

# **CRAA**

## **Dead of Winter Mini Meet**

### **Friday, January 20, 2012**

- Sanction:** Held under the sanction of USA Swimming: IA-11-XX
- Rules:** Current USA Swimming and Iowa Swimming, Inc. (ISI) rules will govern this meet.
- Dates:** Friday, January 20, 2012
- Time:**
- |                  |                                   |
|------------------|-----------------------------------|
| Warm-ups:        | 6:30 PM                           |
| Competition:     | 7:00 PM                           |
| Coaches Meeting: | None unless announced at the meet |
- Site:** Jefferson High School  
1243 20<sup>th</sup> Street SW  
Cedar Rapids, IA 52404
- Facilities:** Twenty-five yd, 6 lanes, indoor pool. Non-turbulent lane markers. Manual timing system with two watches per lane. Horn & strobe starts. Pool bottom: Lane markers with target at each end of pool. Pool depths range from 11.5 feet at the starting blocks to 3.5 feet at the turn 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 coaching card and sign an ISI Coaches Meet Sign In sheet (APP-29) to verify that all certifications are current and on file with ISI office.
- 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 registered USA Swimming athletes and registered as member of CRAA.
  - 2) Contestants must enter the age bracket corresponding to age as of 1-20-12.
  - 3) A swimmer may enter up to three individual events.
  - 4) Seed times must be submitted for a 25 yd course.
  - 5) This meet is for swimmers age 14 and under.
- Entry Limits:** 100 Splashes/lane/session.
- Entry Fees:** There are not any entry fees for this meet.

**Entry Forms:** Swimmers should either complete the CRAA online entry form located on the CRAA web site at [www.craa.org](http://www.craa.org) or contact a CRAA coach to enter this meet.

**Entry Deadline:** The meet entry deadline for this meet is Friday, January 20, 2012 at 6:00 PM.

**Late Entries** Late entries will be accepted.

**Entries Chair:** CRAA Office – Meet Entry Chair  
Bobby Kelley  
601 2<sup>nd</sup> Ave SE – Suite 7  
Cedar Rapids, IA 52401  
319-247-2722  
coachkelley@aol.com

**Meet Directors:** Wendy Bielefeld  
601 2<sup>nd</sup> Ave SE – Suite 7  
Cedar Rapids, IA 52401  
319-247-2722  
coachwendycraa@gmail.com

**Scoring:** This meet will not be scored.

**Awards:** Individual events: Ribbons for all places.

**Meet Operation:** 1) The meet will be pre-seeded.  
2) There will not be a Clerk of Course used at this meet. Swimmers should report directly to the blocks.

**Scratches:** Scratch Rule is in effect. See ISI Code Book Section J.

**No Smoking:** Smoking is not permitted anywhere on the Jefferson High School campus, including the parking lot, outside grounds and inside the buildings including the pool area.

**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 are not 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](http://www.isiswim.org) or by contacting the ISI office by email [isiswim@aol.com](mailto:isiswim@aol.com) 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 available at the meet at no cost. Results will be posted on the CRAA web site at [www.craa.org](http://www.craa.org).
- Seating:** An indoor bleacher section is available for viewing competition. There is plenty of room around the pool area for swimmers.
- Concessions:** There will not be a concessions stand available at this meet.
- Vendor:** There will not be a meet vendor at this meet.

# CRAA HOLIDAY Mini Meet

25 yd-Pool

Friday, January 20, 2012 IA-11-XX

6:30 PM Warm-up          7:00 PM Meet Starts

Swimmers may enter up to 3 individual events

Event Number	Gender	Age Group	Distance
1	Mixed	9-14	200 Free
2*	<i>Mixed</i>	<i>8 &amp; Under</i>	<i>25 Free</i>
3*	<i>Mixed</i>	<i>8 &amp; Under</i>	<i>50 Free</i>
4*	<i>Mixed</i>	<i>9-10</i>	<i>50 Free</i>
5*	<i>Mixed</i>	<i>11-14</i>	<i>50 Free</i>
6*	<i>Mixed</i>	<i>14 &amp; Under</i>	<i>100 Free</i>
7**	<b>Mixed</b>	<b>10 &amp; Under</b>	<b>25 Butterfly</b>
8**	<b>Mixed</b>	<b>10 &amp; Under</b>	<b>50 Butterfly</b>
9**	<b>Mixed</b>	<b>11-14</b>	<b>50 Butterfly</b>
10**	<b>Mixed</b>	<b>9-14</b>	<b>100 Butterfly</b>
11	Mixed	10 & Under	100 IM
12	Mixed	11-14	100 IM
13***	<b>MIXED</b>	<b>10 &amp; UNDER</b>	<b>25 BREAST</b>
14***	<b>MIXED</b>	<b>10 &amp; UNDER</b>	<b>50 BREAST</b>
15***	<b>MIXED</b>	<b>11-14</b>	<b>50 BREAST</b>
16***	<b>MIXED</b>	<b>9-14</b>	<b>100 BREAST</b>
17****	MIXED	8 & UNDER	25 BACK
18****	MIXED	8 & UNDER	50 BACK
19****	MIXED	9-10	50 BACK
20****	MIXED	11-14	50 BACK
21****	MIXED	9-14	100 BACK
22	Mixed	9-14	200 IM

\* Events 2 through 6 – Swimmers may compete in not more than one of the Freestyle events offered for their age group.

**\*\*Events 7 through 10 - Swimmers may compete in not more than one of the Butterfly events offered for their age group.**

**\*\*\* EVENTS 13 THROUGH 16- SWIMMERS MAY COMPETE IN NOT MORE THAN ONE OF THE BREASTSTROKE EVENTS OFFERED FOR THEIR AGE GROUP.**

\*\*\*\*EVENTS 17 THROUGH 21 – SWIMMERS MAY COMPETE IN NOT MORE THAN ONE OF THE BACKSTROKE EVENTS OFFERED FOR THEIR AGE GROUP.