



Black Hawk Area Swim Team



Tourism & Visitor's Bureau  
319-268-4266  
800-845-1955  
[www.cedarfallstourism.org](http://www.cedarfallstourism.org)

## BLAST Holiday Classic Invite

To: ISI Team Representative  
From: Jamie Langner and Kerri Shimp - Co-Meet Directors  
Date: November 1, 2011  
Re: BLAST Holiday Classic Invite

Dear Representative,

Please find enclosed your invitation to the upcoming BLAST Holiday Classic Invite being held on Friday, December 2<sup>nd</sup>, 2011, through Sunday, December 4<sup>th</sup>, 2011, 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 one of us. Hope to see you at the meet with safe travels.

Sincerely,  
Jamie Langner  
319-290-9299  
[jamielangner@yahoo.com](mailto:jamielangner@yahoo.com)

Kerri Shimp  
319-230-8165  
[shimpfam@cfu.net](mailto:shimpfam@cfu.net)



Black Hawk Area Swim Team

## Hotels

Ramada Inn  
4<sup>th</sup> & Commercial  
Waterloo  
319-233-7560

AmericInn Lodge and Suite  
5818 Nordic Dr.  
Cedar Falls  
319-277-6166

Heartland Inn – Greyhound Park  
3052 Marnie Rd.  
Waterloo  
319-232-7467

Comfort Suites  
7402 Nordic Dr.  
Cedar Falls  
319-273-9999

University Inn  
4711 University Ave.  
Cedar Falls  
319-277-1412

Wingate Inn  
1614 Technology Pkwy  
Cedar Falls  
319-277-2400

Clarion University Plaza  
5826 University Ave.  
Cedar Falls  
319-277-2230

Midway Inn  
4117 University Ave.  
Cedar Falls  
319-277-6931

Holiday Inn Express  
2141 La Porte Rd.  
Waterloo  
319-233-9191

Black Hawk Area Swim Team  
Holiday Classic: December 2<sup>nd</sup>-4<sup>th</sup>, 2011  
Age Group and Senior Open

ISI SANCTION: IA-12-11 – held under the sanction of USA Swimming

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

DATES: Friday, December 2<sup>nd</sup> – Sunday, December 4<sup>th</sup>, 2011.

TIME:	<u>Warm-Ups</u> <sup>1</sup>	<u>Competition</u> <sup>1</sup>	<u>Coaches Mtg</u>
Friday Evening:	4:30 pm***	5:15 pm	4:20 pm
Saturday Morning:	8:15 am	9:00 am	8:05 am
Saturday Afternoon:	1:00 pm*	2:00 pm**	If Needed
Saturday Evening:	5:00 pm*	5:45 pm**	If Needed
Sunday Morning:	8:15 am	9:00 am	7:50 am
Sunday Afternoon:	1:30 pm*	2:30 pm**	If Needed

\*following previous session, but not before designated time

\*\* 1 hour after warm-ups begin, but not before designated time

\*\*\* Friday, Split Warm-Ups: Only BLAST swimmers will be from 3:45-4:30pm

<sup>1</sup> If Warm-up and Competition times need to be moved due to timelines, teams will be notified by the Tuesday before the meet.

If warm-ups are to be further split, teams will be notified by the Tuesday before the meet which warm-up period they are in. Athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director 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.

SITE: Holmes Junior High School, 505 Holmes Dr., Cedar Falls, IA 50613, Indoor 25 yd. with bulkhead at turn end and water behind it, 6 lanes, Backstroke flags at both ends, non-turbulent lane markers, permanent starting blocks at deep end 11 feet deep at starting end; 4 feet deep at far end Daktronics 2000 timing system with horn start and a minimum of one watch and one backup button. The competition course has been certified in accordance with 104.2.2C(4). The 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 members 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 with ISI office.

WARM-UPS: ISI Warm-up procedure will be followed. See ISI Code Book Section J. All swimmers are to carefully enter the pool using a feet first, three point entry. Athletes must be under the supervision of a USA Swimming member coach during warm-up, competition and warm-down. The Meet Director 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. The pool will be cleared 10 minutes prior to competition.

**Racing Start  
Certification:**

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being 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.
- 2) Contestants must enter the age bracket corresponding to age as of December 2<sup>nd</sup>, 2011.
- 3) A swimmer may enter up to 3 Prelim/Final OR 4 Timed Final individual events per day. A swimmer who enters both Prelim/Final and Timed Final events on the same day are limited to 3 events on that day.
- 4) Seed times must be submitted for a 25 yd. course.
- 5) NTs will be accepted.

**ENTRY LIMITS:**

100 Splashes/lane/session

**ENTRY FEES:**

- 1) Individual events are \$3.50 per event and \$6.00 per relay events.
- 2) ISI Splash Fee is \$3.00.
- 3) Write single check for entry and splash fees payable to BLAST.
- 4) Entry fees are not refundable. Splash fees will be refunded if the entire meet is cancelled.
- 5) Teams submitting hand written or individually emailed entries will be charged \$2.00 per swimmer if there are more than 5 swimmers total per team.

**ENTRY FORMS:**

Use forms: ISI APP-7 Entry form  
ISI APP 8.2 Financial Sheet

Or

Submit electronic entries on disk on Hy-Tek, Team Unify or other MM software format readable by Meet Manager. When submitting disk entries, please provide a printout of your entries for backup and the ISI Financial Sheet (ISI, APP8.2). Any team submitting entries on disk will receive the meet results on disk at the end of the meet.

**ENTRIES**

- 1) Entries will be accepted from teams in the Iowa LSC and outside of LSC clubs entered in 2010 BLAST Holiday Classic beginning on Wednesday, November 2, 2011. Clubs entered last year; BLST,BPVA, CRAA, CIA, CSA, DMSF, DASH, ICE, IFLY, MCSC, OTT, QCA, USSD
- 2) Entries will be accepted from all teams outside the Iowa LSC beginning Thursday, November 10, 2011.
- 3) Entries will be confirmed via a return email receipt.
- 4) Entry hard copies, financial sheet and fees must be received prior to the first warm-ups. Athletes will not be allowed to participate until/unless fees are received.
- 5) Phone entries will not be taken.
- 6) Over entering the daily and meet limit is not permitted.

**ENTRY DEADLINE:**

- 1) Hand written entries must be received no later than Tuesday, November 22<sup>nd</sup>, 2011. Financial sheet and fees must accompany hand written entries.

2) Electronic entries must be received by Sunday, November 27<sup>th</sup>, 2011, at noon. Hard copy, financial sheet and fees must be received prior to the first warm-ups. Athletes will not be allowed to participate until/unless fees are received.

3) Fax entries will not be accepted.

**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 \$7.00 per individual events and \$12.00 for relays. Fees need to be paid and USA registration card or current roster printout from club portal need to be shown prior to swimmer entering the water. Please call the meet entry chair to find out if late entries can be accepted.

**SEND ENTRIES TO:**

Shelley Hackett  
917 Barrington  
Cedar Falls, IA, 50613  
(319) 290-6849 or (319) 464-5448  
[shackett@cfu.net](mailto:shackett@cfu.net).

Express mailing entries NO SIGNATURE REQUIRED will be accepted all day.

**MEET DIRECTOR:**

Jamie Langner	Kerri Shimp
319-290-9299	319-230-8165
512 Alvarado Ave	1222 W 2 <sup>nd</sup> St
Cedar Falls, IA 50613	Cedar Falls, IA 50613
<a href="mailto:jamielangner@yahoo.com">jamielangner@yahoo.com</a>	<a href="mailto:shimpfam@cfu.net">shimpfam@cfu.net</a>

**SCORING:**

10 & U Individual scoring only through 12<sup>th</sup> place–  
16,13,12,11,10,9,7,5,4,3,2,1.

**AWARDS:**

- 1) All heat winners will receive an award.
- 2) Ribbons will be given for: 10& Under, individual 1<sup>st</sup> – 12<sup>th</sup> and relays 1<sup>st</sup>-6<sup>th</sup>; 11&12 individual 1<sup>st</sup>-12<sup>th</sup> and relays 1<sup>st</sup>-3<sup>rd</sup>.
- 3) High Point trophies for the top three swimmers in the 8 & Under and 10 & Under, age groups will be awarded.
- 4) Points awarded to 8 & Under swimmers that score while competing in 10 & Under events will not count towards 8 & Under High Point Award.

**MEET OPERATION:**

- 1) Events will be pre-seeded except for the 400 IM, 500, 1000 and 1650 free.
- 2) There will not be a clerk of course.
- 3) If names are on entry sheets for relays, those names will be on the relay cards at the meet.
- 4) Swimmer positive check in is required for the 400 IM and 1650 free by 4:45 pm on Friday; the 11/12 and Senior 500 free by 8:45 am Saturday, the 1000 by 8:45 on Sunday, and the 10&U 500 free within 15 minutes into the afternoon warm-ups on Sunday. Swimmers that fail to check-in will be scratched unless they late check-in. Late check-ins will be able to swim only if there are open lanes available in the slower heats.

- 5) 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.
- 6) Events may be combined to facilitate meet operation and separated later for awards and scoring.
- 7) Top 12 finishers for Prelim events will advance to finals.
- 8) The 6 fastest times for both the 11-12 and Senior 500 free on Saturday am will be swam Saturday evening and NOT Saturday morning.
- 9) All 500 free heats are Timed Finals.
- 10) The 1650 and 1000 will be limited to the fastest 12 girls and fastest 12 boys in each age group. If there are less than 12 entrants in one gender, the other gender will be allowed to add swimmers until the total of 24 is reached. Swimmers cut from the 1650 will be notified by Monday and be allowed to enter an alternative event.
- 11) The 1650 and the 1000 will be swam fastest to slowest combining genders and ages.
- 12) 1000 free and 1650 free swimmers are requested to provide their own counters and timers.
- 13) If swimmers are entering the 1000 or 1650 with a NT, coaches are asked to provide 'guestimate' for better accurate seeding purposes.
- 14) There is no penalty for NS in prelims or timed finals where there is no positive check-in.

**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:**
- 1) Qualifiers for finals will be determined following the allotted 30 minutes to scratch.
  - 2) Any swimmer qualifying for consolation final or final race in an individual event who fails to compete and fails to scratch within the 30 minutes after the announcement of qualifiers in said consolation final or final race shall be barred from their next individual event.
  - 3) Exception for Failure to Compete: No penalty shall apply for failure to withdraw or compete in an individual event if:
    - ◆ A swimmer qualifying for consolation final or final race during preliminaries notifies clerk of course within thirty (30) minutes after announcement of the original qualifiers.
    - ◆ It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.
  - 4) If a swimmer fails to show for the finals on the last night of the meet for which they are entered, and has not scratched according to the rules of this meet, a \$25 fine will be imposed payable to BLAST. Payment of the fine will be the responsibility of their team. Two exceptions to this rule:
    - ◆ Illness to the swimmer reported to the meet referee prior to warm-ups at the finals.
    - ◆ Cancellation of the meet due to inclement weather at the discretion of the meet referee.

\*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 \$25 per event fine payable to BLAST. Note: The meet referee may rule against these penalties due to extenuating circumstances.

**NO SMOKING:** No smoking in the swimming revenue.

**AUDIO/VISUAL RECORDING DEVICES:** USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING A CELL PHONE, IS NOT PERMITTED IN CHANGING AREAS, REST ROOMS OR LOCKER ROOMS.

**RECERTIFICATION:** There will be an official's recertification clinic following the Sunday AM Session. For more information, call Jamie at 319-290-9299.

**USA REGISTRATION:** Late USA Registration at the meet is \$60 Annual or \$37.50 Individual season payable to ISI + \$5 late fee payable to BLAST. Club and non-athlete 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" form APP-21 must accompany entries. The form is also available from the ISI office. 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. Information is available from Iowa Swimming, Inc., 2715 Pioneer Ct., Davenport, IA, 52804. Phone: 1-563-391-5832, or toll free Iowa only 1-877-ISI-SWIM, email: [admin@isiswim.org](mailto:admin@isiswim.org).

**OTHER INFORMATION:**

- Programs will be on sale at the meet. Each USA Swimming team entered will receive a copy of the program.
- Electronic results will be provided to all teams participating in the meet & posted on the ISI website. A hard copy of final results will be mailed for a fee of \$5.00 & may be requested on financial sheet.
- Concession will be available during the meet offering an extremely limited supply of "athlete-friendly" beverages and snacks.
- Splash Multisport will be on site and will have a variety of swimwear and accessories available for sale at the meet.
- A list of lodging accommodations is attached
- Spectator seating is available in the balcony above the pool.

BLAST Holiday Classic  
 Holmes Middle School (25 yards, short course) Sanction# IA-12-11  
 Friday Evening Session, December 2<sup>nd</sup>, 2011

Warm-Ups: 4:30 pm

Competition: 5:15 pm

<u>Girls Event</u>	<u>Description</u>	<u>Boys Event</u>
1 TF	10 & Under 100 Fly	2 TF
3 TF	11-12 50 Free	4 TF
5 TF	Senior 50 Free	6 TF
7 TF	11-12 50 Fly	8 TF
9 TF	Senior 50 Fly	10 TF
11 TF	10 & Under 100 IM	12 TF
13 TF	11-12 400 IM*	14 TF
15 TF	Senior 400 IM*	16 TF
17 TF	11-12 50 Back	18 TF
19 TF	Senior 50 Back	20 TF
21 TF	10 & Under 200 Free	22 TF
23 TF	11-12 50 Breast	24 TF
25 TF	Senior 50 Breast	26 TF
27 TF	Senior 1650 Free* **	28 TF

\* Positive Check-in required by 4:45 pm.

\*\*Limited to fastest 12 girls and fastest 12 boys. If one gender does not have 12 entrants, the opposite gender may be used to fill vacancies. 1650 Free will be swam with both genders combined, fasted to slowest, and separated for awards. Swimmers are requested to provide their own counters and timers.

BLAST Holiday Classic  
Holmes Middle School (25 yards, short course) Sanction # IA-12-11  
Saturday Morning Session, December 3<sup>rd</sup>, 2011

Warm-Ups: 8:15 am

Competition: 9:00 am

<u>Girls Event</u>		<u>Description</u>	<u>Boys Event</u>
51 TF	11-12	200 Med Relay	52 TF
53 TF	Senior	200 Med Relay	54 TF
55 P	11-12	200 Free	56 P
57 P	Senior	200 Free	58 P
59 P	11-12	100 Back	60 P
61 P	Senior	100 Back	62 P
63 P	11-12	100 Breast	64 P
65 P	Senior	100 Breast	66 P
67 P	11-12	100 Fly	68 P
69 P	Senior	100 Fly	70 P
71 P	11-12	200 IM	72 P
73 P	Senior	200 IM	74 P
75 TF	11-12	500 Free*	76 TF
77 TF	Senior	500 Free*	78 TF

\* Positive Check-in required by 8:45 am. 6 Fastest seeded times will swim in the evening session.

BLAST Holiday Classic  
Holmes Middle School (25 yards, short course) Sanction # IA-12-11  
Saturday Afternoon Session, December 3<sup>rd</sup>, 2011

Warm-Ups: Following AM Session; not before 1:00pm Competition: 1 hr after WU; not before 2:00 pm

<u>Girls Event</u>		<u>Description</u>	<u>Boys Event</u>
29 TF	8 & Under	50 Back	30 TF
31 TF	10 & Under	100 Back	32 TF
33 TF	8 & Under	25 Breast	34 TF
35 TF	10 & Under	50 Breast	36 TF
37 TF	8 & Under	50 Fly	38 TF
39 TF	10 & Under	200 IM	40 TF
41 TF	8 & Under	100 IM	42 TF
43 TF	10 & Under	50 Free	44 TF
45 TF	8 & Under	25 Free	46 TF
47 TF	10 & Under	200 Medley Relay	48 TF
49 TF	8 & Under	100 Medley Relay	50 TF

**BLAST Holiday Classic**  
**Holmes Middle School (25 yards, short course) Sanction # IA-12-11**  
**Sunday Morning Session, December 4<sup>th</sup>, 2011**

Warm-Ups: 8:15 am

Competition: 9:00 am

<u>Girls Event</u>		<u>Description</u>	<u>Boys Event</u>
79 TF	11-12	200 Free Relay	80 TF
81 TF	Senior	200 Free Relay	82 TF
83 TF	11-12	200 Fly	84 TF
85 TF	Senior	200 Fly	86 TF
87 TF	11-12	200 Back	88 TF
89 TF	Senior	200 Back	90 TF
91 TF	11-12	100 Free	92 TF
93 TF	Senior	100 Free	94 TF
95 TF	11-12	200 Breast	96 TF
97 TF	Senior	200 Breast	98 TF
99 TF	11-12	1000 Free*	100 TF
101 TF	Senior	1000 Free*	102 TF

\* Positive Check-in required by 8:45 am. 1000 Free will be swam combining genders, but not ages, swam fastest to slowest, and separated for awards. Limit of 12 swimmers per event. Swimmers are requested to provide their own counters and timers.

**BLAST Holiday Classic**  
**Holmes Middle School (25 yards, short course) Sanction # IA-12-11**  
**Sunday Afternoon Session, December 4<sup>th</sup>, 2011**

Warm-Ups: Following AM Session; not before 1:30pm Competition: 1 hr after WU; not before 2:30 pm

<u>Girls Event</u>		<u>Description</u>	<u>Boys Event</u>
103 TF	8 & Under	50 Free	104 TF
105 TF	10 & Under	100 Free	106 TF
107 TF	8 & Under	25 Fly	108 TF
109TF	10 & Under	50 Fly	110 TF
111 TF	8 & Under	100 Free	112 TF
113 TF	10 & Under	500 Free*	114 TF
115 TF	8 & Under	25 Back	116 TF
117 TF	10 & Under	50 Back	118 TF
119 TF	8 & Under	50 Breast	120 TF
121 TF	10 & Under	100 Breast	122 TF
123 TF	8 & Under	100 Free Relay	124 TF
125 TF	10 & Under	200 Free Relay	126 TF

\*Positive check-in is required by 15 minutes into the warm-up.

## 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		\$ 3.50 \$ 3.50	
RELAY ENTRIES		\$ 6.00	
SWIMMERS (Splash Fee)		\$ 3.00	
FINAL RESULTS*		\$ 5.00	
TOTAL ENTRY FEES			
MAKE CHECK PAYABLE TO:			BLAST

**\*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:

\_\_\_\_\_

\_\_\_\_\_