

<p style="text-align:center">Des Moines Swimming Federation Fall Invitational Swim Meet Valley High School West Des Moines, Iowa (25 yds) November 12-13, 2011</p>

MEET CLASSIFICATION: OPEN

USA SWIMMING SANCTION NUMBER:

ISI Sanction number is **IA-12-09**. Held under the sanction of USA Swimming

RULES:

Current USA Swimming Rules and Iowa Swimming, Inc. rules will govern this meet.

DATES:

Saturday and Sunday, November 12-13, 2011

TIME:

Saturday Morning: Warm-up at 9:15 a.m., Competition starts at 10:30 am.

Saturday Afternoon: Warm-up immediately following the conclusion of the morning session but not before 2:30 pm. Competition will not start before 3:30 pm.

Sunday Morning: Warm-up at 7:50 am, Competition starts at 9:00 am.

Sunday afternoon: Warm-up immediately following the conclusion of the morning session but not before 1pm. Competition will not start before 2:00 pm.

Coaches Meeting: 15 minutes prior to the start of Saturday morning session and on an as need basis before remaining sessions.

If warm-ups are to be split, teams will be notified the Tuesday before the meet which warm-up period they are assigned.

SITE:

Valley High School, 3650 Woodland Ave,
West Des Moines, Iowa 50266.

- 1) Indoor, 25 yards, 7 lanes.
- 2) Water depth 12 feet 6 inches at starting end.
- 3) Turn Depth- 3 feet 10 inches
- 4) Timing System: Daktronics electronic timing system with horn start, Colorado touch pads and push button backup system. Secondary timing of at least two digital watches on each lane.
- 5) 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 Coach's Registration Card. All coaches must show coach card & sign 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. Athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Swimmers without a coach are to report to Meet Director or Meet Referee prior to warm-ups. 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 STARTS:

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 November 12, 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.

ENTRY LIMITS:

100 splashes per lane per session. NT entries will be accepted. In the event multiple entries are received, the order of acceptance will be:

- 1) Team within our LSC.
- 2) Earliest postmark date.
- 3) Team which participated in 2010.

After the splash limitation has been reached, no additions or changes to accepted entries will be allowed. Teams may call the meet director to verify acceptance. **DMSF EXPECTS THIS MEET TO FILL QUICKLY. TEAMS ARE ENCOURAGED TO ENTER EARLY.**

LIMITED ENTRY EVENTS:

- 1) The 500 & 1000 freestyle and 400 IM will be limited to the fastest 24 entrants in each event. The host team reserves the right to fill empty lanes with its own swimmers.
- 2) Proof of time may be required by meet officials. Please have proof of times available upon request. Acceptable proofs are meet results. When proof of time is requested and not provided swimmer will be scratched.
- 3) Verification on position in the limited entry events may be made by calling the meet director after November 10, 2011.
- 4) Alternate events will not be provided for swimmers failing to make the cut in the limited entry events.
- 5) Refunds are available for swimmers who do not make the cut.
- 6) The 500 & 1000 freestyle and the 400 IM are positive check-in events

ENTRY FEES:

- 1) Individual final events are \$4.00/event.
- 2) Relays are \$8.00 per relay.
- 3) ISI splash fee is \$3.00/swimmer.
- 4) Entry fees are not refundable. Splash fees will be refunded if the entire meet is cancelled
- 5) Make checks payable to DMSF for all fees.
- 6) Teams submitting hand entries will be charged \$2.00 per swimmer if there are more than 5 swimmers.

ENTRY FORMS:

- 1) Use Forms: ISI APP-7 Entry form & ISI APP-8.1 Financial Sheet, which can be found on the ISI website www.isiswim.org
- 2) Or Submit entries electronically in Hy-Tek, Team Unify, or other Meet Manager software format readable by Meet Manager will be accepted. When submitting electronic entries, please provide a printout of your entries for backup and the ISI Financial Sheet. Team will receive the meet results electronically following the meet.

ENTRIES:

- 1) Entries will be accepted from teams in the Iowa LSC & Outside LSC clubs who entered in lase years DMSF Invitational beginning on October 21, 2011
- 2) Entries will be accepted from teams outside the Iowa LSC beginning October 29, 2011
- 3) Entries will be confirmed via a return email receipt.
- 4) Entry hard copy, financial sheet and fees must follow all entries by November 9 or entries will be scratched.

ENTRY DEADLINE

- 1) Hand written entries are due no later than 5:00 PM, Friday November 4, 2011 with financial sheets and fees.
- 2) Electronic entries must be received by noon on Sunday November 6, 2011 with hardcopy, financial sheet and fees due by Tuesday, November 9 or entries will be scratched.
- 3) Phone / Fax entries will not be accepted
- 4) Only one additional change will be allowed to original entry and must be received prior to the deadline. Teams will not be split if all entries are received together.

LATE ENTRIES:

No late entries will be accepted.

SEND ENTRIES TO THE ENTRY CHAIR:

Greg Temple
4932 Urbandale Ave
Des Moines, IA 50310
gregory.temple@gmail.com
515-556-9729

FedX, Express Mail or UPS mail will be accepted with no signature required all day. Fax entries will not be accepted.

MEET DIRECTOR:

Kim Lammers
805 SE Shawver Drive, Grimes, IA 50111
515-986-9439
Kimlammers123@gmail.com

MEET REFEREE:

Barb Beatty, babeatty1@mchsi.com
515-979-3102 - cell
515-225-6686 - home

SCORING

No scoring

AWARDS:

Ribbons will be awarded for 12 and under swimmers will be given for 1-6 places for individual events and 1-3 places for relays.

MEET OPERATION:

- 1) All events are pre-seeded, except relays, 500 Free, 1000 Free & 400 IM, which will be deck seeded after positive check-in. Swimmers are to report directly behind their blocks for their events.
- 2) If names are on entry sheets for relays, those names will be on relay card at meet. Relay cards will be distributed prior to each session and order of swimmers must be verified on each card.
- 3) Those failing to check in will be scratched from the event.
- 4) It is not the meet host's responsibility to provide rest for swimmers who enter both 8 & under and 10 & under events. The same holds true for those who enter age group and senior events.
- 5) Events may be combined to facilitate meet operation and separated later.
- 6) The 500,1000 freestyle and 400 IM will be limited to the fastest 24 entrants in each event. Heats will be swum from fastest to slowest, alternating women to men. Positive check ½ hour after the start of session warm up is required for all limited entry events

MEET COMMITTEE:

A meet committee comprised of the meet referee, meet director, a coach's representative, an athlete representative, and one acting-at-large official will be established to receive and act upon any administrative protests 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:

The ISI Scratch Rule is in effect. See ISI code book section J.

NO SMOKING:

No smoking will be permitted on the Valley High School School District property.

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

USA SWIMMING REGISTRATION:

USA Swimming registration at the meet is \$60.00 (annual) or \$37.50(individual season 150 days), payable to ISI, plus a \$5.00 late fee to DMSF. Club and non-athlete registrations are not accepted.

ADAPTED COMPETITIVE SWIMMERS:

The Adapted Competitive Swimmer form must accompany entries. Information for adapted competitive swimmers is available from the ISI Office, 2715 Pioneer Ct. Davenport, IA 52804-1099; phone 563-391-5832 or toll free IA only 1-877-ISI-SWIM; email admin@isiswim.org

JUDY HOFFMAN MEMORIAL AWARD

The Judy Hoffman Memorial Award has been established in memory of Judy Hoffman, President of Iowa Swimming, Inc. until her untimely death in March, 1978. This award will be presented to an ISI competitive swimmer at the spring Iowa Banquet from a list of nominations by member ISI clubs and unattached ISI members. For further information concerning this award, contact the ISI Office, 2715 Pioneer Ct, Davenport, IA 52804-1099, phone 1-877-ISI-SWIM. Contributions to the Memorial Fund are greatly appreciated and may be made through officials of DMSF or Iowa Swimming, Inc. 2715 Pioneer Ct, Davenport, IA 52804-1099..

PROGRAMS/FINAL RESULTS:

- 1) Programs will be for sale.
- 2) Final Results will be available for \$5.00.
- 3) Club teams will receive one complimentary program upon coach signing in. Teams will receive electronic results, and meet results will also be posted on the ISI website. If teams request a hard copy, a fee of \$5.00 will be charged. This may be requested on financial sheet APP 8.1 with entries.

SALES:

There will be swimming merchandise available for sale all day Saturday and Sunday afternoon.

REFRESHMENTS:

There will be a concession stand on the premises.

RECERTIFICATION:

A recertification clinic will be offered between the Saturday sessions.

DMSF FALL INVITATIONAL SWIM MEET
Valley HS Pool (25 YARDS) West Des Moines, IA
NOVEMBER 12, 13, 2011 SANCTION NUMBER IA-12-09

GIRLS	QUALIFYING				QUALIFYING	BOYS
EVENT #	TIMES	AGE	DISTANCE	EVENT	TIMES	EVENT #
Session #1 Saturday November 12, 2011 * Warm-up 9:15 AM * Meet Starts 10:30 AM						
1	----	10 & U	200 YD	FREE	----	2
3	----	11 - 12	200 YD	FREE	----	--
4	----	8 & U	50 YD	FLY	----	5
6	----	10 & U	50 YD	FLY	----	7
8	----	11 - 12	50 YD	FLY	----	--
9	----	10 & U	100 YD	BACK	----	10
11	----	11 - 12	100 YD	BACK	----	--
12	----	8 & U	100 YD	IM	----	13
14	----	10 & U	100 YD	IM	----	15
16	----	11 - 12	100 YD	IM	----	--
17	----	8 & U	50 YD	BREAST	----	18
19	----	10 & U	50 YD	BREAST	----	20
21	----	11 - 12	50 YD	BREAST	----	--
22	N/A	12 & U	200 YD	FR. RELAY	N/A	23
24	----	11 - 12	400 YD*	IM	----	--

GIRLS	QUALIFYING				QUALIFYING	BOYS
EVENT #	TIMES	AGE	DISTANCE	EVENT	TIMES	EVENT #
Session #2 Saturday Afternoon November 12, 2011 Warm-up not before 2:30 pm * Meet will not start Prior to 3:30 pm.						
25	----	SENIOR	500 YD*	FREE	----	26
--	----	11 & 12	200 YD	FREE	----	27
28	----	SENIOR	100 YD	FLY	----	29
--	----	11 & 12	50 YD	FLY	----	30
31	----	SENIOR	200 YD	BACK	----	32
--	----	11 & 12	100 YD	BACK	----	33
34	----	SENIOR	50 YD	FREE	----	35
--	----	11 & 12	100 YD	IM	----	36
37	----	SENIOR	200 YD	BREAST	----	38
--	----	11 & 12	50 YD	BREAST	----	39
40	----	SENIOR	200 YD	FREE	----	41
--	----	11-12	400 YD*	IM	----	42
43		Senior	400 YD*	IM		44

*The 500 freestyle & 400 IM will be limited to the fastest 24 entrants in each event. These events will be swum fastest to slowest, alternating women and men, positive check in is required ½ hour after the start of warmups

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GIRLS EVENT #	QUALIFYING TIMES	AGE	DISTANCE	EVENT	QUALIFYING TIMES	BOYS EVENT #
Session #3 Sunday, November 13, 2011 * Warm-up 7:50 AM * Meet Starts 9:00 AM						
45	----	10 & U	200YD	IM	----	46
47	----	11 - 12	200 YD	IM	----	--
48	----	8 & U	50 YD	FREE	----	49
50	----	10 & U	50 YD	FREE	----	51
52	----	11 - 12	50 YD	FREE	----	--
53	----	10 & U	100 YD	FLY	----	54
55	----	11 - 12	100 YD	FLY	----	--
56	----	8 & U	50 YD	BACK	----	57
58	----	10 & U	50 YD	BACK	----	59
60	----	11 - 12	50 YD	BACK	----	--
61	----	10 & U	100 YD	BREAST	----	62
63	----	11 - 12	100 YD	BREAST	----	--
64	----	8 & U	100 YD	FREE	----	65
66	----	10 & U	100 YD	FREE	----	67
68	----	11 - 12	100 YD	FREE	----	--
69	N/A	12 & U	200 YD	MED. RELAY	N/A	70
71		11-12	500 YD*	Free		--

GIRLS EVENT #	QUALIFYING TIMES	AGE	DISTANCE	EVENT	QUALIFYING TIMES	BOYS EVENT #
Session # 4 Sunday Afternoon November 13, 2011 Warm-up Not before 1pm * Meet will not start Prior to 2 pm						
--	----	11 - 12	50 YD	FREE	----	72
73	----	SENIOR	200 YD	IM	----	74
--	----	11 - 12	200 YD	IM	----	75
76	----	SENIOR	100 YD	BACK	----	77
--	----	11 - 12	50 YD	BACK	----	78
79	----	SENIOR	200 YD	FLY	----	80
--	----	11 - 12	100 YD	FLY	----	81
82	----	SENIOR	100 YD	FREE	----	83
--	----	11 - 12	100 YD	FREE	----	84
85	----	SENIOR	100 YD	BREAST	----	86
--	----	11 - 12	100 YD	BREAST	----	87
88	----	SENIOR	1000 YD*	FREE	----	89
		11-12	500 YD*	Free		90

*The 500 & 1000 freestyle will be limited to the fastest 24 entrants in each event. These events will be swum fastest to slowest, alternating women and men, positive check in is required ½ hour after the start of warmups

