

**STARS OF TOMORROW INVITATIONAL**  
(Open Invitational)

HOST: River Cities Aquatics

ISI SANCTION:

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

DATE: Friday, Saturday, Sunday- July 10th/11th/12th, 2009

**TIME SCHEDULE:**

Friday PM:	Warm-ups 2:00pm	Competition 3:00pm
Saturday AM:	Warm-ups 7:00am	Competition 8:00am
Saturday PM:	Warm-ups Not before 12:00pm	Competition Not before 1:00pm
Sunday AM:	Warm-ups 7:00am	Competition 8:00am
Sunday PM:	Warm-ups Not before 12:00pm	Competition Not before 1:00pm
Coaches Meeting:	AM sessions 6:45am	PM session if needed

**\*If warm-ups are to be split, teams will be notified by Tuesday July 7<sup>th</sup>.**

**SITE:**

Riverview Pool  
Riverview Drive  
Clinton, IA 52732  
(See attached map)

**FACILITIES:**

Fifty meter, 8 lanes, outdoor pool. Non-turbulent lane markers. Daktronics Timing System with touch pads at finishing ends, and pushbutton back-up system. Horn and strobe starts. Two manual watches on each lane for back-up time and 3 watches on the first place lane. Back stroke flags 5 meters from each end of the course. Pool bottom has lane markers with target at each end of the pool. Pool depth ranges from 5 feet at the starting end, and 3 ½ feet at the shallow end.

**COACHES INFORMATION:**

All team coaches must be a currently registered Coach Member of USA Swimming. Only USA Swimming coach members will be permitted on the deck in designated areas. All coaches must sign in and be prepared to show their cards. See TIME SCHEDULE for meeting times.

**CONTROLLED WARM-UP:**

The ISI controlled warm-up procedure will be followed. (See ISI code book Sec J.) Teams will be assigned warm-up lanes, and it will be posted behind the blocks. The first 30 minutes will be general warm-up. The last 20 minutes will be one lap sprints in designated lanes only. Swimmers attending without a USA Swimming coach member must report to the meet referee prior to warm-up for lane assignment.

**ENTRY REQUIREMENTS:**

1. All swimmers must be current USA Swimming registered athletes.
2. Contestants must enter the age bracket corresponding to their age as of July 10<sup>th</sup>, 2009.
3. A swimmer may enter 4 individual events per day, but no more than 8 total. A club/team may

- enter as many relays per event as they wish, designating the relays A, B, C, etc.. If names are on entry sheets for relays, those names will be on the relay cards at the meet.
4. Seed times must be submitted for 50 meter course.
  5. Events will be pre-seeded. Accepted late entries will be put into open lanes.
  6. Positive check in for the 800 Free and 1500 Free is required prior to the start of competition each day. Positive check-in will be 15 min. prior to the start of that event. For the 800M Free, if the meet starts at 3:00pm, positive check-in will be 2:45pm. For the 1500M Free, if the meet starts at 8:00am, positive check-in will be 7:45am. If you do not check in by the deadline, then you will be scratched from the event, and all fees for that event will be forfeited.
  7. There will be **NO** clerk of course at this meet. Swimmers must be ready, behind the blocks, prior to their event.
  8. Phone/Fax entries will not be accepted.

#### ENTRY FEES:

The official ISI financial sheet must accompany fees (ISI app 8.1). Entry fees will not be refunded. In the event that the entire meet is cancelled due to inclement weather, splash fees will be refunded. Fees are listed below:

Individual Events - \$2.00 per individual event  
Relays - \$5.00 per relay  
ISI Splash - \$3.00 per swimmer  
Make checks payable to: **RCA**

#### ENTRY FORMS:

Submit entries on disk Hy-Tek Commlink II format or on the enclosed entry forms. Include the full names and ages of all relay participants. All entries must include a completed ISI financial sheet (ISI app 8.1). Entries submitted by diskette, must be accompanied by a printed hard copy for backup. Email entries (Hy-Tek format only) will be accepted, if mailed hard copy and check received no later than Wednesday, July 8<sup>th</sup>, 2009. Teams submitting hand entries will be charged \$2.00 per swimmer if there are more than 5 swimmers.

#### ENTRY LIMITS:

100 splashes per lane per session

#### ENTRY DEADLINE:

Hand entries are due July 3<sup>rd</sup>, 2009 Emailed entries (hy-tek only) must be received by 12 noon on Monday, July 6<sup>th</sup>, 2009.

#### LATE ENTRIES:

Late entries will be accepted up to the beginning of warm-ups for each session, provided the meet has not exceeded the splash limit, and there are empty lanes. Extra heats will not be added to accommodate late entries. Late entry fees will be: \$4.00 per individual events, and \$10.00 per relay. Please call the meet entry chair to find out if we can accept more entries.

#### ENTRIES:

Express mailing entries, No Signature Required, will be accepted all day. Fax and phone entries will not be accepted. Teams entering via email will receive confirmation via return email. All entries and/or entry questions shall be sent to the entry chair.

#### ISI REGISTRATION AT THE MEET:

Swimmer registration at the meet will be accepted. Fees are: Annual \$57 / Seasonal \$33, payable to ISI, and a \$5.00 late fee payable to RCA. There will be no club or coach registration accepted.

#### ENTRY CHAIR

Ted Kaster  
1715 5th Ave.  
Clinton, IA  
(563) 242-7003  
[tkaster1107@msn.com](mailto:tkaster1107@msn.com)

#### CO-MEET DIRECTORS

Dave Sivright  
703 Terrace Dr.  
Clinton, IA  
(563)242-6378  
dsivriqh@clinton.net

Bill Hess  
239 Ruth Place  
Clinton, IA  
(563)243-7629  
willhess1@mchsi.com

#### AWARDS:

Individual places:	1 <sup>st</sup> – 3 <sup>rd</sup> Medals 4 <sup>th</sup> – 8 <sup>th</sup> Ribbons
Relays:	1 <sup>st</sup> – 3 <sup>rd</sup> Medals
Indiv. High Point:	Trophies for top 3 boy and top 3 girl swimmers in each age division. Points will be tallied based on the swimmers age, regardless of the event classification swam. Swimmers must be 15 years old to be eligible for the Senior division trophy.
Team High Point:	Trophy for highest combined team score. Home team is not eligible.
Sportsmanship Award:	Trophy will be given to the team that displays teh best sportmanship. Each team will receive 2 ballots in their coaches packet to cast towards the vote.

#### SCORING:

Individual events:9-7-6-5-4-3-2-1  
Relay events: 18-14-12-10-8-6-4-2

#### MEET OPERATION:

1. The meet will be pre-seeded. Heat sheets will be posted. Coach packets will be distributed to coaches after signing in.
2. Relay cards will be distributed at the coaches meeting. All four swimmers full name, age and order of swimming must be verified on each card.
3. It is not the meet host responsibility to provide rest for swimmers that enter both 8 & Under and 10 & Under or 13-14 and Senior events.
4. There will be **NO** clerk of course for this meet.
5. The Open 1500 M Freestyle will be limited to the fastest 16 males and fastest 16 females. If less than 16 athletes from one gender enter the event, those slots can be filled by the opposite gender, fastest to slowest. We will be alternating girls and boys heats.
6. There will be a 10 minute warm-up prior to both the 800 and 1500 freestyle races. Both races

have a required positive check in time listed under entry requirements above. If you do not check in by the deadline, then you will be scratched from the event, and all fees for that event will be forfeited.

7. All athletes participating in the 800 M Freestyle and/or the 1500 M Freestyle are responsible for providing their own lap counters and timers for each of these events.

#### SCRATCHES:

The ISI scratch rule will govern this meet.

#### 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.

#### ADAPTED COMPETITIVE SWIMMERS:

The information form for disabled swimmers is available in the ISI code book, on the ISI web site (<http://www.isiswim.org>) or by contacting the ISI office: email [isiswim@aol.com](mailto:isiswim@aol.com); phone 1-877-ISI-SWIM; or mail 2715 Pioneer Ct, Davenport, IA 52804-1099. Contact the entry chair if you need assistance.

#### OTHER INFORMATION:

1. Electronic results will be provided to all teams participating in the meet. They will also be posted on the ISI website. A hard copy of the final results will be mailed for a fee of \$5.00 and may be requested on the financial sheet.
2. Each USA Swimming team entered will receive a copy of the program.
3. Programs will be available for purchase to spectators attending the meet.
4. Food and drink concessions will be available for all sessions.
5. Swim wear and equipment will be available for purchase.
6. There is NO SMOKING ALLOWED at the swim venue. This is a city ordinance.
7. The diving well will be available for warm-up and cool down of current USA Swimmers only. Unregistered swimmers, and/or spectators are not allowed in this area, or other areas of the pool.

#### HOTEL / MOTEL INFORMATION:

1	Best Western – Frontier Motor Inn	(563) 242-7112
2	Country Inn Suites	(563) 244-9922
3	Super 8 Motel	(563) 242-8870
4	Holiday Inn Express	(563) 242-9300
5	Wildrose Casino & Resort	(563) 519-3000
6	Comfort Inn	(815) 589-3333

Stars of Tomorrow (IA-09-42)

July 10/11/12<sup>th</sup>, 2009

50 Meter

Session 1: Friday PM

Warm-ups: 2:00 pm

Meet Start: 3:00 pm

Women's Event #	Events	Men's Event #
1	13-14 400 Free	2
3	Senior 400 Free	4
5	11-12 200 IM	6
7	9-10 100 Free	8
9	13 – 14 200 Free	10
11	Senior 200 Free	12
13	11-12 100 Free	14
15	10 and Under 200 IM	16
17	13 – 14 200 Breast	18
19	Senior 200 Breast	20
21	Open 800 Free*	22

\* The 800 freestyle events will be swam fastest to slowest, alternating girls and boys heats.

\*Participants in the 800 freestyle must provide their own lap counters and timers.

\*Positive check-in deadline for the 800 Freestyle will be 2:45pm, if the meet starts at 3:00pm.

Stars of Tomorrow (IA-09-42)  
July 10/11/12<sup>th</sup>, 2009 50 Meter

Session 2: Saturday AM

Warm-ups: 7:00 am

Meet Start: 8:00 am

Women's Event #	Events	Men's Event #
23	13-14 100 Back	24
25	Senior 100 Back	26
27	13-14 200 Fly	28
29	Senior 200 Fly	30
31	13-14 100 Free	32
33	Senior 100 Free	34
35	13-14 200 IM	36
37	Senior 200 IM	38
39	13-14 400 Medley Relay	40
41	Senior 400 Medley Relay	42

Session 3: Saturday PM

Warm-ups: Not Before Noon  
Meet Start: Not Before 1pm

Women's Event #	Events	Men's Event #
43	10 and Under 100 Fly	44
45	11-12 100 Fly	46
47	8 and Under 50 Back	48
49	10 and Under 50 Back	50
51	11-12 50 Back	52
53	8 and Under 50 Breast	54
55	10 and Under 50 Breast	56
57	11-12 50 Breast	58
59	8 and Under 100 Free	60
61	10 and Under 100 Free	62
63	10 and Under 200 Medley Relay	64
65	11-12 200 Medley Relay	66

Stars of Tomorrow (IA-09-42)  
July 10/11/12<sup>th</sup>, 2009 50 Meter

Session 4: Sunday AM  
Warm-ups: 7:00 am  
Meet Start: 8:00 am

Women's Event #	Events	Men's Event #
67	13-14 50 Free	68
69	Senior 50 Free	70
71	13-14 200 Back	72
73	Senior 200 Back	74
75	13-14 100 Breast	76
77	Senior 100 Breast	78
79	13-14 100 Fly	80
81	Senior 100 Fly	82
83	13-14 400 Free Relay	84
85	Senior 400 Free Relay	86
87	Open 1500 Freestyle*	88

\*The 1500 freestyle events will be swam fastest to slowest, alternating girls and boys heats.

\* Participants in the 1500 Freestyle are responsible for providing their own lap counters and timers.

\*Positive check-in deadline for thee 1500 Freestyle will be 7:45am, if the meet starts at 8:00am.

Session 5: Sunday PM

Warm-ups: Not Before Noon

Meet Start: Not Before 1 pm

Women's Event #	Events	Men's Event #
89	10 and Under 200 Free	90
91	11-12 200 Free	92
93	10 and Under 100 Back	94
95	11-12 100 Back	96
97	8 and Under 50 Free	98
99	10 and Under 50 Free	100
101	11-12 50 Free	102
103	8 and Under 50 Fly	104
105	10 and Under 50 Fly	106
107	11-12 50 Fly	108
109	10 and Under 100 Breast	110
111	11-12 100 Breast	112
113	10 and Under 200 Free Relay	114
115	11-12 200 Free Relay	116

## Directions to Riverview Pool

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**From Iowa:** Follow HWY 30 into Clinton. This street will turn into South 3<sup>rd</sup> Street at the bridge. Continue north (do not turn right onto bridge). Turn right on 2<sup>nd</sup> Ave. South. Continue east and cross over R/R tracks to stop sign. Turn left and continue around to pool parking lot.

**From Illinois:** Take HWY 30 bridge across river to stop lights. Turn right on South 3<sup>rd</sup> Street. Continue north. Turn right on 2<sup>nd</sup> Ave. South. Continue east and cross over R/R tracks to stop sign. Turn left and continue around to pool parking lot.



