

FOLLOWING PLEASE FIND THE 2007 CENTRAL ZONE CHAMPIONSHIP INFORMATION. WE ARE ASKING EACH CLUB TO DUPLICATE THIS INFORMATION AND MAKE IT AVAILABLE TO YOUR SWIMMERS.

IOWA SWIMMING, INC.
Eric Follmuth – Age Group Vice Chair
400 North Monroe, Ste #1
Mason City, IA 50401
641-425-5357
hediowa@netconx.net

To all ISI Clubs, Swimmers, and Parents

Iowa will participate in the 2007 Central Zone Championships in Topeka at the Capitol Federal Natatorium at Hummer Sports Park on August 9-12, 2007. The open water competition will be on Thursday the 9th.

- **Pre-Entry:** Swimmers who qualify prior to the Iowa Summer State Championships should complete all forms and send them to Eric Follmuth as soon as possible. **Pre-entry will assist in an orderly meet process, as deadlines are very tight.** All times may be updated and events can be added at the Zone Entry Table during the State Championships meet. Entry fees can be refunded up until the close of the State Championships.
- **State Championship Entries:** All swimmers are encouraged to complete and update their entries within 30 minutes after the end of each session of the State Championships for events swim in that session. After the 30-minute deadline, unfilled events will then be filled with priority given to place finish achieved at the State Championships, with the total ending deadline – being the end of the session in which the event is swum at State. Once an event is filled, no additions will be allowed to that event if it results in the removal of an already confirmed swimmer.
- **Forms to be completed and returned:**
Central Zone Championship Entry Form
Central Zone Championship Meet permission and Release Form
Central Zone Championship Meet Code of Conduct
- **Eligibility:** For the pool events, a swimmer with a regular (not seasonal) USA membership, who has achieved an “AAA” time during or after last year’s Zone Championships. For Open Water events, swimmers must have achieved a National “A” time for the longest freestyle event for their age offered at the Zone Meet. All times not previously submitted to the ISI Office (Elaine Sortor) must be accompanied by highlighted final meet results. Please take special note of the eligibility rules as pertains to USA Swimming National Championships as listed in the meet invitation.

- **Entry Limits**
12 and Under swimmers may enter no more than six (6) individual events (excluding the open water event) of which no more than five (5) may occur on any given day.
13 and Over swimmers may enter no more than five (5) individual events (excluding the open water event) of which no more than three (3) may occur on any given day.
Team Iowa may enter two (2) relays per relay event.
Team Iowa may also enter two (2) 12 & U and two (2) 13-18 swimmers with a disability. These swimmers with a disability will not be required to have achieved the qualifying time standards for their age groups/events.
- **Entry Fees:** \$5.00 per individual pool events and \$20.00 per open water event. Relay fees will be paid by ISI.
- **Team Pictures:** TBA
- **Team Warm-Ups:** TBA
- **Team Meeting:** Will follow Thursday's warm up.
- **Team Clothing:** Each entering athlete will receive a Speedo FSII team suit (Female Recordbreaker/Male Jammer), 2 swim caps and a T-Shirt. This year swimmers will have the option of purchasing a team warm up (**If reregistering**). Clothing will be disbursed at the State Championships, with all remaining articles given out at the Zones Meet. If an Athlete enters the meet and then not able to participate in the Zone Meet, the clothing fee will be reimbursed, and clothing articles returned to ISI.
- **Team Travel:** ISI will be taking a bus to Topeka. The bus will be leaving very early Thursday morning and returning after Sunday nights final session (most likely returning Early Monday morning). The bus route is being created, and will be made known as soon as possible. Cost of team travel will be \$155 per swimmer, and includes the cost of transportation and hotel room. **Meals and spending money are NOT included. Parents should be aware that each year, some Iowa swimmers run out of funds before the trip is over. Please plan accordingly.** Chaperones will be provided (Any parent interested in traveling with Team Iowa, at a discounted rate, is asked to contact Eric Follmuth). Additional details of the bus schedule will be available at the Zone Entry Table.

Please note that team travel will not arrive in Topeka in time for the open water competition. If you are competing with these events, you will need to arrange your own transportation to the event.

- **Hotel:** Additional hotel rooms have been reserved at the Club House Inn and Suites. Room rates are \$75/night plus tax. We have booked them for August 9,10 and 11th. Please contact Eric Follmuth to make your reservations, as a preliminary room count must be given to the hotel prior to the State Meet. **DO NOT** contact the hotel directly as ISI will submit a group romming list to the hotel. If you try to make reservations on your own under the Team Iowa Block – it will severely mix up our room count, and may effect someone else’s reservation. Rooms will be made available to athletes traveling with the team bus first. All other rooms will be on a first come first served bases (by date of entry being received by Eric Follmuth).
- **Volunteers:** Timers and officials are encouraged and welcome. If you would like to officiate, please contact Eric Follmuth. If needed solicitation for timers will be held at the meet site.

PLEASE MAIL/EMAIL ALL INFO TO:

**ERIC FOLLMUTH
400 N. MONROE, STE #1
MASON CITY, IA 50401
641-425-5357
hediowa@netconx.net**

**2007 Central Zone Championship Meet at Indianapolis
Permission and release Form**

LSC: IOWA

I hereby give my permission for: _____
(please print name of swimmer)

To accompany the IOWA LSC TEAM to the **2007 Central Zone Championships** on the following dates: _____

I further waive all claims for injury, accident, or liability of any kind for the above-mentioned swimmer, and in case of an accident or injury in any way resulting, directly or indirectly from participation in such program, hold harmless from any liability therefore the IOWA LSC, it's officers, coaches, chaperones, managers, or any other person or persons in any way connected or associated with the program.

Furthermore, in case of emergency medical attention that may be required, I authorize adult coaches, chaperones, and/or other adults traveling in an official capacity with the team to act for me according to their best judgment and ability.

_____ Date: _____
(signature of parent or guardian)

Medical Information

Please Print

List of medication and dosage the swimmer is taking now: _____

Pre-existing conditions (asthma, epilepsy, etc.): _____

Allergies (include medicines needed): _____

Other pertinent information the coach, and other in charge, should know about the swimmer: _____

Physician's Name: _____ Phone: _____

Name of Parent/Guardian: _____

Street Address: _____ City: _____ Zip: _____

Day Phone: _____ Eve Phone: _____

Phone during meet competition: _____

2007 Central Zone Championship Entry Form

Swimmer's Name: _____ Swim Club: _____
 Female/Male: _____ Birth Date: _____ Age on Aug. 10th _____
 Address: _____ City: _____ Zip: _____
 Home Phone: _____ Parent/Guardian Names: _____

Entry Limits:

12 & Under: 6 Individual pool events

13 & Over: 5 Individual pool events

Event #	Event Name	Event Time	Meet & Date

This swimmer is entering the above-listed events at the 2007 Central Zone Championships and will be available for all relays as assigned. Please indicate if the athlete will not be available on a given day.

_____ Date
 Parent/guardian signature

Fees

Entry Fees	\$5 per event X _____	=	\$ _____
	\$20 open water X _____	=	\$ _____
	Clothing Fee (From Next Pages)	=	\$ _____
	Bus Trip (\$155)	=	\$ _____
	TOTAL (check payable to ISI)	=	\$ _____

Hotel Reservation – (excluding swimmers on bus trip)

#of rooms: _____ Circle **DOUBLE KING**
 Credit Card Type: _____ Number: _____ Exp. Date: _____

**RETURN TO ERIC FOLLMUTH, 400 N. MONROE, STE #1,
 MASON CITY, IA 50401**

CHECKLIST (BE SURE ALL FORMS ARE COMPLETELY FILLED OUT)

- _____ **CENTRAL ZONE CHAMPIONSHIP PERMISSION/RELEASE**
- _____ **CENTRAL ZONE CHAMPIONSHIP CODE OF CONDUCT**
- _____ **FEES (check payable to ISI)**

2007 Central Zone Championship Clothing Form

The clothing costs for the 2007 Team Iowa Central Zone Championship will be **\$65.00**. This will include a Team T-Shirt, a Speedo Fastskin II, and two team swim caps. The FSII will be a jammer for male swimmers, and a recdbrkr for females. Sizing is 22, 24, 26, 28, 30, 32, and 34.



Team Iowa will also be adding the option of purchasing a Team Warm Up. This will be a Speedo Superpro warm up jacket and pants. This will be in addition to the team clothing package. For swimmers to select this option, a pre-order is necessary. We ask that all pre-orders be turned in by **Monday, July 16th**. After that date, your order of a team warm up cannot be guaranteed. Team Iowa, 2007 Central Zones will be stitched on the jacket. Sizing is Youth S, M, L, XL – and Adult XS, S, M, L. Splash Multisport the Team Iowa Outfitter will be set up at the Vinton, Clinton, and Mason City meet, and can help you with sizing. (The warm-up is a black base, with white and red stripes).



Name: _____ Home Club: _____

Address: _____ City: _____

Phone: _____ Email: _____

T-Shirt Size (adult sizing): _____

FSII Jammer Size (male): _____

FSII Recdbrkr Size (female): _____

Speedo Team Warm Up Size **\$85 addition**: _____

Additional Team Iowa Swim Caps (\$3.00 ea.): _____

TOTAL CLOTHING PRICE (carry it to sheet above): _____