

CRAA
WINTER INVITATIONAL
Q-, AGE GROUP AND SENIOR MEET
January 7 – 8, 2012

Sanction: IA-12-19

Rules: Current USA Swimming and Iowa Swimming, Inc. (ISI) technical and administrative rules will govern this meet.

Dates: Saturday and Sunday, January 7-8, 2012

	<u>SATURDAY</u>	<u>SUNDAY</u>
Time:		
Warm-ups:	7:00 AM	8:00 AM
Competition:	8:00 AM	9:00 AM
Coaches Meeting:	6:45 AM if needed	-----

Site: Coe College
1220 First Ave NE
Cedar Rapids, IA 52402

Facilities: Twenty-five yd, 8 lanes, indoor pool. Non-turbulent lane markers. Colorado Timing System with touch pads and push button back-up system. 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 16 feet at the starting blocks to 5 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-up: 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 2012 registered USA Swimming athletes.
- 2) Contestants must enter the age bracket corresponding to age as of 01-07-2012.
- 3) A swimmer may enter up to 4 individual events per day or 8 individual events for the meet. A swimmer may compete in a maximum of two relays per session.
- 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 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 & Under 25 yard event for that stroke.
- 7) All relay cards will be distributed with each team's packets. All four swimmers full name, age and order of swimming must be verified on each card. A swimmer cannot swim the leg of a relay that corresponds to the same event (stroke, distance and age group) in which he/she possesses a SCY, LCM or SCM ISI 'Q' time prior to the start of the meet. For 8 & Under 100 Relays, a swimmer cannot swim a leg of a relay if they have achieved the 8 & Under 50 'Q' time that corresponds with the stroke they are swimming in the relay.

Entry Limits: 100 Splashes/lane/session or 4 hour rule has been met. **Additionally, this meet will be limited to the first 240 swimmers entering the meet.** Teams will not be split if entries are received together.

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 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 2011 CRAA Winter Invitational beginning December 12, 2011.
- 2) Entries will be accepted from teams outside of Iowa LSC beginning on December 21, 2011.
- 3) Entries will be confirmed via a return email receipt.

Entry Deadline:

- 1) Hand written entries are due no later than December 29, 2011. Financial sheet and fees must accompany hand written entries.
- 2) Electronic entries must be received no later than Monday, January 2, 2012 at 12:00 PM (Noon). Hardcopy, financial sheet and fees must be received no later than Friday, January 6, 2012 or entries will be scratched. The Entry Chairperson will confirm entries via a return email receipt.
- 5) Phone/Fax entries will not be accepted.

Late Entries: Late entries will be accepted provided the meet has not exceeded the splash number. If the meet has exceeded the maximum splash number, late entries will be accepted in available lane space only, without additional heats being added. Late entries will be accepted until the beginning of warm-ups for each session. 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 USA Swimming 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
Express mailing entries NO SIGNATURE REQUIRED will be accepted all day.

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
davidgrinde@yahoo.com	jb.horth@mchsi.com

Scoring: This meet will not be scored.

Awards: 8 & Under, 10 & Under, 9-10 and 11-12 Age Divisions
Individual events: 1 through 6 Medals, 7 through 12 – Ribbons
Relay events: 1 through 6 – Ribbons

Senior Division
No awards will be given

Meet 1) The meet will be pre-seeded except for the following events: Senior 400 IM and Senior 1000 Freestyle events.

- Operation:**
- 2) There will not be a Clerk of Course used at this meet. Swimmers should report directly to the blocks.
 - 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 by the end of warm ups for the following events:
 - Senior 400 IM
 - Senior 1000 Free
 - 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 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:** Scratch Rule is in effect. See ISI Code Book Section J.
- No Smoking:** Smoking is not permitted anywhere on the Coe College campus, including the parking lot, outside grounds and inside the buildings including the natatorium.
- USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONE, IS NOT PERMITTED IN CHANGING AREAS, REST ROOMS OR LOCKER ROOMS**
- USA Swimming Registrations:** 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 Coach Registrations will NOT be accepted.
- Adapted Competitive Swimmers:** USA Swimming and ISI encourage adapted competitive swimmers 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 or by contacting the ISI office by email at 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 Final Results:** Programs will be on sale at the meet. A program will be provided for the coach of each team 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.
- Concessions:** There will a limited concessions stand available.
- 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.

**CRAA WINTER INVITATIONAL
Q-, AGE GROUP AND SENIOR MEET**

25 yd-Pool

Saturday, January 7, 2012 IA-12-19

Session 1: 7:00 AM Warm-up 8:00 AM Meet Starts

Girls Events			Boy Events	
Fastest Time	Event #	Event	Event #	Fastest Time
2:10.40	1	Senior 200 Free	2	2:00.10
2:25.70	3	11-12 200 Free	4	2:23.40
2:57.70	5	9-10 200 Free	6	2:50.90
43.30	7	8 & Under 50 Free	8	42.30
39.80	9	11-12 50 Breast	10	39.50
47.00	11	10 & Under 50 Breast	12	47.90
*	13	8 and Under 25 Breast	14	*
2:49.60	15	Senior 200 Breast	16	2:36.40
3:11.70	17	11-12 200 Breast	18	3:07.30
1:30.90	19	9-10 100 Back	20	1:32.10
52.30	21	8 & Under 50 Back	22	52.50
1:17.30	23	11-12 100 Back	24	1:16.50
1:06.60	25	Senior 100 Back	26	1:01.10
1:43.20	27	8 & Under 100 IM	28	1:42.30
1:29.10	29	10 & Under 100 IM	30	1:31.20
1:17.00	31	11-12 100 IM	32	1:15.40
35.10	33	10 & Under 50 Free	34	35.20
30.10	35	11-12 50 Free	36	29.80
28.00	37	Senior 50 Free	38	25.30
*	39	8 & Under 25 Fly	40	*
1:42.10	41	9-10 100 Fly	42	1:40.40
1:17.50	43	11-12 100 Fly	44	1:16.00
1:06.30	45	Senior 100 Fly	46	1:00.10
	47	8 & Under 100 Medley Relay	48	
	49	10 & Under 200 Medley Relay	50	
	51	11-12 200 Medley Relay	52	
5:22.80	53*	Senior 400 IM	54*	4:59.80

* Positive Check-In is required for the Senior 400 IM by 8:00 AM on Saturday, January 7, 2012. Swimmers failing to check-in will only be allowed to swim provided there is an open lane. The event will be swum fastest to slowest alternating girls and boys.

**CRAA WINTER INVITATIONAL
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25 yd-Pool

Sunday, January 8, 2012 IA-12-19

Session 2

Warm-up begins at 8:00 AM

Meet Starts at 9:00 AM

Girl Events

Boys Events

Fastest Time	Event #	Event	Event #	Fastest Time
2:27.00	55	Senior 200 IM	56	2:15.10
2:44.20	57	11-12 200 IM	58	2:44.20
3:19.40	59	9-10 200 IM	60	3:18.10
1:36.60	61	8 & Under 100 Free	62	1:34.40
1:00.80	63	Senior 100 Free	64	55.20
1:05.70	65	11-12 100 Free	66	1:05.30
1:19.10	67	10 & Under 100 Free	68	1:20.00
*	69	8 & Under 25 Free	70	*
2:30.50	71	Senior 200 Fly	72	2:19.00
33.80	73	11-12 50 Fly	74	34.10
43.00	75	10 & Under 50 Fly	76	42.00
50.20	77	8 & Under 50 Fly	78	50.00
1:15.70	79	Senior 100 Breast	80	1:08.90
1:26.70	81	11-12 100 Breast	82	1:25.10
1:44.00	83	9-10 100 Breast	84	1:43.70
57.70	85	8 & Under 50 Breast	86	55.50
34.60	87	11-12 50 Back	88	35.40
41.20	89	10 & Under 50 Back	90	43.70
*	91	8 & Under 25 Back	92	*
2:29.90	93	Senior 200 Back	94	2:17.90
2:48.90	95	11-12 200 Back	96	2:45.60
	97	8 & Under 100 Free Relay	98	
	99	10 & Under 200 Free Relay	100	
	101	11-12 200 Free Relay	102	
12:25.70	103*	Senior 1000 Free	104*	11:40.20

* Positive Check-In is required for the Senior 1000 Free by 9:00 AM on Sunday, January 8, 2012. Swimmers failing to check-in will only be allowed to swim provided there is an open lane. The event will be swum fastest to slowest alternating girls and boys.