

CRAA
HARVEST INVITATIONAL
Q-, AGE GROUP AND SENIOR MEET
November 21 – 22, 2009

- ISI SANCTION: IA-10-09
- RULES: Current USA Swimming and Iowa Swimming, Inc. (ISI) rules will govern this meet.
- DATES: Saturday, Sunday, November 21-22, 2009
- TIME:
- | | <u>Morning</u> | <u>Afternoon</u> |
|------------------|----------------|---------------------|
| Warm-ups: | 7:30 AM | not before 12:00 PM |
| Competition: | 8:30 AM | not before 1:00 PM |
| Coaches Meeting: | 8:20 AM | if needed |
- If warm-ups are to be split, teams will be notified by the Tuesday before the meet which warm-up period they are in.
- SITE: Kennedy High School
4545 Wenig Rd NE
Cedar Rapids, IA 52402
- FACILITIES: Twenty five yd, 6 lanes, indoor pool. Non-turbulent lane markers. IST Timing System with touch pads and push button back-up system. Horn & strobe starts. Two manual watches on each lane for back-up time & 3 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 12 feet at the starting blocks to 4 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) All swimmers must be current registered athletes.
 - 2) Contestants must enter the age bracket corresponding to age as of 11-21-2009.
 - 3) A swimmer may enter up to 4 individual events per session, 5 per day maximum.
 - 4) Seed times must be submitted for a 25yd course.
 - 5) Swimmers who have a LCM or SCM qualifying time in an event are ineligible to swim that event at this meet.

- ENTRY LIMITS: 100 Splashes/lane/session
- ENTRY FEES:
- 1) Individual events are \$2.50 per Event. Relays are \$5.00 per relay.
 - 2) ISI Splash Fee is \$3.00.
 - 3) Write single check for entry and splash fees payable to CRAA.
 - 4) Entry fees are not refundable. Splash fees will be refunded if the entire meet is cancelled.
 - 5) Teams submitting hand entries will be charged \$2.00 per swimmer if there are more than 5 swimmers.
- ENTRY FORMS: Submit entries in Hy-Tek Comlink II format (generated from Team Manager or Meet Manager). Please include the full names and ages of relay participants. When submitting disk entries, please provide a printout of your entries for backup and the ISI Financial Sheet and fee. Any team submitting entries on disk will receive the meet results on disk at the end of the meet.
- ENTRY DEADLINE: Entries will be accepted from teams in the Iowa LSC beginning on October 21, 2009
Entries will be accepted from teams outside of Iowa LSC beginning on October 28th, 2009
Hand Written entries are due no later than November 11, 2009

Electronic entries must be received no later than Monday, November 16, 2009 at 12 NOON with hardcopy, financial sheet and fees due by November 20th or entries will be scratched.
- LATE ENTRIES Late entries will be accepted in available lane space only, without additional heats and up to the beginning of warm-ups for each session, if the meet has not exceeded the splash number. The late entry fee will be \$4.50 per individual events and \$10.00 for relays. Athletes not already in the meet will be required to show proof of 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 Tory Lane
Marion, Iowa 52302
319-389-6975
James@allfuelsandenergy.com

Entries must be received by Monday, November 16, 2009 at 12 noon. Express mailing entries NO SIGNATURE REQUIRED will be accepted all day. NO FAXED ENTRIES. E-mail entries will be accepted. A hard copy of the electronic meet entries and fees must be received by Friday, November 20th or the entries will be scratched. The entry chair person will confirm e-mail entries that have been received.
- CO-MEET DIRECTORS: Karin Ford
423 Teakwood Ln NE
Cedar Rapids, IA 52402
- David Grinde
2200 5th Ave. SE
Cedar Rapids, IA 52403

319-651-4681
kjford4@gmail.com

319-364-4721
davidgrinde@yahoo.com

SCORING: Individual Events: 7-5-4-3-2-1
No points will be awarded in senior age group events.

AWARDS: Individual places: 1 through 16 – Ribbons
Relay places: 1 through 6 – Ribbons
Individual and relay awards will be awarded for 8 & Under, 9-10, 11-12 and 13-14 age groups only. Individual High Point trophies for the top three girl and boy swimmers in the 8 & Under, 9-10, 11-12 and 13-14 age groups will be awarded. Individual High Point Medals will be awarded to swimmers finishing 4 - 16 in the 8 & Under, 9-10, 11-12 and 13-14 age groups. There will not be high point awards for the senior age groups. Points awarded to 8 & Under swimmers that are scored while competing in 10& Under age group events will not count towards 8 & Under High Point Awards.

MEET OPERATION: Section A: The meet referee may at his/her discretion, cancel morning relays if the session will exceed the 4 hour time limit. (ISI code)

- 1) Swimmer check in is not required.
- 2) It is not the meet hosts responsibility to provide rest for swimmers that enter both 8 & Under and 10 & Under or Age Group and Senior events.
- 3) The meet will be PRE-SEEDED. Heat sheets will be posted. Each team's coaching staff will also be supplied with a heat sheet.
- 4) There will be a Clerk of Course for AM sessions only.
- 5) Phone entries or changes will not be accepted.
- 6) If names are on entry sheets for relays, those names will be on the relay card at the meet.
- 7) All relay cards will be distributed at the Saturday a.m. coaches meeting. All four swimmers full name, age and order of swimming must be verified on each card.
- 8) 8 & Under swimmers that have the 8 & Under Q time in the 50 yard for a stroke may not swim the 8 & Under 25 yard event of the same stroke. For example, an 8 & Under girl who has previously achieved the 8 & Under Q time for the 50 Freestyle before this meet's entry deadline may not swim the 8 & Under 25 Freestyle.
- 9) The 11-12, 13-14 and Senior 500 Free and 400 IM events will be swum together fastest to slowest alternating girls/boys but scored separately.
- 10) 10 & Under 500 Free will be swum slowest to fastest. We will NOT be alternating girls and boys.

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 Kennedy High School 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 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: Concessions will be provided by the Kennedy Booster Club.
- VENDOR: Splash Multisport will be at the pool both days. A Closer Look Photography will also be available. For more information see <http://www.inspectcr.com/photography.html>

HARVEST INVITATIONAL
Q-, AGE GROUP AND SENIOR MEET
 25 yd-Pool

Saturday, November 21, 2009

IA-10-09

Session 1: 7:30 AM Warm-up

8:30 AM Meet Starts

Girls

Boys

Fastest Time	Event #	Event	Event #	Fastest Time
36.00	1	10 & Under 50 Free	2	35.20
	3	8 & Under 25 Free	4	
1:42.10	5	10 & Under 100 Fly	6	1:40.40
57.00	7	8 & Under 50 Fly	8	57.50
3:19.40	9	10 & Under 200 IM	10	3:18.10
1:53.60	11	8 & Under 100 IM	12	1:52.10
47.80	13	10 & Under 50 Breast	14	47.90
	15	8 & Under 25 Breast	16	
1:34.00	17	10 & Under 100 Back	18	1:32.10
58.90	19	8 & Under 50 Back	20	57.80
	21	10 & Under 200 Medley Relay	22	
	23	8 & Under 100 Medley Relay	24	
2:58.30	25	10 & Under 200 Free	26	2:50.90

Saturday, November 21, 2009

IA-10-09

Session 2: not before 12:00 PM Warm-up

not before 1:00 PM Meet Starts

Girls

Boys

Fastest Time	Event #	Event	Event #	Fastest Time
1:17.70	27	11-12 100 Back	28	1:15.70
2:39.60	29	13-14 200 Back	30	2:29.80
2:29.90	31	Senior 200 Back	32	2:17.90
30.70	33	11-12 50 Free	34	29.80
28.70	35	13-14 50 Free	36	26.30
28.00	37	Senior 50 Free	38	25.30
2:44.20	39	11-12 200 IM	40	2:42.50
2:30.50	41	13-14 200 IM	42	2:20.30
2:27.00	43	Senior 200 IM	44	2:15.10
39.40	45	11-12 50 Breast	46	39.10
1:20.90	47	13-14 100 Breast	48	1:15.10
1:15.70	49	Senior 100 Breast	50	1:08.90
1:16.70	51	11-12 100 Fly	52	1:15.20
2:41.00	53	13-14 200 Fly	54	2:32.00

2:30.50	55	Senior 200 Fly	56	2:19.00
	57	11-12 200 Medley Relay	58	
	59	Senior 200 Medley Relay	60	
6:24.70	61*	11-12 500 Free	62*	6:19.90
5:53.00	63*	13-14 500 Free	64*	5:35.20
5:47.40	65*	Senior 500 Free	66*	5:24.30

* Age groups will be swum together fastest to slowest alternating girls/boys but scored separately.

HARVEST INVITATIONAL
Q-, AGE GROUP AND SENIOR MEET
 25 yd-Pool

Sunday, November 22, 2009

Session 3: 7:30 AM Warm-up

8:30 AM Meet Starts

Girls

Boys

Fastest Time	Event #	Event	Event #	Fastest Time
1:33.80	67	10 & Under 100 IM	68	1:31.20
	69	8 & Under 25 Fly	70	
43.00	71	10 & Under 50 Fly	72	42.00
1:46.70	73	10 & Under 100 Breast	74	1:43.70
1:03.80	75	8 & Under 50 Breast	76	1:02.40
43.50	77	10 & Under 50 Back	78	43.70
	79	8 & Under 25 Back	80	
1:21.60	81	10 & Under 100 Free	82	1:20.00
48.80	83	8 & Under 50 Free	84	47.40
	85	10 & Under 200 Free Relay	86	
	87	8 & Under 100 Free Relay	88	
7:39.50	*89	10 & Under 500 Free	*90	7:35.20

* Will be swum slowest to fastest. We will NOT be alternating girls/boys.

Sunday, November 22, 2009

Session 4: not before 12:00 PM Warm-up

not before 1:00 PM Meet Starts

Girls

Boys

Fastest Time	Event #	Event	Event #	Fastest Time
1:25.80	91	11-12 100 Breast	92	1:24.20
3:00.70	93	13-14 200 Breast	94	2:49.40
2:49.60	95	Senior 200 Breast	96	2:36.40
1:17.10	97	11-12 100 IM	98	1:14.60
2:13.80	99	13-14 200 Free	100	2:05.30
2:10.40	101	Senior 200 Free	102	2:00.10
35.40	103	11-12 50 Back	104	35.00
1:11.40	105	13-14 100 Back	106	1:06.90
1:06.60	107	Senior 100 Back	108	1:01.10
1:05.70	109	11-12 100 Free	110	1:05.30
1:02.20	111	13-14 100 Free	112	57.40
1:00.80	113	Senior 100 Free	114	55.20
33.80	115	11-12 50 Fly	116	33.70
1:10.70	117	13-14 100 Fly	118	1:05.50

1:06.30	119	Senior 100 Fly	120	1:00.10
	121	11-12 200 Free Relay	122	
	123	Senior 200 Free Relay	124	
5:50.20	125*	11-12 400 IM	126*	5:42.60
5:31.10	127*	13-14 400 IM	128*	5:13.00
5:22.80	129*	Senior 400 IM	130*	4:59.80

* Age groups will be swum together fastest to slowest alternating girls/boys but scored separately.