

2012 IOWA SWIMMING SHORT COURSE STATE CHAMPIONSHIPS

February 23, 24, 25, & 26, 2012

Mercer Park Aquatic Center, Iowa City, IA

SANCTION:	IA-12-33 held under the sanction of USA Swimming & Iowa Swimming
SANCTION-TIME TRIALS:	IA-12-34 held under the sanction of USA Swimming & Iowa Swimming

MEET CLASSIFICATION:	Open to current 2012 ISI registered swimmers only. Swimmers must meet the Iowa Q time standard in each individual event in which they compete. This meet is prelim/finals for 13-14 and Senior events, with the exception of the 1000 free, the 1650 Free, and all relays. Senior Events – The top 24 qualifiers in all 50, 100, and 200 events have a Bonus Finals, Consolation Finals, and Championship Finals in the finals sessions. The top 16 qualifiers in the Senior 400 IM and Senior 500 Free have a Consolation Finals and Championship Finals in the evening sessions. 13-14 Events have a Consolation Finals and Championship Finals in the finals sessions.
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HOST:	Iowa City Eels Swim Club
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RULES:	Current USA Swimming and Iowa Swimming, Inc. (ISI) technical and administrative rules will govern this meet.
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DATES:	Thursday, Friday, Saturday, and Sunday February 23, 24, 25, & 26, 2012
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TIME:	<table><thead><tr><th></th><th><u>Thurs</u></th><th><u>Prelims</u></th><th><u>Finals</u></th></tr></thead><tbody><tr><td>Warm-ups:</td><td>4:00 pm</td><td>7:30 am</td><td>4:00 pm</td></tr><tr><td>Competition:</td><td>5:00 pm</td><td>9:00 am</td><td>5:00 pm</td></tr><tr><td>Coaches Meeting:</td><td>3:30 pm</td><td>7:00 am</td><td>TBA if needed</td></tr></tbody></table> <p>If warm-ups are to be split or structured, teams will be notified by Tuesday February 21, 2012 with that information.</p>		<u>Thurs</u>	<u>Prelims</u>	<u>Finals</u>	Warm-ups:	4:00 pm	7:30 am	4:00 pm	Competition:	5:00 pm	9:00 am	5:00 pm	Coaches Meeting:	3:30 pm	7:00 am	TBA if needed
	<u>Thurs</u>	<u>Prelims</u>	<u>Finals</u>														
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Competition:	5:00 pm	9:00 am	5:00 pm														
Coaches Meeting:	3:30 pm	7:00 am	TBA if needed														

SITE:	Mercer Park Aquatic Center, 2701 Bradford Drive, Iowa City, Iowa 52242. (Directions on page 8)
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FACILITIES:	Indoor, 8 lane, 25 yard pool with a starting end depth of 12 feet and a turning end depth of 4 feet 10 inches. A Daktronics timing system with touch pads, and push button back-up will be utilized. Two manual watches will be used on each lane and three on the first place lane. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
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COACHES:	Must possess and visibly wear a current 2012 USA Swimming Coaches Registration Card. Only USA Swimming coach members will be permitted on the deck in designated areas. All coaches must show coach card and sign ISI Coaches Meet Sign In sheet (APP-29) to verify that all certifications are current and on file.
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WARM-UPS:	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 for warm-ups, pre-race warm-ups and post-race cool down. Cool down areas are for swimming only and horse-play will not be permitted. Athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Swimmers without a coach are to report to Meet Director or Referee prior to warm-ups. The Meet Director or 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 STARTS:	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:	<ol style="list-style-type: none"> 1) All swimmers must be 2012 USA Swimming registered athletes in the Iowa LSC. There will not be athlete, non-athlete, transfers or club registrations taken at this meet. Swimmers whose names do not appear on the current ISI registration list and who cannot show proof of USA Swimming membership in the Iowa LSC will be barred from competition and not permitted on deck. 2) Contestants must enter the age bracket corresponding to age as of February 23, 2012. 3) Relay-only swimmers should appear in team entry files or on team entry sheets. If not, proof of USA Swimming registration in the Iowa LSC shall be done PRIOR to competing and splash fee paid.
SEED TIMES:	<ol style="list-style-type: none"> 1) Seed times must be entered in the proper course in which achieved (SCY, SCM, LCM). Entry times conforming to the course length (SCY) shall be considered conforming times. All other times meeting the appropriate time standard shall be considered non-conforming times. Converted times will not be accepted. The order of seeding is SCY, SCM, LCM. 2) Seed times should be fastest Q time achieved. 1000 Free and 1650 Free entrants may enter at their fastest time or at the time standard, if entered in two or more events on the day of that event. Swimmers may also enter at the time performed at that meet distance at the previous ISI Championships, provided they have met the ISI qualifying time. Swimmers will be seeded at their entered time. 3) According to ISI Rules, all times from non-USA Swimming sanctioned or observed meets will be seeded at the slowest non-conforming time for that event (LCM Q time). If a swimmer wishes to use a seed time that is not in the USA Swimming SWIMS database, that swimmer will be entered into the respective event at the slowest non-conforming qualifying time. 4) Seed times will be matched to the USA Swimming SWIMS database. Any time not matching what is in SWIMS will be tagged and reviewed. If a seed time is not in SWIMS, proof will be requested. If proof of time is not provided or not from a USA Swimming sanctioned, approved, or observed meet, it will be down seeded to the lowest non-conforming entry time. Seed times which do not match SWIMS will be changed to the fastest time in SWIMS, except in instances current USA Swimming and ISI rules permit entering at a slower time. 5) Swimmers must be prepared to document their seed times. Individual "NT" entries will not be accepted & will be scratched. Only relays may enter this meet with a "no-time" entry

ENTRY LIMITS:	<p>1) Swimmers may enter as many individual events as they wish, provided they have a Q time in entered events. However, swimmers will be limited to participation in a total of 3 individual events per day and not more than 6 individual events for the entire meet. Time Trials count for daily limit, but not in meet participation total.</p> <p>2) Clubs shall designate the relays A, B, C, etc. Each team may only score two of these relays in each event.</p> <p>3) A club may enter as many relays per event using the following table:</p>	
	Number of current swimmers that a team has who have qualified for the state meet in an individual event for a specific age group:	Number of relays that a team is permitted to enter:
	<p>1-4</p> <p>5-8</p> <p>9-12</p> <p>13-16</p>	<p>1 Relay entry per event</p> <p>2 Relay entries per event</p> <p>3 relay entries per event</p> <p>4 relay entries per event</p> <p><i>Continues with 1 relay for each additional 1-4 swimmers qualified</i></p>

ENTRY FEES:	<p>1) Individual events are \$5.25 per event.</p> <p>2) Relays are \$10.50 per relay.</p> <p>3) ISI Splash Fee is \$3.00.</p> <p>4) Teams submitting hand entries will be charged \$2.00 per swimmer if there are more than 5 swimmers.</p> <p>5) Write a single check for entry and splash fees payable to ICE.</p> <p>6) Entry fees are not refundable. Splash fees will be refunded if the entire meet is canceled.</p>
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ENTRY FORMS:	<p>Submit entries using USA Swimming OME (online meet entry) at www.usaswimming.org/ome. Please contact the ISI office with any questions on the OME system (563-391-5832, IA toll free 877-474-7946 or email admin@isiswim.org)</p> <p>OR</p> <p>Submit entries electronically with MM software format readable by Meet Manager (Hy-Tek, Team Unify). When submitting electronic entries, please provide a printout of your entries for backup and the ISI Financial Sheet (APP-8.3) or Meet Entry Fee Report. Teams will receive the meet results electronically following the meet.</p> <p>Or</p> <p>Use forms: ISI APP-7 Entry form and ISI APP 8.3 Financial Sheet</p>
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ENTRIES:	<p>1) Entries will be accepted starting on February 14, 2012.</p> <p>2) Entries will be confirmed via a return e-mail receipt.</p> <p>3) Entry hard copy, financial sheet, and fees must be received prior to the end of warm-ups for the first session the team is entered in the meet, or entries will be scratched.</p>
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ENTRY DEADLINE:	<p>1) Electronic entries & OME entries must be received by Monday February 20, 2012 at 12:00 noon. Hard copy, financial sheet and fees must be received no later than the end of warm-ups the first session the team is entered in the meet otherwise entries will be scratched.</p> <p>2) Entry deadline for hand written entries, financial sheet & fees is Wednesday, February 15th. Teams/individuals making these entry submissions may make deletions or additions to their original entry by emailing the entry chair by 12:00 p.m. (noon), Monday, February 20, 2012.</p> <p>2) Swimmers wishing to enter this meet who were not originally entered by noon on the 20th will be considered Late Entries and charged as such.</p> <p>3) Phone/fax entries will not be accepted.</p> <p>4) Express mail entries should be sent with No Signature required.</p>
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LATE ENTRIES:	<p>1) Late entries for Thursday events must be emailed to the entries chair and received by 6:00 p.m. Wednesday February 22, 2012.</p> <p>2) Late entries for Friday events must be to the Clerk of Course by 6:00 p.m. Thursday.</p> <p>3) Late entries for Saturday events must be to the Clerk of Course by 6:00 p.m. Friday.</p> <p>4) Late entries for Sunday events must be to the Clerk of Course by 6:00 p.m. Saturday.</p> <p>5) Late entry fees for individual events are \$10.50 per event and \$21.00 for each relay.</p> <p>6) Late entry for swimmers who have not previously been entered into the meet prior to the meet entry deadline of 12:00 PM (Noon) Monday, February 20th will be required to show their registration card or coach roster list from club portal prior to swimming at the meet.</p> <p>7) Qualifying times achieved at Regional Meets will not be late entries, IF entered before meet deadline, Monday, 20th 12:00 PM (Noon)</p>
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SEND ENTRIES TO:	<p>Jennifer Flatté 1165 Oakes Drive Iowa City, IA 52245 319-341-9854 entries@iceels.org</p>	<p>Fees to: Iowa City Eels Swim Club P.O. Box 2353 Iowa City, IA 52244</p>
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MEET DIRECTOR:	<p>Tracy Recher 321 Center Street Iowa City, IA 52245 319-354-0129 recher3@msn.com</p>
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MEET REFEREE:	TBD
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SCORING:	<p><u>1st</u> <u>2nd</u> <u>3rd</u> <u>4th</u> <u>5th</u> <u>6th</u> <u>7th</u> <u>8th</u> <u>9th</u> <u>10th</u> <u>11th</u> <u>12th</u> <u>13th</u> <u>14th</u> <u>15th</u> <u>16th</u></p> <p>Individual Events: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1</p> <p>Relays: 40 34 32 30 28 26 24 22 18 14 12 10 8 6 4 2</p>
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	<p>Team scores will be maintained for 13-14, Senior, and a total combined team score. Points scored by 13-14 swimmers in Senior events do not count toward 13-14 scores.</p>
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AWARDS:	<p>INDIVIDUAL PLACES: 1st through 3rd = Medals (2.5 inch) 4th through 8th = Medals (1.5 inch)</p> <p>RELAY PLACES: 1st through 3rd = Medals (2.5 inch)</p> <p>HIGH POINT – An award will be presented to the top 3 swimmers, male and female, 13-14 and Senior. Points will be scored in the age group in which the event was swum.</p> <p>TEAM HIGH POINT 13-14 and SENIOR – A team award will be presented to 13-14 and Senior categories, male and female for the team scoring the most points. Points will be scored in the age group in which the event was swum.</p> <p>ISI SPORTSMANSHIP-SPIRIT AWARD – ISI will provide and present this award. One coach and one athlete from each team will vote, in addition the meet referee will cast a vote. Criteria to use will be included in the coaches’ packet.</p> <p>TEAM AWARDS – A traveling trophy will be presented to the highest scoring club team.</p>
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AWARDS PRESENTATION:	<p>Awards presentations will occur after every other event cycle during the finals sessions with each finals session concluding with an awards ceremony that should include the last events competed during that session. The top three swimmers in individual events and the top three relays in relay events will be recognized during these award ceremonies.</p> <p>The awards for the 1000 Free and 800 Free Relay events competed on Thursday will be presented during the first awards presentation of Friday’s finals session.</p> <p>The top three individual high point awards, the team high point award for each age group and gender, and the overall team champion trophy will be presented at the end of the awards presentation held at the conclusion of the finals sessions on the last day of the meet.</p> <p>ISI SPORTSMANSHIP-SPIRIT AWARD – This will be announced on the last day of the meet prior to the start of the last relay cycle.</p>
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MEET OPERATION:	<ol style="list-style-type: none"> 1) The meet will be PRE-SEEDED. The order of seeding is short course yards (SCY), short course meters (SCM), and long course meters (LCM). Heat sheets will be posted on deck. Timer sheets by event and lane will be at each timer’s chair. 2) It is the responsibility of each swimmer and relay team to be aware of his/her event number, heat number, and lane assignment and to report to the correct starting block on time to swim the event. 3) If names are on entry sheets for relays, those names will be on the relay cards at the meet. Relay cards for each day’s morning and evening sessions will be distributed before warm-ups. All four swimmers’ full names, ages, and order of swimming must be listed on each card and the order should be verified correct. Relays should report to the blocks with the relay card when their event is called or the relay will be scratched from the event. 4) There will be no swimmer check-in required for any event. 5) It is not the meet host responsibility to provide rest for swimmers that enter both 13-14 and Senior events. 6) All heats of the 13-14 & Senior 800 Free relay will be combined & swum on Thursday evening, separated for scoring as 13-14 & Senior. The top 8 seeded teams of all other relays (13-14 200 Medley Relay, Senior 200 Medley Relay, 13-14 200 Free Relay, Senior 200 Free Relay, 13-14 400 Medley Relay, Senior 400
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	<p>Medley Relay, 13-14 400 Free Relay, and Senior 400 Free Relay) will be swum in the evening finals. All other heats will be swum in the morning preliminaries. All relays will be conducted on a timed finals basis.</p> <p>7) Session 1 events (13-14 & Senior 1000 Free and 13-14 & Senior 800 Free Relay) will be combined and swum fastest to slowest, alternating women to men.</p> <p>8) The 13-14 & Senior 1000 Free, 13-14 & Senior 1650 Free, and 13-14 & Senior 800 Free Relay events will be run as combined events (13 & Over) and separated later for scoring.</p> <p>9) For all Senior 50, 100, and 200 prelims/finals events, the top 8 swimmers will qualify for Championship Finals, with the next 8 swimmers qualifying for Consolation Finals, and the next 8 swimmers qualifying for Bonus Finals.</p> <p>10) For Senior 400 IM and Senior 500 Free prelims/finals events, the top 8 swimmers will qualify for Championship Finals, with the next 8 swimmers qualifying for Consolation Finals.</p> <p>11) For all 13-14 prelims/finals events, the top 8 swimmers will qualify for Championship Finals, and the next 8 swimmers will qualify for Consolation Finals.</p> <p>12) The single fastest combined women's heat and the single fastest combined men's heat of the 1650 Free will be swum in the evening finals session. The remainder of the heats will be swum in the morning preliminaries. In the preliminary session, the event will be swum fastest to slowest, alternating women to men. The seeding will be listed in the heat sheets for that evening's session.</p>
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<p>SCRATCHES:</p>	<p>1) ISI Scratch Rule is in effect. See ISI Code Book Section J.</p> <p>a) Swimmers who over enter the daily and meet limit must scratch down to the allowable number by 6:00 p.m. on the day preceding those events. Swimmers who fail to show for an event and have not scratched must count it as an event.</p> <p>b) The Thursday Timed Finals scratch deadline is Wednesday by 6:00 p.m. and must be emailed to the entries chair and received by the deadline.</p> <p>c) The Friday Preliminary and Timed Finals deadline is Thursday by 6:00 p.m. at the Clerk of Course.</p> <p>d) The Saturday Preliminary and Timed Finals deadline is Friday by 6:00 p.m. at the Clerk of Course.</p> <p>e) The Sunday Preliminary and Timed Finals deadline is Saturday by 6:00 p.m. at the Clerk of Course.</p> <p>2) Scratching from Championship Finals, Consolation Finals, and Bonus Finals:</p> <p>a) Any swimmer qualifying for a Championship Final, Consolation Final, or Bonus Final race in an individual event who fails to compete in said final race shall be barred from further competition for the remainder of the meet, except as in "e" below.</p> <p>b) In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the Championship, Consolation, or Bonus Final when possible with the next qualified swimmer. First and second alternates shall not be penalized if unavailable to compete in finals.</p> <p>c) Where Finals have not yet been swum and a barring or withdrawal is known to the Referee in advance, the Referee may reseed Finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the Finals.</p>
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	<p>d) If a Consolation Final has already been swum, the Championship Final shall be swum without reseeding for the empty lane(s).</p> <p>e) Exceptions for failure to compete: no penalty shall apply for failure to withdraw or compete in an individual event if:</p> <p style="padding-left: 40px;">i) A swimmer qualifying for a Championship, Consolation, or Bonus Final race during preliminaries notifies the Clerk of Course within thirty (30) minutes after announcement of the qualifiers for that final race that they may not intend to compete and further declare their intentions within thirty (30) minutes following their last individual preliminary event. Or</p> <p style="padding-left: 40px;">ii) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.</p> <p>f) If a swimmer fails to show for 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 \$50 fine will be imposed payable to ISI. Payment of the fine will be the responsibility of the individual. Two exceptions to this rule: i) Illness of the swimmer reported to the Referee prior to warm ups at the finals. ii) Cancellation of the meet due to inclement weather.</p> <p>g) Scratches will be handled by filling out an official scratch form with the Clerk of Course.</p>
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MEET COMMITTEE:	A Meet Committee comprised of the Meet Referee, Meet Director, Coach Representative, Athlete Representative, and 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 Referee. This committee shall act as a review section in the need of an emergency meeting.
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TIME TRIALS:	<p>1) Time permitting at the discretion of the Referee.</p> <p>2) Time trials may be held after the morning and afternoon sessions only, excluding Thursday Session 1 and Sunday Session 8 for the purpose of making AAA times or better. Entry requirements will be AA or better seed times. Swimmers must provide proof of seed time unless the time was achieved at the current Championship meet. Times in the USA-S database may be verified by the Clerk of Course. All other acceptable proof of times must be presented to the Clerk of Course by the swimmer (official results from a USA Swimming sanctioned meet, YMCA meet, high school meet, college meet, or the Iowa Games are acceptable proof of time).</p> <p>3) Should there be multiple time trial requests, the order of time trial events is as follows:</p> <table style="margin-left: 40px; border: none;"> <tr> <td style="padding-right: 20px;">February 24th</td> <td style="padding-right: 20px;">February 25th</td> <td>February 26th</td> </tr> <tr> <td style="padding-right: 20px;">Day 2 Events</td> <td style="padding-right: 20px;">Day 3 Events</td> <td>Day 4 Events</td> </tr> <tr> <td style="padding-right: 20px;">Day 3 Events</td> <td style="padding-right: 20px;">Day 4 Events</td> <td>Day 1 Events</td> </tr> <tr> <td style="padding-right: 20px;">Day 4 Events</td> <td style="padding-right: 20px;">Day 1 Events</td> <td>Day 2 Events</td> </tr> <tr> <td style="padding-right: 20px;">Day 1 Events</td> <td style="padding-right: 20px;">Day 2 Events</td> <td>Day 3 Events</td> </tr> </table> <p>4) A swimmer must sign up and pay at the Clerk of Course \$5.00 payable to ICE per event prior to the start of relays at the end of the session, or prior to the start of the last women's event if there are no relays.</p> <p>5) Time trials will count as an event for the daily limit, limiting the events a swimmer may swim each day to 3 but will not count as an event towards the meet total of 6.</p> <p>6) A swimmer can only time trial an event once per day.</p>	February 24 th	February 25 th	February 26 th	Day 2 Events	Day 3 Events	Day 4 Events	Day 3 Events	Day 4 Events	Day 1 Events	Day 4 Events	Day 1 Events	Day 2 Events	Day 1 Events	Day 2 Events	Day 3 Events
February 24 th	February 25 th	February 26 th														
Day 2 Events	Day 3 Events	Day 4 Events														
Day 3 Events	Day 4 Events	Day 1 Events														
Day 4 Events	Day 1 Events	Day 2 Events														
Day 1 Events	Day 2 Events	Day 3 Events														

STARTING PROCEDURE:	FINA whistle starts and no recall on false starts policy will be used. Flyover starts will be used during all preliminary sessions.
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TIMERS AND OFFICIALS:	Clubs and unattached swimmers participating in this meet must provide at least 50% of the timers and officials on a prorated basis according to number of entries. Timers are to be provided by clubs having a 1000 Free swimmer in session 1. Officials must notify the host club with availability by the entry deadline, or all the volunteer positions from the club will be filled as timers. Officials will be limited to 7 for session 1 and 12 for all other sessions. A list of timer assignments will be sent to teams and posted on the host team's website by Tuesday February 21, 2012.
NO SMOKING:	Smoking is not permitted anywhere on the Mercer Park Aquatic Center property, including within 20 feet of the facility.
USA REGISTRATION:	There will be NO club, non-athlete or athlete registrations taken at this meet.
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 from the ISI office – email admin@isiswim.org , phone 1-877-ISI-SWIM, or by mail at 2715 Pioneer Ct., Davenport, IA 52804-1099. Completion of this information form is part of the entry procedure since the host clubs and the Referee must have all necessary information concerning the swimmer. Refer also to USA Swimming Rules and Regulations Article 105.
OTHER INFORMATION:	<p>Each USA Swimming club entered will receive a copy of the program. Electronic results file will be provided to all teams participating in the meet. PDF final results will be posted on the ISI website. A hard copy of final results will be mailed for a fee of \$5.00 and may be requested on the financial sheet.</p> <p>Meet results will be posted "live" on the Iowa City Eels website (www.iceels.org).</p> <p>Programs and heat sheets will be available for purchase.</p> <p>Splash Multisport will be on site and will have a variety of swim wear and swim accessories available for sale at the meet.</p> <p>Parking is available in the lots east of the Mercer Aquatic Center.</p>
JUDY HOFFMAN MEMORIAL AND ISI SCHOLARSHIP AWARDS:	<p>The Judy Hoffman Memorial Award was established in memory of Judy Pierce Hoffman, who was president of Iowa Swimming, Inc. until her untimely death in March 1978. The ISI Scholarship Awards were established in 1991 to give recognition to swimmers in ISI who have attained a degree of recognition among their peers. These awards are presented to Iowa competitive swimmers at the ISI banquet from a list of nominations by Iowa Swimming, Inc. member clubs and unattached ISI members.</p> <p>Contributions to the awards are gratefully accepted and can be made through the ISI office. For further information contact the ISI Office, 2715 Pioneer Court, Davenport, IA 52804-1099, (563) 391-5832 or 1-877-ISI-SWIM.</p>
Directions:	<p>From I-80 West: Take exit 249 for Herbert Hoover Hwy; Turn left onto County Rd F44/Herbert Hoover Hwy NE; Turn left onto N Scott Blvd; Turn right onto Muscatine Ave; Take the 2nd left onto Dover St; Turn right-destination will be on the left.</p> <p>From I-80 East: Take exit 239A to merge onto IA-27 S/US-218 S toward Mt Pleasant/Keokuk; Take exit 91 for IA-1 toward Iowa City/Kalona/Village Museum; Turn left onto IA-1N; Continue onto US-6E; Turn left onto S 1st Ave; Take the 2nd right onto Bradford Drive; Turn right at Arthur St-Destination will be on the right.</p>

2012 IOWA SWIMMING SHORT COURSE STATE CHAMPIONSHIPS
 February 23, 24, 25, & 26, 2012
 ISI Sanction: IA-12-33 25 Yard Course

SESSION 1– TIMED FINALS – THURSDAY FEBRUARY 23, 2012

Warm ups 4:00 p.m.			Competition 5:00 p.m.	
Women's			Men's	
Q TIMES SCY/SCM/LCM	EVENT NUMBER	EVENTS/DESCRIPTIONS	EVENT NUMBER	Q TIMES SCY/SCM/LCM
12:45.59/11:10.09/11:21.79	1	13 -14 1000 Free ¹	2	12:12.69/10:41.29/11:02.19
12:25.69/10:52.59/11:03.69	3	Senior 1000 Free ¹	4	11:40.19/10:12.79/10:26.99
-----	5	13 - 14 800 Free Relay ²	6	-----
-----	7	Senior 800 Free Relay ²	8	-----
¹ The 13-14 1000 Free and Senior 1000 Free will be swum together, swum alternating women to men, fastest to slowest and will be separated for scoring. ² The 13-14 800 Free Relay and Senior 800 Free Relay will be swum together, swum alternating women to men, fastest to slowest and will be separated for scoring.				

2012 IOWA SWIMMING SHORT COURSE STATE CHAMPIONSHIPS

February 23, 24, 25, & 26, 2012

ISI Sanction: IA-12-33 25 Yard Course

SESSION 2 – PRELIMS – FRIDAY MORNING FEBRUARY 24, 2012

Warm ups 7:30 a.m.		Competition 9:00 a.m.		
Women's		Men's		
Q TIMES SCY/SCM/LCM	EVENT NUMBER	EVENTS/DESCRIPTIONS	EVENT NUMBER	Q TIMES SCY/SCM/LCM
-----	9tf	13-14 200 Medley Relay ¹	10tf	-----
-----	11tf	Senior 200 Medley Relay ¹	12tf	-----
1:21.69/1:30.29/1:32.69	13p	13-14 100 Breast	14p	1:15.89/1:23.89/1:25.59
1:15.69/1:23.59/1:26.69	15p	Senior 100 Breast	16p	1:08.89/1:16.09/1:19.69
2:13.79/2:27.89/2:31.79	17p	13-14 200 Free	18p	2:06.59/2:19.79/2:24.79
2:10.39/2:23.99/2:27.19	19p	Senior 200 Free	20p	2:00.09/2:12.69/2:17.19
1:11.39/1:18.89/1:20.49	21p	13-14 100 Fly	22p	1:06.19/1:18.99/1:14.89
1:06.29/1:13.29/1:14.19	23p	Senior 100 Fly	24p	1:00.09/1:06.39/1:07.69
5:34.49/6:09.49/6:19.85	25p	13-14 400 I.M.	26p	5:16.19/5:49.39/6:02.49
5:22.79/5:56.69/6:05.19	27p	Senior 400 I.M	28p	4:59.79/5:31.39/5:40.79
-----	29tf	13-14 200 Free Relay ¹	30tf	-----
-----	31tf	Senior 200 Free Relay ¹	32tf	-----

¹All but the fastest heat.

SESSION 3 – FINALS – FRIDAY EVENING FEBRUARY 24, 2012

Warm ups 4:00 p.m.		Competition 5:00 p.m.	
Women's		Men's	
EVENT NUMBER	EVENTS/DESCRIPTIONS	EVENT NUMBER	
9	13-14 200 Medley Relay ¹	10	
11	Senior 200 Medley Relay ¹	12	
---	--- 10 Minute Break ---	---	
13	13-14 100 Breast	14	
15	Senior 100 Breast	16	
17	13-14 200 Free	18	
19	Senior 200 Free	20	
---	--- 10 Minute Break ---	---	
21	13-14 100 Fly	22	
23	Senior 100 Fly	24	
25	13-14 400 IM	26	
27	Senior 400 IM	28	
---	--- 10 Minute Break ---	---	
29	13-14 200 Free Relay ¹	30	
31	Senior 200 Free Relay ¹	32	

¹The fastest heat only – the top 8 seeded relays.

2012 IOWA SWIMMING SHORT COURSE STATE CHAMPIONSHIPS

February 23, 24, 25, & 26, 2012

ISI Sanction: IA-12-33 25 Yard Course

SESSION 4 – PRELIMS – SATURDAY MORNING FEBRUARY 25, 2012

Warm ups 7:30 a.m.		Competition 9:00 a.m.		
Women's		Men's		
Q TIMES SCY/SCM/LCM	EVENT NUMBER	EVENTS/DESCRIPTIONS	EVENT NUMBER	Q TIMES SCY/SCM/LCM
5:56.59/5:11.99/5:19.79	33p	13-14 500 Free	34p	5:38.59/4:56.39/5:05.89
5:47.39/5:03.99/5:08.89	35p	Senior 500 Free	36p	5:24.29/4:43.79/4:50.19
3:00.69/3:19.69/3:27.99	37p	13-14 200 Breast	38p	2:49.39/3:07.09/3:17.19
2:49.59/3:07.39/3:13.49	39p	Senior 200 Breast	40p	2:36.39/2:52.79/3:01.59
1:11.39/1:18.89/1:21.09	41p	13-14 100 Back	42p	1:07.59/1:14.79/1:18.39
1:06.59/1:13.59/1:16.29	43p	Senior 100 Back	44p	1:01.09//1:07.49/1:10.59
2:40.99/2:59.69/3:02.29	45p	13-14 200 Fly	46p	2:31.99/2:47.89/2:51.99
2:30.49/2:46.29/2:49.49	47p	Senior 200 Fly	48p	2:18.99/2:33.59/2:36.89
28.69/31.69/32.49	49p	13-14 50 Free	50p	26.59/29.39/30.59
27.99/30.99/31.79	51p	Senior 50 Free	52p	25.29/27.99/28.79
-----	53tf	13-14 400 Medley Relay ¹	54tf	-----
-----	55tf	Senior 400 Medley Relay ¹	56tf	-----

¹All but the fastest heat.

SESSION 5 – FINALS – SATURDAY EVENING FEBRUARY 25, 2012

Warm ups 4:00 p.m.		Competition 5:00 p.m.	
Women's		Men's	
EVENT #	EVENTS/DESCRIPTIONS	EVENT #	
33	13-14 500 Free	34	
35	Senior 500 Free	36	
37	13-14 200 Breast	38	
39	Senior 200 Breast	40	
---	--- 10 Minute Break ---	---	
41	13-14 100 Back	42	
43	Senior 100 Back	44	
45	13-14 200 Fly	46	
47	Senior 200 Fly	48	
---	--- 10 Minute Break ---	---	
49	13-14 50 Free	50	
51	Senior 50 Free	52	
53	13-14 400 Medley Relay ¹	54	
55	Senior 400 Medley Relay ¹	56	

¹ The fastest heat only – the top 8 seeded relays.

2012 IOWA SWIMMING SHORT COURSE STATE CHAMPIONSHIPS

February 23, 24, 25, & 26, 2012

ISI Sanction: IA-12-33 25 Yard Course

SESSION 6 – PRELIMS – SUNDAY MORNING FEBRUARY 26, 2012

Warm ups 7:30 a.m.		Competition 9:00 a.m.		
Women's		Men's		
Q TIMES SCY/SCM/LCM	EVENT NUMBER	EVENTS/DESCRIPTIONS	EVENT NUMBER	Q TIMES SCY/SCM/LCM
1:02.19/1:08.69/1:10.39	61p	13-14 100 Free	62p	57.39/1:03.49/1:06.69
1:00.79/1:07.09/1:08.59	63p	Senior 100 Free	64p	55.19/1:00.99/1:03.09
2:31.99/2:47.99/2:53.29	65p	13-14 200 I.M.	66p	2:21.69/2:36.59/2:44.09
2:26.99/2:42.49/2:47.29	67p	Senior 200 I.M.	68p	2:15.09/2:29.29/2:35.89
2:38.39/2:54.99/3:01.29	69p	13-14 200 Back	70p	2:29.79/2:45.49/2:54.09
2:29.89/2:45.59/2:51.19	71p	Senior 200 Back	72p	2:17.89/2:32.39/2:37.59
-----	73tf	13-14 400 Free Relay ¹	74tf	-----
-----	75tf	Senior 400 Free Relay ¹	76tf	-----
-----		---- 15 Minute Break ----		-----
21:15.39/21:07.99/21:44.49	57tf	13-14 1650 Free ²	58tf	20:15.99/20:08.89/20:57.99
20:48.89/20:41.69/21:19.59	59tf	Senior 1650 Free ²	60tf	19:34.99/19:28.09/20:01.49

¹All but the fastest heat.
²The 13-14 1650 Free and Senior 1650 Free will be swum together, swum alternating women to men, fastest to slowest and will be separated for scoring.

SESSION 7 – FINALS – SUNDAY EVENING FEBRUARY 26, 2012

Warm ups 4:00 p.m.		Competition 5:00 p.m.	
Women's		Men's	
EVENT NUMBER	EVENTS/DESCRIPTIONS	EVENT NUMBER	
57	13-14 1650 Free ¹	58	
59	Senior 1650 Free ¹	60	
---	---- 10 Minute Break ----	---	
61	13-14 100 Free	62	
63	Senior 100 Free	64	
65	13-14 200 I.M.	66	
67	Senior 200 I.M.	68	
---	--- 10 Minute Break ---	---	
69	13-14 200 Back	70	
71	Senior 200 Back	72	
73	13-14 400 Free Relay ²	74	
75	Senior 400 Free Relay ²	76	

¹The fastest heat of each gender. The 13-14 1650 Free and Senior 1650 Free will be swum together, swum alternating women to men, fastest to slowest and will be separated for scoring.
² The fastest heat only – the top 8 seeded relays.

