

**CRAA**  
**HARVEST INVITATIONAL**  
**Q-, AGE GROUP AND SENIOR MEET**  
**November 19 – 20, 2011**

- ISI SANCTION: IA-12-05- held under the sanction of USA Swimming
- RULES: Current USA Swimming and Iowa Swimming, Inc. (ISI) technical and administrative rules will govern this meet.
- DATES: Saturday and Sunday, November 19-20, 2011
- TIME:
- |                  | <u>Morning</u> | <u>Afternoon</u>    |
|------------------|----------------|---------------------|
| Warm-ups:        | 7:30 AM        | Not before 12:00 PM |
| Competition:     | 8:15 AM        | Not before 1:00 PM  |
| Coaches Meeting: | 7:15 AM        | if needed           |
- If warm-ups are to be split, teams will be notified by the Tuesday before the meet which warm-up period they are assigned.
- SITE: Kennedy High School  
4545 Wenig Rd NE  
Cedar Rapids, IA 52402
- FACILITIES: Twenty five yd, 6 lanes, indoor pool. Non-turbulent lane markers. IST timing System with touch pads and push button back-up system at starting block end. Horn & strobe starts. Two manual watches on each lane for back-up time. Back stroke flags 15 feet from each end of the course. Pool bottom: Lane markers with target at each end of pool. Pool depths range from 12 feet at the starting blocks to 4 feet at the shallow end. The competition course has been certified in accordance with 104.2.2C(4). A 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 member 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-UPS: ISI Warm-up procedure will be followed. See ISI Code Book Section J. All swimmers are to carefully enter the pool using feet first, three point entry. Athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The meet directors 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.
- RACING START CERTIFICATION: Any swimmer entered in the meet must be certified by a USA Swimming member coach as 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 registered USA Swimming athletes.
  - 2) Contestants must enter the age bracket corresponding to age as of 11-19-2011.
  - 3) A swimmer may enter up to 4 individual events per session, 5 individual events per day maximum and a maximum of 10 individual events for the meet. A swimmer may compete in a maximum of two relays per session and a maximum of four relays for the meet.
  - 4) Seed times must be submitted for a 25yd course.
  - 5) Swimmers who have a SCY, LCM or SCM ISI "Q" time in an event are ineligible to swim that equivalent SCY event at this meet.

- 6) 8 & Under swimmers who have an ISI "Q" time in the 50 yard for a stroke cannot swim the 8 & Under25 yard event for that stroke.
- 7) All relay cards will be distributed at the Saturday a.m. coaches meeting. All four swimmers full name, age and order of swimming must be verified on each card.

ENTRY LIMITS: 100 Splashes/lane/session or 4 hour rule has been met.

- ENTRY FEES:
- 1) Individual events are \$3.00 per Event.
  - 2) Relays are \$5.00 per relay.
  - 3) ISI Splash Fee is \$3.00.
  - 4) Teams submitting hand entries will be charged \$2.00 per swimmer if there are more than 5 swimmers.
  - 5) Write single check for entry and splash fees payable to CRAA.
  - 6) Entry fees are not refundable. Splash fees will be refunded if the entire meet is cancelled.

ENTRY FORMS: Submit entries in Hy-Tek, Team Unify or other MM software format readable by Meet Manager; or use forms ISI APP-7 (Entry Form) and ISI APP 8.1 (Financial Sheets). Please include the full names and ages of relay participants. When submitting electronic entries, please provide a printout of these entries for backup with the entry fee and financial sheet.

- ENTRIES:
- 1) Entries will be accepted from teams and swimmers in the Iowa LSC and entries from teams from outside the Iowa LSC who attended the 2010 Harvest Invitational beginning on October 21, 2011.
  - 2) Entries will be accepted from all beginning on October 28, 2011.
  - 3) Entries will be confirmed via a return mail receipt.

- ENTRY DEADLINE:
- 1) Hand written entries must be received no later than November 11, 2011. Financial sheet and fees must accompany hand written entries.
  - 2) Electronic entries must be received no later than Monday, November 14, 2011 at 12:00 PM (Noon). Hardcopy, financial sheet and fees must be received no later than November 19th or entries will be scratched. Entries will be confirmed via a return email receipt.
  - 3) Phone/fax entries will not be accepted.

LATE ENTRIES Late entries will be accepted in available lane space only, without additional heats and up to the beginning of warm-ups for each session, if the meet has not exceeded the splash number. The late entry fee will be \$6.00 per individual events and \$10.00 for relays, plus the \$3.00 Splash Fee. Athletes not already in the meet will be required to show proof of membership when late entering. Please call the meet entry chair to find out if late entries can be accepted.

SEND ENTRIES TO: James Broghammer  
510 Troy Lane  
Marion, Iowa 52302  
319-389-6975  
[james@allfuelsandenergy.com](mailto:james@allfuelsandenergy.com)  
Express mailing entries NO SIGNATURE REQUIRED will be accepted all day.

CO-MEET DIRECTORS:

David Grinde	Beth Horth
3235 Bever Circle SE	4133 Riverview Rd
Cedar Rapids, IA 52403	Cedar Rapids, IA 52411
319-899-9093	319-294-0993
<a href="mailto:davidgrinde@yahoo.com">davidgrinde@yahoo.com</a>	<a href="mailto:jb.horth@mchsi.com">jb.horth@mchsi.com</a>

MEET REFEREE: TBD

SCORING: Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
No points will be awarded in senior age group events.

**AWARDS:** Individual places: 1 through 16 – Ribbons  
Relay places: 1 through 6 – Ribbons  
Individual and relay awards will be awarded for 8 & Under, 9-10, 11-12 and 13-14 age groups only. Individual High Point trophies for the top three girl and boy swimmers in the 8 & Under, 9-10, 11-12 and 13-14 age groups will be awarded. Individual High Point Medals will be awarded to swimmers finishing 4 - 16 in the 8 & Under, 9-10, 11-12 and 13-14 age groups. There will not be high point awards for the senior age groups. Points awarded to 8 & Under swimmers that are scored while competing in 10& Under age group events will not count towards 8 & Under High Point Awards.

**MEET OPERATION:** 1) The meet will be **PRE-SEEDED** for all events 200 yards and shorter. Heat sheets will be posted on the pool deck for the benefit of the athletes. Each team’s coaching staff will also be supplied with a heat sheet.  
2) **There will not be a Clerk of Course** used at this meet. Swimmers should report directly to the blocks. There will, however, be volunteers behind the blocks to assist swimmers in lining up for their races  
3) If names are on entry sheets for relays, those names will be on the relay card at the meet.  
4) Positive check in is required for the following events:  
    500 Free  
    400 IM  
5) Swimmers failing to check in will only be allowed to swim if there is an open lane.  
6) It is not the meet host responsibility to provide rest for swimmers that enter both 8 & Under and 10 & Under or Age Group and Senior events.  
7) The 11-12, 13-14 and Senior 500 Free and 400 IM events will be swum together fastest to slowest alternating girls/boys but scored separately.  
8) 10 & Under 500 Free will be swum slowest to fastest. We will **NOT** be alternating girls and boys.  
9) The meet referee may at his / her discretion, cancel morning relays if the session will exceed the 4 hour time limit. (ISI code)

**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.

**NO SMOKING:** Smoking is not permitted anywhere on the Kennedy High School property, including the parking lot, outside grounds and inside the buildings.

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

**USA REGISTRATION:** Late USA Registration at the meet is \$60.00 (annual) or \$37.50 (Individual Season – 150 days) payable to ISI + \$5 late fee (payable to CRAA). Club and non-athlete registrations will **NOT** be accepted.

**ADAPTED USA COMPETITIVE SWIMMERS:** Swimming and ISI encourage adapted competitive swimmers **COMPETITIVE** to participate in all sanctioned meets. The “Adapted Swimmer Information Form” form APP-21 must accompany entries. The form is available on the ISI website: [www.isiswim.org](http://www.isiswim.org) or by contacting the ISI office by email at [admin@isiswim.org](mailto:admin@isiswim.org); or, phone 1-877-ISI-SWIM 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.

**PROGRAMS AND** Programs will be on sale at the meet. A program will be provided for the coach of each team

- RESULTS:** having swimmers entered in the meet. Complimentary electronic final results will be sent to each swim club participating in this meet; a hard copy of the results can be requested on financial sheet and will be mailed to teams for a fee of \$5.00.
- SEATING:** An indoor bleacher section is available for viewing competition. There is plenty of room around the pool area for swimmers ONLY.
- CONCESSIONS:** Concessions will be provided by the Kennedy Booster Club.
- VENDOR:** Splash Multisport will be at the pool both days.
- OFFICIALS:** Certified USA Swimming Officials with current registration and LSC-level certification, or those wishing to apprentice, are encouraged to participate in this meet. An Officials' Sign-up Sheet will be available on the CRAA website on the Volunteers' page from 2 weeks before the meet. If you have any questions, please contact a Meet Director or the Meet Referee. The officials' meetings will be held 45 minutes prior to the start of the session in the hospitality room.

**HARVEST INVITATIONAL**  
**Q-, AGE GROUP AND SENIOR MEET**

25 yd-Pool

Saturday, November 19, 2011 IA-12-05

Session 1:

Warm Up begins at 7:30 AM

Meet Starts at 8:15 AM

Fastest Time	Girls Events	Event	Boy Events	Fastest Time
35.10	1	10 & Under 50 Free	2	35.20
	3	8 & Under 25 Free	4	
1:42.10	5	10 & Under 100 Fly	6	1:40.40
50.20	7	8 & Under 50 Fly	8	50.00
3:19.40	9	10 & Under 200 IM	10	3:18.10
1:43.20	11	8 & Under 100 IM	12	1:42.30
47.00	13	10 Under 50 Breast	14	47.90
	15	8 and Under 25 Breast	16	
1:30.90	17	10 and Under 100 Back	18	1:32.10
52.30	19	8 & Under 50 Back	20	52.50
	21	10 & Under 200 Medley Relay	22	
	23	8 & Under 100 Medley Relay	24	
2:57.70	25	10 & Under 200 Free	26	2:50.90

Session 2

Warm-up not before 12:00 PM

Competition not starting before 1:00 PM Meet

Fastest Time	Girls Events	Event	Boy Events	Fastest Time
1:17.30	27	11-12 100 Back	28	1:16.50
2:38.40	29	13-14 200 Back	30	2:29.80
2:29.90	31	Senior 200 Back	32	2:17.90
30.10	33	11-12 50 Free	34	29.80
28.69	35	13-14 50 Free	36	26.60
28.00	37	Senior 50 Free	38	25.30
2:44.20	39	11-12 200 IM	40	2:44.20
2:32.00	41	13-14 200 IM	42	2:21.70
2:27.00	43	Senior 200 IM	44	2:15.10
39.80	45	11-12 50 Breast	46	39.50
1:21.70	47	13-14 100 Breast	48	1:15.90
1:15.70	49	Senior 100 Breast	50	1:08.90
1:17.50	51	11-12 100 Fly	52	1:16.00
2:42.60	53	13-14 200 Fly	54	2:32.00
2:30.50	55	Senior 200 Fly	56	2:19.00
	57	11-12 200 Medley Relay	58	
	59	Senior 200 Medley Relay	60	
6:28.60	61*	**11-12 500 Free	62*	6:23.70
5:56.60	63*	**13-14 500 Free	64*	5:38.60
5:47.40	65*	**Senior 500 Free	66*	5:24.30

\* Age groups will be swum together fastest to slowest alternating girls/boys but scored separately.

\*\* The 500 Free events require positive check-in by the start of the session. Swimmers failing to check in will only be allowed to swim if there is an open lane.

**HARVEST INVITATIONAL  
Q-, AGE GROUP AND SENIOR MEET**

25 yd-Pool

Sunday, November 20, 2011 IA-12-05

Session 3

Warm-up begins at 7:30 AM

Meet Starts at 8:15 AM

Girl Events

Boys Events

Fastest Time	Event #	Event	Event #	Fastest Time
1:36.60	67	8 & Under 100 Free	68	1:34.40
1:29.10	69	10 & Under 100 IM	70	1:31.20
	71	8 & Under 25 Fly	72	
43.00	73	10 & Under 50 Fly	74	42.00
1:44.00	75	10 & Under 100 Breast	76	1:43.70
57.70	77	8 & Under 50 Breast	78	55.50
41.20	79	10 & Under 50 Back	80	43.70
	81	8 & Under 25 Back	82	
1:19.10	83	10 & Under 100 Free	84	1:20.00
43.30	85	8 & Under 50 Free	86	42.30
	87	10 & Under 200 Free Relay	88	
	89	8 & Under 100 Free Relay	90	
7:39.50	91	**10 & Under 500 Free	92	7:35.20

\*\* The 500 Free events require positive check-in by the start of the session. Swimmers failing to check in will only be allowed to swim if there is an open lane.

Session 4

Warm-up not before 12:00 PM

Competition not starting before 1:00 PM Meet

Girl Events

Boy Events

Fastest Time	Event #	Event	Event #	Fastest Time
1:26.70	93	11-12 100 Breast	94	1:25.10
3:00.70	95	13-14 200 Breast	96	2:49.40
2:49.60	97	Senior 200 Breast	98	2:36.40
1:17.00	99	11-12 100 IM	100	1:15.40
2:13.80	101	13-14 200 Free	102	2:06.60
2:10.40	103	Senior 200 Free	104	2:00.10
34.60	105	11-12 50 Back	106	35.40
1:11.40	107	13-14 100 Back	108	1:07.60
1:06.60	109	Senior 100 Back	110	1:01.10
1:05.70	111	11-12 100 Free	112	1:05.30
1:02.20	113	13-14 100 Free	114	57.40
1:00.80	115	Senior 100 Free	116	55.20
33.80	117	11-12 50 Fly	118	34.10
1:11.40	119	13-14 100 Fly	120	1:06.20
1:06.30	121	Senior 100 Fly	122	1:00.10
	123	11-12 200 Free Relay	124	
	125	Senior 200 Free Relay	126	
5:53.70	127*	***11-12 400 IM	128*	5:46.10
5:34.50	129*	***13-14 400 IM	130*	5:16.20
5:22.80	131*	***Senior 400 IM	132*	4:59.80

\* Age groups will be swum together fastest to slowest alternating girls/boys but scored separately.

\*\*\* The 400 IM events require positive check-in by the start of the session. Swimmers failing to check in will only be allowed to swim if there is an open lane.