

STARS OF TOMORROW INVITATIONAL
(Open Invitational)

HOST: River Cities Aquatics

ISI SANCTION: IA-10-45

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

DATE: Friday, Saturday, Sunday- July 16th/17th/18th, 2010

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
Coaching Meeting:	AM sessions 6:45am	PM session if needed

***If warm-ups are to be split, teams will be notified by Tuesday July 13th**

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 finish 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. 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 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 show their ID cards at all times. 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 16th, 2009.
3. A swimmer may enter 4 individual events per day, but not more than 8 total events for the meet. A club team may enter as many relays per event as they wish, designating the relays as A, B, C, etc. If names are on entry sheets for relays, those names will be on the entry cards at the meet.
4. Seed times must be submitted for 50 meter course.

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. Teams submitting hand entries will be charged \$2.00 per swimmer if there are more than 5 swimmers. Fees are listed below:

Individual events-	\$2.50 per individual event
Relays	- \$5.00 per relay
ISI Splash	- \$3.00 per swimmer
Make checks payable to: <u>RCA</u>	

ENTRY FORMS:

Submit entries on disk Hy-Tek Commlink II format or on the entry forms (ISI app 7). 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. **Keep in mind that the meet may be full by then. The meet has filled and closed early the past 4 years.**

ENTRY LIMITS:

100 splashes per lane per session.

ENTRY DEADLINE:

1. Entries will be accepted from teams/athletes in the Iowa LSC beginning on July 16th, 2010.
2. Entries will be accepted from teams/athletes outside of the Iowa LSC & Iowa LSC team/athletes beginning on June 23rd, 2010.
3. Hand written entries are due no later than Friday, July 9th, 2010.
4. Electronic entries must be received by 12 noon on Monday, July 12, 2010.
5. Email entries (Hy-Tek format only) will be accepted if hard copy and check received no later than Wednesday, July 14th, 2010.
6. Phone/Fax entries will not be accepted.
7. Express mailing entries, no signature required, will be accepted all day.
8. Teams entering via email will receive confirmation via return email.
9. FYI-the meet has filled and closed early for the past 4 years.
10. All entries and/or entry questions shall be sent to the entry chair.

LATE ENTRIES:

Late entries will be accepted up to 1 hour prior to the start of that session, provided the meet has not exceeded the splash limit, and in open lanes only. Extra heats will not be added to accommodate late entries. Late entry fees will be: \$5.00 per individual events, and \$10.00 per relay. Please call the meet entry chair to find out if we can accept more entries.

ISI REGISTRATION AT THE MEET:

Swimmer registration at the meet will be accepted. Fees are: Annual \$58 / Seasonal \$34, payable to ISI, and a \$5.00 late fee payable to RCA. There will be no club or coach registration accepted.

ENTRY CHAIR:

Ross Burns
1516 South Bluff Blvd.
Clinton, IA 52732
(563)242-2886
sotentries@yahoo.com

CO-MEET DIRECTORS:

Dave Sivright
703 Terrace Dr.
Clinton, IA 52732
(563)242-6378
dsivright@clinton.net

Bill Hess
239 Ruth Pl.
Clinton, IA 52732
willhess1@mchsi.com

AWARDS:

Individual places: 1st-3rd Medals
4th-8th Ribbons
Relays: 1st-3rd 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 the best sportsmanship. 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, except 800Free and 1500Free, which will be deck seeded following positive check-in. Heat sheets will be posted.
2. Relay cards will be distributed at the coaches meeting. All 4 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&Up, or 13-14 and Senior events.
4. There will be **NO** clerk of course for this meet. Swimmers must be ready and lined up behind the blocks prior to their event.
5. The Open 1500M 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 800M and 1500M Freestyle races. Both races have a required positive check-in time.

7. Positive check-in for the 800Free and the 1500Free is required 15 minutes prior to the start of that session. 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.
8. All athletes participating in the 800M Freestyle and the 1500M Freestyle are responsible for providing their own lap counters and requested to provide their own timers.

SCRATCHES:

The ISI scratch rule will govern this meet. See ISI Code Book Section J.

MEET COMMITTEE:

A meet committee comprised of the Meet Referee, Meet Director, Coach Representative, Athlete Representative, and (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 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 website, (<http://www.isiswim.org>), or by contacting the ISI office: email is swim@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. Swimwear 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 for swimmers entered in the meet only. Unregistered swimmers, and/or spectators are **NOT** allowed in this area, or other areas of the pool.

HOTEL/MOTEL INFORMATION:

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

STARS OF TOMORROW (IA-10-45)

July 16, 17, & 18th, 2010

50 Meter

Session 1: Friday PM

Warm-ups: 2:00pm

Meet Starts: 3:00pm

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

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

*** Participants in the 800M Freestyle are responsible for providing their own lap counters and requested to provide their own timers.**

*** Positive check-in deadline for the 800M Freestyle will be 15 min. prior to the start of that session.**

STARS OF TOMORROW (IA-10-45)
 July 16, 17, & 18th, 2010
 50 Meter

Session 2: Saturday AM
 Warm-ups: 7:00am
 Meet Starts: 8:00am

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

Session 3: Saturday PM
 Warm-ups: Not Before 12:00pm
 Meet Starts: Not Before 1pm

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

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

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

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

***Participants in the 1500M Freestyle are responsible for providing their own lap counters and requested to provide their own timers.**

***Positive check-in deadline for the 1500M Freestyle will be 15 min. prior to the start of that session.**

***Limited to fastest 16 males and fastest 16 females. If less than 16 athletes from one gender entered in the event, those slots can be filled by the opposite gender, fastest to slowest.**

STARS OF TOMORROW (IA-10-45)
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50 Meter

Session 5: Sunday PM
Warm-ups: Not Before 12:00pm
Meet Start: Not Before 1pm

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

FINANCIAL SHEET - TIMED FINALS

MEET NAME: RCA Stars of Tomorrow

DATE: July 16, 17 & 18, 2010

TEAM NAME: _____ CODE: _____

COACHES ATTENDING MEET: _____

ENTRY CONTACT: _____

ADDRESS: _____ IA _____
Street Address City Zip

PHONE: (___) ___ - ___ - ___ EMAIL: _____

ENTRY FEES	NUMBER	FEE	TOTAL \$
INDIVIDUAL ENTRIES		\$ 2.50	
RELAY ENTRIES		\$ 5.00	
SWIMMERS (Splash Fee)		\$ 3.00	
FINAL RESULTS *		\$ 5.00	
TOTAL FEES			
MAKE CHECK PAYABLE TO: RCA			

* FINAL RESULTS – Final results will be provided in electronic format & available on the ISI website, unless hard copy is requested along with fees.
 Mail final results to:
