 2) Electronic entries must be received no later than 12:00 Noon, Monday, September 26, 2011 with hardcopy, financial sheet and fees due by Wednesday, September 28, 2011 or entries will be scratched.
 - 3) Phone/fax entries or changes **will not** be accepted.
- LATE ENTRIES:**
- 1) Late entries will be accepted until 10 minutes after the start of warm-ups for each session and will only be allowed if adding a swimmer to an event where an open lane exists.
 - 2) No additional heats will be created for late entries whether the event is pre-seeded or not. All late entries will be entered as NT.
 - 3) Late entry charges \$8.00 for individual events, \$16.00 for relays.
 - 4) Late entry swimmers will be required to show proof of USA Swimming registration or submit USA Swimming registration form with payment and late fee. NO EXCEPTIONS.
- SEND ENTRIES TO:** Send entries to the meet directors, ciameetdirectors@mchsi.com. Hard copies can be mailed to John Van Meter, 624 19th Street SW, Altoona, IA 50009. (515) 957-6052.
- MEET DIRECTORS:** John & Jennifer Van Meter ciameetdirectors@mchsi.com (515) 957-6052
624 19th St. SW, Altoona, IA 50009
- SCORING:** There will be no scoring for relays. Individual events will be scored as follows:
- PLACE:** 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
- POINTS:** 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1
- AWARDS:** **Individual High Point Trophies** will be awarded to the TOP 3 male/female swimmers in each age division. (8&Under, 9-10, 11-12, 13-14, 15&Older) **Ribbons** will be awarded for 12&Under Swimmers, 1st thru 8th place for individual events and 1st thru 3rd place for relays. **Participation gifts** will be given to each swimmer.

**MEET
OPERATION:**

- 1) All Events will be pre-seeded.
- 2) There will not be a Clerk of Course.
- 3) All 12&Under (morning sessions) and all 13&Older (afternoon sessions) events will be swum mixed, combined in seeding, FASTEST to SLOWEST and scored separately.
- 4) There is no guarantee of a 10 minute rest between consecutive events.
- 5) **Positive check-in is REQUIRED** for the 400 IM and the 500, 1000 & 1650 Freestyle events.
- 6) Positive check-in deadline is 30 minutes after start of warm-ups of the session the event is in.
- 7) Positive check-in events may be reseeded if a heat can be eliminated after positive check-in.
- 8) Swimmers failing to check in will be scratched and spot offered to any late entry alternates.
- 9) Swimmers failing to check-in and late entries may still swim if there are any open lanes.
- 10) If a heat was eliminated after reseeding, no heats will be added to accommodate a swimmer failing to check in.
- 11) Swimmers competing in the 500 Free are requested to provide lap counters. CIA will provide timers.
- 12) Swimmers competing in the 1000 Free and 1650 Free are requested to provide lap counters and timers.
- 13) Relay teams can be mixed ages and must have 2 male/2 female.
- 14) Relay cards will be distributed prior to each session and order of swimmers must be certified on each card. If names are on entry sheets for relays, those names will be on the relay card at the meet.

**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 an emergency meeting.

SCRATCHES:

Scratches for non-positive check-in events do not need to be reported but would be appreciated. ISI Scratch Rule is in effect. See ISI Code Book Section J.

NO SMOKING:

The West Des Moines Community School District is a **smoke-free environment**. No smoking or use of tobacco products is permitted in any school-owned facility, or on school grounds.

**USA
REGISTRATION:**

Late USA Registration at the meet is \$60 annual or \$37.50 individual season (150 days) (payable to ISI) and \$5 late fee payable to **Central Iowa Aquatics**. Club and Non-Athlete registrations are NOT accepted.

**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 from the ISI website: www.isiswim.org or by contacting the ISI office, 2715 Pioneer Ct. Davenport, IA 52804, email admin@isiswim.org or phone: 1-877-ISI-SWIM (toll-free IA only) or 563-391-5832. 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.

OFFICIALS:

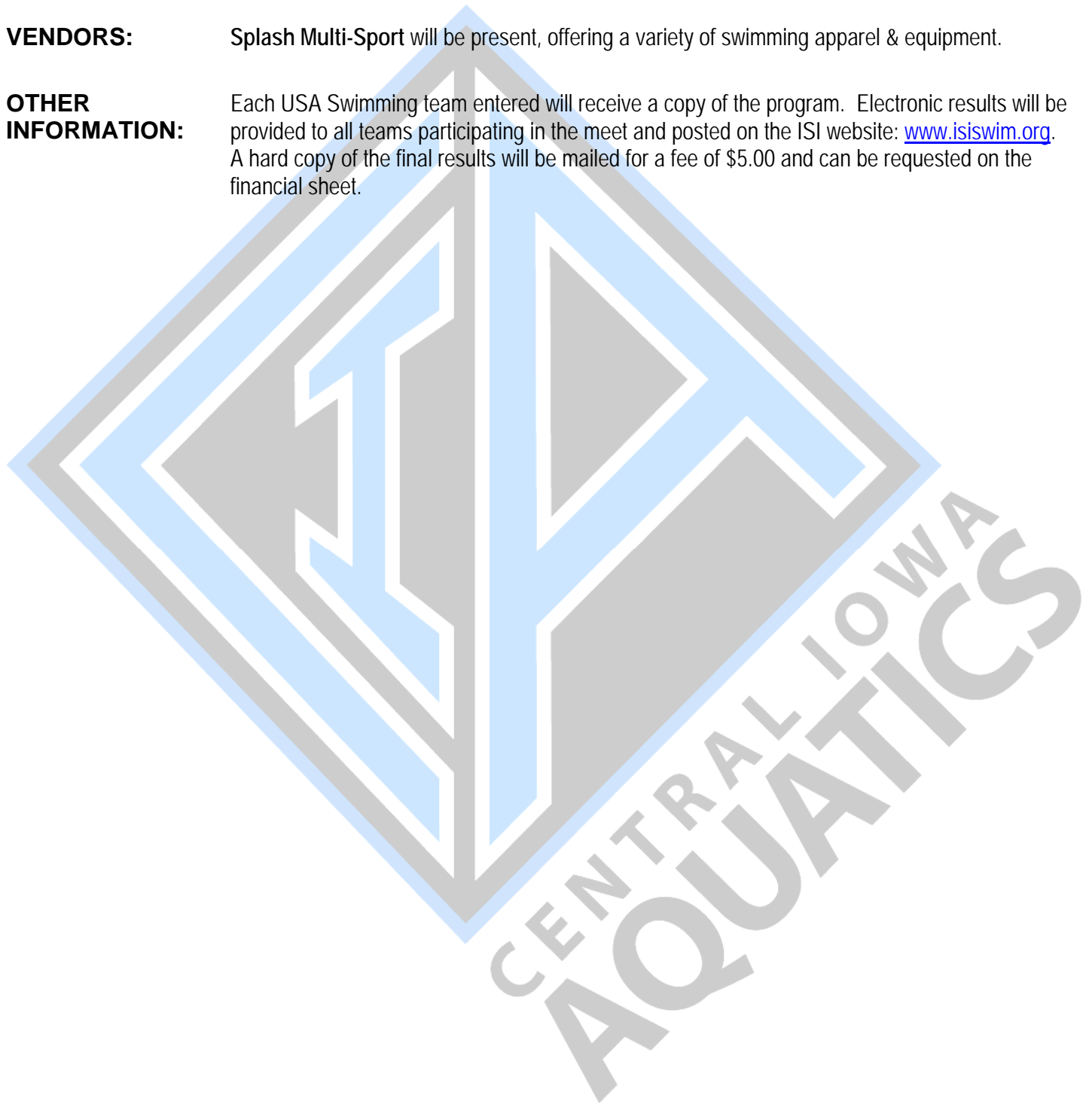
Central Iowa Aquatics welcomes any visiting USA Swimming officials who would like to officiate at this meet. Officials will receive a complimentary meet program. If you are able to officiate, please contact Barb Beatty at babeatty1@mchsi.com.

CONCESSIONS: There will be a concession stand offering hot and cold food selections, along with drinks and healthy snacks. A hospitality room will be available for coaches, officials, and volunteers working the meet.

PROGRAMS: Programs will be available for \$10

VENDORS: Splash Multi-Sport will be present, offering a variety of swimming apparel & equipment.

OTHER INFORMATION: Each USA Swimming team entered will receive a copy of the program. Electronic results will be provided to all teams participating in the meet and posted on the ISI website: www.isiswim.org. A hard copy of the final results will be mailed for a fee of \$5.00 and can be requested on the financial sheet.



2011 Central Iowa Aquatics Fall Mixer
Valley High School (25 yard course) Sanction # IA-12-01

Session I: Saturday Morning, October 1, 2011

Warm-ups begin at 11:00am
Competition starts at 12:00pm

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
1	Mixed 12 & Under	200 IM
2	Mixed 8 & Under	25 Freestyle
3	Mixed 12 & Under	100 Freestyle
4	Mixed 12 & Under	50 Backstroke
5	Mixed 12 & Under	200 Backstroke
6	Mixed 8 & Under	25 Breaststroke
7	Mixed 12 & Under	100 Breaststroke
8	Mixed 12 & Under	50 Butterfly
9	Mixed 12 & Under	200 Butterfly
10	Mixed 12 & Under	200 Free Relay
11	Mixed 12 & Under	*500 Freestyle

*Positive Check-in is REQUIRED for the 500 Free. Deadline is 30 minutes after the start of warm-ups.
Swimmers failing to check in will be scratched and spot offered to any late entry alternates.
Swimmers are requested to provide their own lap counters. CIA will provide timers.

Session II: Saturday Afternoon, October 1, 2011

Warm-ups: not before 3:00pm
Competition: not before 4:00pm

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
12	Mixed 13 & Older	*500 Freestyle
13	Mixed 13 & Older	200 Backstroke
14	Mixed 13 & Older	200 IM
15	Mixed 13 & Older	200 Breaststroke
16	Mixed 13 & Older	50 Freestyle
17	Mixed 13 & Older	100 Butterfly
18	Mixed 13 & Older	200 Free Relay
19	Mixed 13 & Older	*1000 Freestyle

*Positive Check-in is REQUIRED for the 500 Free & 1000 Free. Deadline is 30 minutes after the start of warm-ups.
Swimmers failing to check in will be scratched and spot offered to any late entry alternates.
Swimmers are requested to provide their own lap counters for both events and timers for the 1000 Free.
CIA will provide timers for the 500 Free.

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Session III: Sunday Morning, October 2, 2011

Warm-ups begin at 8:00am
Competition starts at 9:00am

<u>Event #</u>	<u>Age Group</u>	<u>Event:</u>
20	Mixed 12 & Under	100 IM
21	Mixed 12 & Under	50 Freestyle
22	Mixed 12 & Under	200 Freestyle
23	Mixed 8 & Under	25 Backstroke
24	Mixed 12 & Under	100 Backstroke
25	Mixed 12 & Under	50 Breaststroke
26	Mixed 12 & Under	200 Breaststroke
27	Mixed 8 & Under	25 Butterfly
28	Mixed 12 & Under	100 Butterfly
29	Mixed 12 & Under	200 Medley Relay
30	Mixed 12 & Under	*1000 Freestyle

*Positive check-in is REQUIRED for the 1000 Freestyle. Deadline is 30 minutes after the start of warm-ups.
Swimmers failing to check in will be scratched and spot offered to any late entry alternates.
Swimmers are requested to provide their own timers and lap counters.

Session IV: Sunday Afternoon, October 2, 2011

Warm-ups: not before 12:15pm
Competition: not before 1:15pm

<u>Event #</u>	<u>Age Group</u>	<u>Event:</u>
31	Mixed 13 & Older	*400 IM
32	Mixed 13 & Older	100 Backstroke
33	Mixed 13 & Older	200 Freestyle
34	Mixed 13 & Older	100 Breaststroke
35	Mixed 13 & Older	100 Freestyle
36	Mixed 13 & Older	200 Butterfly
37	Mixed 13 & Older	100 IM
38	Mixed 13 & Older	200 Medley Relay
39	Mixed 13 & Older	*1650 Freestyle

*Positive check-in is REQUIRED for the 400 IM and 1650 Freestyle. Deadline is 30 minutes after the start of warm-ups.
Swimmers failing to check in will be scratched and spot offered to any late entry alternates.
Swimmers are requested to provide their own lap counters and timers for the 1650 Free.

FINANCIAL SHEET - TIMED FINALS

MEET NAME: 2011 Central Iowa Aquatics Fall Mixer DATE: October 1&2, 2011

TEAM NAME: _____ CODE: _____

COACHES ATTENDING MEET: _____

ENTRY CONTACT: _____

ADDRESS: _____, IA _____
Street Address City Zip

PHONE: (____) _____-____-____ EMAIL: _____

ENTRY FEES	NUMBER	FEE	TOTAL \$
INDIVIDUAL ENTRIES		\$ 4.00	
RELAY ENTRIES		\$ 8.00	
SWIMMERS (Splash Fee)		\$ 3.00	
FINAL RESULTS *		\$ 5.00	
TOTAL FEES			
MAKE CHECK PAYABLE TO: Central Iowa Aquatics			

* **FINAL RESULTS** – Final results will be provided in electronic format & available on the ISI website, unless hard copy is requested along with fees.
 Mail final results to:
