

CRAA
DUAL INVITATIONAL
January 26, 2010

- ISI SANCTION: IA-10-22
- RULES: Current USA Swimming and Iowa Swimming, Inc. (ISI) rules will govern this meet.
- DATES: Tuesday, January 26, 2010
- TIME: Warm Up: 6:30-7:15 PM
Competition: 7:20 PM
Conclusion: 9:00 PM
- SITE: Pool 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. One manual watches on each lane for back-up time & two watches on first place lane. 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 5 feet at the starting blocks to 3 1/2 feet at the shallow end.
- 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 sign an ISI Coaches Meet Sign In sheet (APP-29) to verify that all certifications are current and on file with ISI office.
- WARM-UPS: ISI Warm-up procedure will be followed. See ISI Code Book Section J. Swimmer(s) without a coach are to report to the Meet Referee prior to warm-up for lane assignment.
- ENTRY REQUIREMENTS:
- 1) **Only swimmers who are age 13 or above as of January 26, 2010 may enter.**
 - 2) All swimmers must be current registered athletes.
 - 3) A swimmer may compete in a maximum of three individual events and a maximum of three relay events with maximum of five individual and relay total events.
 - 4) Seed times must be submitted for a 25yd course.
 - 5) Events will be deck seeded.
 - 6) Phone entries or changes will not be accepted.
- ENTRY LIMITS: The maximum number of swimmers is 50 Swimmers.
- ENTRY FEES: 1) \$8 per swimmer entry fee to cover ISI Splash fee and individual entries fees.
2) Write single check for entry and splash fees payable to CRAA.

3) Entry fees are not refundable. Splash fees will be refunded if the entire meet is cancelled.

ENTRY FORMS: Swimmers should submit their entry request by **email** to the entry chair. Once all the entries have been received, the meet director will divide swimmers into Red and Black teams.
The meet entry chairs will then select events for each swimmer, creating relays at the same time.

ENTRY

DEADLINE: Entries must be received no later than Friday, January 22, 2010 by noon.

LATE ENTRIES Late entries will be accepted if event is not closed and the meet has not exceeded the splash number. The late entry fee will be \$10 per swimmer. Please call the meet entry chair to find out if late entries can be accepted.

**SEND ENTRIES
TO MEET ENTRY
CHAIRPERSONS:**

Bobby Kelley
CRAA
601 Second Ave SE
Cedar Rapids, Iowa 52301
319-929-0244
coachkelley@aol.com

Entries must be received no later than Monday, January 25, 2010 at by 9:00 PM. Express mailing entries **NO SIGNATURE REQUIRED** will be accepted all day. **NO FAXED ENTRIES.**

CO-MEET DIRECTORS:

Karin Ford
423 Teakwood Ln. NE
Cedar Rapids, IA 52402
319-393-1151
kjford4@gmail.com

David Grinde
2200 5th Avenue SE
Cedar Rapids, Iowa 52403
319-899-9093
davidgrinde@yahoo.com

SCORING: Individual Events: 7 – 4 – 3 – 2 – 1
Relay Events: 5 – 3 – 1

AWARDS: Each participant will receive a meet cap.

MEET

OPERATION:

- 1) It is not the meet host responsibility to provide rest for swimmers who enter multiple events.
- 3) The meet will be deck seeded. Heat sheets will be posted. Each team's coaching staff will also be supplied with a heat sheet.
- 4) There will not be a Clerk of Course for this meet. Swimmers should report directly to the lanes.

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 Coe College property, including the parking lot, outside grounds and inside the buildings.

USA

REGISTRATION: Late USA Registration at the meet is \$58.00 (annual) or \$35.50 (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 Competitive 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: 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

RESULTS: Programs will be available at the meet at no cost. 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 not any concessions sales at this meet. Vending machines are located at the facility.

VENDOR: There will not be a meet vendor at this meet.

CRAA RACE AND TRAIN

SENIOR MEET

25 yd-Pool

Tuesday, January 26, 2010

IA-10-22

Warm Up: 6:00-6:45 PM

Session Begins: 6:45 PM

	Event
1	13 & Over 200 Medley Relay
2	13 & Over 200 Freestyle
3	13 & Over 200 IM
4	13 & Over 50 Free
10 Minute Break	
5	13 & Over 100 Butterfly
6	13 & Over 100 Freestyle
7	13 & Over 500 Freestyle
8	13 & Over 200 Free Relay
10 Minute Break	
9	13 & Over 100 Backstroke
10	13 & Over 100 Breaststroke
11	13 & Over 400 Free Relay

*Note – All Events will be swam mixed gender events.