



## BLAST Winter Invite

To: ISI Team Representative  
From: Kim Abbas, Kerri Shimp, Nicole Canfield  
Date: November 18 , 2009  
Re: BLAST Winter Invite

Dear Representative,

Please find enclosed your invitation to the upcoming BLAST Winter Invite being held on Friday, January 29<sup>th</sup>, 2010, through Sunday, January 31<sup>st</sup>, 2010, 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,  
Kim Abbas  
319-266-8330  
snkabbas@cfu.net

Kerri Shimp  
319-230-8165  
shimpfam@cfu.net

Nicole Canfield  
319-277-7820  
cnfld97@cfu.net



## Hotels

### **Ramada Inn**

4<sup>th</sup> & Commercial  
Waterloo

319-233-7560

(\$79 if BLAST swimming is mentioned)

### **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**

5826 University Ave.  
Cedar Falls

319-277-2230

### **Holiday Inn Express**

2141 La Porte Rd.  
Waterloo

319-233-9191

### **Wingate Inn**

1614 Technology Pkwy  
Cedar Falls

319-277-2400

### **The Grand Hotel**

300 W Mullan Ave.  
Waterloo

319-234-7791

### **Midway Inn**

4117 University Ave.  
Cedar Falls

319-277-6931

### **Comfort Suites**

7402 Nordic Dr.  
Cedar Falls

319-273-9999

### **University Inn**

4711 University Ave.  
Cedar Falls

319-277-1412

# BLAST WINTER INVITATIONAL

## 8 & Under, Age Group, Senior Open

### JANUARY 29<sup>th</sup>-31<sup>st</sup>, 2010

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#### ISI

**SANCTION:** IA-10-18

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

**DATE:** Friday, January 29<sup>th</sup>– Sunday, January 31<sup>st</sup>, 2010

<b>TIME:</b>	Friday Evening	Warm-ups:	4:30 pm	Competition:	5:15 pm
	Saturday Morning	Warm-ups:	8:15 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:	8:15 am	Competition:	9:00 am
	Sunday Afternoon	Warm-ups:	Following AM session, not before 1:30 pm	Competition:	Following warm-ups, not before 2:30 pm

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

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

**SITE:** Holmes Junior High School, 505 Holmes Dr., Cedar Falls, IA 50613  
Indoor 25 yd. (with bulkhead), 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  
2 watches/lane for back-up times, third watch for heat winners

**COACHES:** Must sign in at meet, possess and visibly wear a current USA Coaches Registration card.

**WARM-UPS:** ISI Warm-up procedure will be followed, ISI Code Book Sec J. Swimmer(s) without a coach are to report to Meet Referee prior to warm-up for lane assignment.

#### 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 29<sup>th</sup>, 2010.
- 3) A swimmer may enter up to 3 Prelim/Final **or** 4 Timed Final events per day.
- 4) Seed times must be submitted for a 25yd course.

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

**ENTRY FEES:**

- 1) Individual entries are \$2.50 per event for Timed Final events
- 2) Individual entries are \$3.00 per event for Prelim/Final events
- 2) Relays are \$6.00 per relay.
- 3) ISI splash fee is \$3.00 per swimmer.
- 4) All hand entries in excess of 5 swimmers per team will be charged \$2.00 for each swimmer.
- 5) Entry fees are not refundable. Splash fees will be refunded if the entire meet is canceled.

**ENTRY FORMS:** Submit entries on disk in Hy-Tek Commlink II format (generated from Team Manager or Meet Manager). When submitting disk entries, you must provide a printout of your entries for backup and the ISI Financial Sheet. 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.

**ENTRY DEADLINE:**

- 1) Entries will be accepted from teams in the Iowa LSC beginning on Monday, December 28<sup>th</sup>, 2009.
- 2) Entries will be accepted from all teams beginning Monday, January 4<sup>th</sup>, 2010.
- 3) Hand written entries must be received no later than Tuesday, January 19<sup>th</sup>, 2010.
- 4) Electronic entries must be received by Sunday, January 27<sup>th</sup>, 2010, at noon. Electronic printout, financial sheets, and fees need to be turned in prior a team's first swimmer participating in the meet.
- 5) Phone entries will not be taken.

**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 \$5.00 per individual events, \$6.00 for prelim/final, and \$12.00 for relays. Please call the meet entry chair to find out if late entries can be accepted.

**SEND ENTRIES TO:** Janelle Smeins,  
1721 West Ridgewood Dr., Cedar Falls, IA, 50613.  
(319) 277-8910. [smeins.family@cfu.net](mailto:smeins.family@cfu.net).  
Express mailing entries NO SIGNATURE REQUIRED will be accepted all day.

**MEET DIRECTOR:**

Kim Abbas	Kerri Shimp	Nicole Canfield
319-231-1054	319-230-8165	319-464-7414
4127 Wynnewood Dr	1222 W 2 <sup>nd</sup> St	4017 Sturgis Dr
Cedar Falls, IA 50613	Cedar Falls, IA 50613	Cedar Falls, IA 50613
<a href="mailto:snkabbas@cfu.net">snkabbas@cfu.net</a>	<a href="mailto:shimpfam@cfu.net">shimpfam@cfu.net</a>	<a href="mailto:cnfld97@cfu.net">cnfld97@cfu.net</a>

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

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

**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.

- 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) Phone entries will not be accepted.
  - 6) Events may be combined to facilitate meet operation and separated later.
  - 7) **Top 12** finishers advance to finals.
  - 8) All 1650 Free heats are Timed Finals and will be swam in the morning session.
  - 8) Positive check-in required for the 400 IM and the 500 Free by 4:45 pm on Friday, and by 8:30 am on Saturday 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.
  - 9) The 1650 Free events will combine genders but not ages, swimming fastest to slowest heats. 1650 swimmers are requested to provide their own timers and counters.
  - 10) There will not be a Clerk of Course

**SCRATCHES:** ISI Scratch Rule is in effect. See ISI Code Book Sec J.XII.A&B.  
**[Reminder: Qualified swimmers who will not compete in Saturday evening finals must scratch within 30 minutes of the official announcement at the designated area beside the Head Table, or be disqualified from the rest of the meet. If the swimmer does not have any events on Sunday, and the swimmer fails to scratch for Saturday's finals, a \$50 fine will be assessed to the swimmer's team payable to BLAST. 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 \$50 fine payable to BLAST. Note: The meet referee may rule against these penalties due to extenuating circumstances.]**

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

**USA SWIMMING REGISTRATION:** Late USA Swimming Registration \$58 for annual or \$35.50 for individual seasonal (payable to ISI) + \$5 Late fee (payable to BLAST) will be accepted. 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 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 52804-1099:1-877-ISI-SWIM or 1-563-391-5832: Email [isiswim@aol.com](mailto:isiswim@aol.com).

**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.

**BLAST WINTER INVITATIONAL**

Friday Evening Session January 29<sup>th</sup>, 2010

25 yard course      Sanction:

Warm-ups: 4:30 pm

Competition: 5:15 pm

Girls' Events	Events	Boys' Events
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 4:30 pm

**Note:** For all Sessions: ‘TF’= Timed Final Event : ‘P’ = Designates Prelim Final Event

# BLAST WINTER INVITATIONAL

Saturday Morning & Afternoon Sessions - January 30<sup>th</sup>, 2010

25 yard course      Sanction: IA-10-18

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      50 Free	28 TF
29 TF	8&U      25 Free	30 TF
31 TF	10&U      100 Fly	32 TF
33 TF	8&U      50 Fly	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
	5 Minute Break	
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 31<sup>st</sup>, 2010

25 yard course      Sanction: 10-18

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	78 TF
80 TF	Senior 50 Free	81 TF
82 TF	13-14 50 Free	
83 TF	11-12 50 Free	84 TF
85 TF	Senior 200 Fly	86 TF
87TF	13-14 200 Fly	
88 TF	11-12 200 Fly	89TF
90 TF	Senior 200 Back	91 TF
92 TF	13-14 200 Back	
93 TF	11-12 200 Back	94 TF
95 TF	Senior 200 Free	96 TF
97 TF	13-14 200 Free	
98 TF	11-12 200 Free	99 TF
100 TF	Senior 100 Breast	101 TF
102 TF	13-14 100 Breast	
103 TF	11-12 100 Breast	104 TF
105 TF	Senior 200 Free Relay	106 TF
107 TF	11-12 200 Free Relay	108 TF
109 TF	Senior 1650 Free*	110 TF
111 TF	11-12 1650 Free*	112 TF

\*Positive check-in is required by 8:30 am. 1650 will combine genders 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 1:30 pm

Competition: One hour after warm-ups, but not before 2:30 pm

<u>Girls' Events</u>	<u>Events</u>	<u>Boys' Events</u>
113 TF	10&U 100 Free	114 TF
115 TF	8&U 50 Free	116 TF
117 TF	10&U 25 Fly	118 TF
119 TF	8&U 50 Fly	120TF
121 TF	10&U 200 Free	122 TF
123 TF	8&U 100 Free	124 TF
125 TF	10&U 50 Back	126 TF
127 TF	8&U 50 Back	128 TF
129 TF	10&U 100 Breast	130 TF
131 TF	8&U 50 Breast	132 TF
	5 Minute Break	
133 TF	10&U 200 Free Relay	134 TF
135 TF	8&U 100 Free Relay	136 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 PRELIMS / FINALS TIMED FINALS		\$ 3.00 \$ 2.50	
RELAY ENTRIES		\$ 6.00	
SWIMMERS (Splash Fee)		\$ 3.00	
FINAL RESULTS*		\$ 5.00	
TOTAL ENTRY FEES			
MAKE CHECK PAYABLE TO:			

\***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:

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