



Black Hawk Area Swim Team



Tourism & Visitor's Bureau
319-268-4266
800-845-1955
www.cedarfallstourism.org

ISI Regionals Finals, hosted by BLAST

To: ISI Team Representative
From: Kerri Shimp & Jennifer Murra
Date: January 20th, 2012
Re: Regionals

Dear Representative,

Please find enclosed your invitation to the upcoming BLAST Winter Invite being held on Saturday, February 11, and Sunday, February 12, 2012, 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.

If you have any questions about the meet, please don't hesitate to contact any one of the meet directors. Hope to see you at the meet with safe travels.

Sincerely,
Kerri Shimp
319-230-8165
shimpfam@cfu.net



Black Hawk Area Swim Team

Hotels

Wingate Inn

1614 Technology Pkwy
Cedar Falls
319-277-2400

AmericInn Lodge and Suite

5818 Nordic Dr.
Cedar Falls
319-234-7791

Heartland Inn – Greyhound Park

3052 Marnie Rd.
Waterloo
319-232-7467

Holiday Inn Express

2141 La Porte Rd.
Waterloo
319-233-9191

University Inn

4711 University Ave.
Cedar Falls
319-277-1412

Clarion University Plaza

5826 University Ave.
Cedar Falls
319-277-2230

Midway Inn

4117 University Ave.
Cedar Falls
319-277-6931

Comfort Suites

7402 Nordic Dr.
Cedar Falls
319-273-9999

IOWA SWIMMING, INC.
REGIONAL FINALS
Hosted by BLAST

- ISI SANCTION: **IA-12-28**, held under the Sanction of USA Swimming
- RULES: Current USA Swimming and Iowa Swimming, Inc. (ISI) rules will govern this meet.
- DATES: February 11th & 12th, 2012
- MEET CLASSIFICATION: This is a CLOSED meet to only Iowa Swimming, Inc. registered swimmers. Swimmers must have NOT achieved an Iowa "Q" time standard (SCY,SCM,LCM) in an event, in order to compete in that event.
- TIME:
- | | <u>Morning Session</u> | <u>Afternoon Session</u> |
|------------------|------------------------------|--------------------------|
| Coaches Meeting: | 15 minutes prior to warm-ups | If needed |
| Warm-ups: | 7:30am | *Not before 11:00am |
| Competition: | 8:30am | *Not before Noon |
- * If warm-ups are to be split, teams will be notified by the Tuesday before the meet when their warm-up period will begin.
- SITE: Holmes Junior High School, 505 Holmes Dr., Cedar Falls, IA 50613
Indoor 25 yd. with bulkhead, 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 turning end. Daktronics 2000 timing system with horn start and 2 watch back-ups per lane and a 3rd watch on the first place swimmer. 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 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 2012 Iowa USA Swimming registered athletes.
- 2) Contestants must enter the age bracket corresponding to age as of February 11th, 2012.
- 3) A swimmer MAY NOT enter an event in which they have an ISI State "Q" time (SCY, SCM, or LCM). However, swimmers who will age up to a new age group between Regionals and the ISI State Championships, will be able to swim in the age group corresponding to their age on the first day of Regionals in those events offered in their current age group in which they do not have ISI Q times for their new age group, even if they have Q times in those events for their current age group. Swimmers who swim events under this clause will not be eligible for awards. This rule will not change the current ISI rule regarding relay competition.
- 4) For 8 & Under relays, only swimmers with B & C classification in 25 events may compete on relay team. In all other age group relays, a swimmer who has an Iowa Swimming "Q" time in the 50 yd or metric distance of a stroke, MAY NOT swim that leg in a 200 relay. A 13 & Over swimmer who has a "Q" time in the 100 yd or metric distances of Backstroke, Breaststroke, or Butterfly MAY NOT swim the leg of that particular stroke in the 200 Medley Relay.
- 5) A swimmer may enter up to 4 individual events per day, plus relays.
- 6) Seed times must be submitted for a 25-yard course. No Time (NT) entries will be accepted.
- 7) A club/team may enter as many relays per event as they wish designating the relays A, B, C, etc.

ENTRY FEES:

- 1) Individual events: \$3.25 per event
- 2) Relays are \$8.00 per relay.
- 3) ISI Splash Fee is \$3.00.
- 4) Teams submitting hand entries will be charged \$2.00 per swimmer if there are more than 5 swimmers.
- 5) Write single check for entry and splash fees payable to BLAST.
- 6) Entry fees are not refundable. Splash fees will be refunded if the entire meet is cancelled.

ENTRY FORMS:

Use forms: ISI APP-7 Entry form
ISI APP 8.3 Financial Sheet

Or

Submit electronic entries with HyTek, 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. 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 beginning January 30th
- 2) Entries will be confirmed via a return e-mail receipt
- 3) Hard copy of entries, financial sheet and fees must follow all entries by Wednesday, February 8th
- 4) No phone or fax entries will be accepted.

ENTRY DEADLINE:

- 1) Hand written or emailed non-Hy-Tek is Wednesday, February 1st, 2012. Teams entering by this method must email or phone updates from February 4th & 5th, 2012, weekend meets by noon, Monday, February 6th, 2012. These changes can only be for those swimmers who have already been entered in the meet, but need to change events due to a "Q" achievement in originally entered events(s). All new swimmers, not originally entered, will be assessed the Late Entry fee(s).
- 2) The meet entry deadline for emailed, electronic entries (Hy-Tek cfile) is Noon, Monday, February 6th, 2012. The entry fees & hardcopy are due by Wednesday, February 8th, 2012. Any changes made after Noon, Monday, February 6th, 2012, will be considered Late Entries.

LATE ENTRIES

Late entries will be accepted in person up to one hour before the start of each session. Late entries will also be accepted by emailing no later than 5pm Thursday, February 9th the meet entry person. Late email entries will be confirmed via a return e-mail receipt.

1. If the meet program has not been printed, the swimmer shall be seeded into the meet, but will still be responsible for the Late Entry Fees.
2. If the program has been printed, late entries shall be accepted, but these entries shall be seeded with the meet event entry time or NT and shall swim in heat one of the event. A zero heat will be created, if necessary.
3. Late Entry Fees: Individual events \$6.50 per event and Relay events \$16.00 per relay
4. Late entry swimmers will be required to show proof of current membership.

SEND ENTRIES TO:

Shelley Hackett
917 Barrington
Cedar Falls, IA, 50613

shackett@cfu.net

(319) 290-6849 or (319) 464-5448

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

MEET DIRECTOR:

Kerri Shimp
319-230-8165
1222 W 2nd St
Cedar Falls, IA 50613
shimpfam@cfu.net

Jennifer Murra
319-231-8953
4222 Veralta Dr
Cedar Falls, IA 50613
jennifer.murra@uni.edu

SCORING:

No individual or team scoring will be kept.

AWARDS:

Individual events: 1st – 3rd Medals 4th – 8th Ribbons
Relay Events: 1st – 3rd Ribbons
No high point awards will be given

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.

MEET OPERATION:

- 1) Events will be pre-seeded, except for the 1000/1650 Freestyles, which will be deck seeded.
- 2) There will be no clerk of course.
- 3) If names are on entry sheets for relays, those names will be on the relays card at the meet.
- 4) Swimmers must check-in for the 1000 & 1650yd Free by 2:00pm or 30 minutes prior to start of event, whichever is earlier on Sunday, February 12th, 2012, in front of the computer table.
- 5) Swimmers failing to check in will be allowed to swim only if there are open lanes in the slower heats.
- 6) 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. *(At the discretion of the Referee, at least 10 minutes rest shall occur between swims for the same individual.)*
- 7) Events may be combined to facilitate meet operation and separated later.
- 8) The 13-14 and 15&Over 1000/1650 Free will be seeded together, but separated for awards. The events will be swum from fastest to slowest, alternating women/men.
- 9) Eligible athletes (those meeting the entry criteria) may compete in either the 1000 or 1650, NOT both. If they need to swim both, in attempting to reach and ISI 'Q' time, they will need to take an intermediate split in the 1650.

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.

TIMERS & OFFICIALS: Clubs and unattached swimmers participating in this meet must provide 50% timers on a prorated basis according to their number of entries. A list of timers assignments will be posted in front of the timing console and on the internet.

NO SMOKING: No smoking in the swimming venue.

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.

USA REGISTRATION: There will be NO USA Swimming registration at the meet (swimmers, non-athletes, or clubs)

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 on the ISI website (www.isiswim.org) or from the ISI office, email: admin@isiswim.org phone: 1-877-474-7946, or mail: 2715 Pioneer Ct, Davenport, IA 52804-1099 . 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 & FINAL RESULTS Programs & final results will be sold 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.

OTHER INFORMATION: Splash Multisport will be in attendance at the meet. Concessions will be available. Personalized Regional t-shirts will be on sale. Seating is in the balcony. Spectators will not be allowed to view from deck.

Iowa Swimming, Inc.
Regional Finals
25-yard Course IA-12-28
Hosted by BLAST at Holmes JR High

Session I – Saturday, February 11th, 2012

Warm-ups: 7:30am

Competition: 8:30am

Girls		Events		Boys	
Event #	Max Time			Max Time	Event #
1	35.10	10&U	50 Free	35.20	2
3	18.90	8&U	25 Free BC	18.50	4
5	1:30.90	10&U	100 Back	1:32.10	6
7	52.30	8&U	50 Back	52.50	8
9	43.00	10&U	50 Fly	42.00	10
11	21.90	8&U	25 Fly BC	21.90	12
13	1:44.00	10&U	100 Breast	1:43.70	14
15	:57.70	8&U	50 Breast	:55.50	16
17	2:57.70	10&U	200 Free	2:50.90	18
19	1:36.60	8&U	100 Free	1:34.40	20
21	1:29.10	10&U	100 IM	1:31.20	22
23		10&U	200 Medley Relay		24
25		8&U	100 Medley Relay		26

Session II – Saturday, February 11th, 2012

Warm-ups: Immediately following the morning session, but not before 11:00am

Competition: Not before Noon

Girls		Events		Boys	
Event #	Max Time			Max Time	Event #
27	2:48.90	11-12	200 Back	2:45.60	28
29	2:38.40	13-14	200 Back	2:29.80	30
31	2:29.90	15&O	200 Back	2:17.90	32
33	1:26.70	11-12	100 Breast	1:25.10	34
35	1:21.70	13-14	100 Breast	1:15.90	36
37	34.60	11-12	50 Back	35.40	38
39	1:15.70	15&O	100 Breast	1:08.90	40
41	2:51.80	11-12	200 Fly	2:48.30	42
43	2:41.00	13-14	200 Fly	2:32.00	44
45	2:30.50	15&O	200 Fly	2:19.00	46
47	2:44.20	11-12	200 IM	2:44.20	48
49	2:32.00	13-14	200 IM	2:21.70	50
51	2:27.00	15&O	200 IM	2:15.10	52
53	1:05.70	11-12	100 Free	1:05.30	54
55	1:02.20	13-14	100 Free	57.40	56
57	39.80	11-12	50 Breast	39.50	58
59	1:00.80	15&O	100 Free	55.20	60
61		11-12	200 Medley Relay		62
63		13-14	200 Medley Relay		64
65		Open	200 Medley Relay		66
Break – Warm-up/cool down 15 minutes min – Admin 20 minutes					
67	6:28.60	11-12	500 Free	6:23.70	68
69	5:56.60	13-14	500 Free	5:38.60	70
71	5:47.40	15&O	500 Free	5:24.30	72

Iowa Swimming, Inc.
Regional Finals
25-yard Course IA-12-28
Hosted by BLAST at Holmes Jr High

Session III – Sunday, February 12th, 2012

Warm-ups: 7:30am Competition: 8:30am

Girls		Events		Boys	
Event #	Max Time			Max Time	Event #
73	3:19.40	10&U	200 IM	3:18.10	74
75	1:43.20	8&U	100 IM	1:42.30	76
77	41.20	10&U	50 Back	43.70	78
79	22.90	8&U	25 Back BC	22.90	80
81	1:42.10	10&U	100 Fly	1:40.40	82
83	50.20	8&U	50 Fly	50.00	84
85	47.00	10&U	50 Breast	47.90	86
87	25.20	8&U	25 Breast BC	24.30	88
89	1:19.10	10&U	100 Free	1:20.00	90
91	43.30	8&U	50 Free	42.30	92
93		10&U	200 Free Relay		94
95		8&U	100 Free Relay		96
Break - Warm-up/cool down 15 minutes min – Admin 20 minutes					
97	7:39.50	10&U	500 Free	7:35.20	98

Session IV – Sunday, February 12th, 2012

Warm-ups: Immediately following the morning session, but not before 11:00am Competition: Not before Noon

Girls		Events		Boys	
Event #	Max Time			Max Time	Event #
99	30.10	11-12	50 Free	29.80	100
101	28.70	13-14	50 Free	26.60	102
103	28.00	15&O	50 Free	25.30	104
105	5:53.70	11-12	400 IM	5:46.10	106
107	5:34.50	13-14	400 IM	5:16.20	108
109	5:22.80	15&O	400 IM	4:59.80	110
111	1:17.30	11-12	100 Back	1:16.50	112
113	1:11.40	13-14	100 Back	1:07.60	114
115	33.80	11-12	50 Fly	34.10	116
117	1:06.60	15&O	100 Back	1:01.10	118
119	2:25.70	11-12	200 Free	2:23.40	120
121	2:13.80	13-14	200 Free	2:06.60	122
123	2:10.40	15&O	200 Free	2:00.10	124
125	1:17.50	11-12	100 Fly	1:16.00	126
127	1:11.40	13-14	100 Fly	1:06.20	128
129	1:06.30	15&O	100 Fly	1:00.10	130
131	3:11.70	11-12	200 Breast	3:07.30	132
133	3:00.70	13-14	200 Breast	2:49.40	134
135	1:17.00	11-12	100 IM	1:15.40	136
137	2:49.60	15&O	200 Breast	2:36.40	138
139		11-12	200 Free Relay		140
141		13-14	200 Free Relay		142
143		Open	200 Free Relay		144
Break - Warm-up/cool down 10 minutes min – Admin 15 minutes					
145	13:32.00	11-12	1000 Free*	13:22.70	146
147	12:45.60	13-14	1000 Free**	12:12.70	148
149	12:25.70	15&O	1000 Free**	11:40.20	150
151	22:47.40	11-12	1650 Free*	22:30.50	152
153	21:15.40	13-14	1650 Free**	20:16.00	154
155	20:48.90	15&O	1650 Free**	19:35.00	156

*/** Positive check-in required for the 1000 & 1650 freestyles by 2:00pm or 30 minutes prior to start of event, whichever is earlier.

** 13-14 & 15&O 1000 & 1650 freestyle will swim combined, fastest to slowest, alternating women/men