



AMES CYCLONE AQUATICS CLUB



Timothy Jenks Memorial - Autumn Opener
October 17-19, 2014
Ames High School, Ames, IA
Open – 25yd

ISI SANCTION: IA-14-02 held under the sanction of USA Swimming and Iowa Swimming, Inc. (ISI)

RULES: Current USA Swimming and Iowa Swimming, Inc. (ISI) technical and administrative rules will govern this meet.

DATES: Friday, October 17th, 2014
Saturday, October 18th, 2014
Sunday, October 19th, 2014

TIME:

	Morning	Afternoon	Evening
Coaches Meeting:	7:15 am	If needed	If needed
Warm-ups:	7:30 am*	Immediately following morning, but not before 11:00 am*	5:00 pm*
Competition:	8:30 am	Not before 12:00 pm	6:00 pm

* If warm-ups are to be split, teams will be notified by the Tuesday before the meet which warm-up period they are in.

SITE:

***Ames High School Pool
1921 Ames High Dr. Ames, IA 50010***

- Indoor pool with six 25 yard lanes.
- Water Depth: 4.5 ft. at shallowest start and turn, 12.5 ft. at deepest start and turn. At both the start end and turn end of the pool in lane 6 the pool depth is 4.5 ft. The pool depth gets gradually deeper going toward lane one until reaching the final depth of 12.5 ft. in Lane 1.
- The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.
- Daktronics electronic timing system with touchpads, one back-up button and 2 watch back-ups per lane.



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COACHES: Only currently registered USA Swimming coach members will be permitted on deck in designated areas. Each coach must sign the Coaches Meet Sign-In (APP-29) and present a current USA Swimming coach membership card to verify that all certifications are current and on file. Coaches shall wear their coach membership cards so that they are clearly visible to swimmers and meet personnel at all times.

WARM-UPS: The ISI mandatory warm-up procedure will be followed in accordance with Section J.XI of the ISI Code Book. All swimmers are to carefully enter the pool using feet first, three point entry. The pool will be cleared 10 minutes prior to competition.

All swimmers must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any swimmer without a coach shall report to the Meet Referee prior to his or her warm-up. The Meet Referee will assist in making arrangements for such supervision, but it is the swimmer's responsibility to ensure such arrangements are made prior to the start of the meet.

RACING STARTS: All swimmers 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 REQS:

- 1) Swimmers must be currently registered as athlete members of USA Swimming in order to compete.
- 2) Swimmers must enter the age group events corresponding to each swimmer's age as of the first day of the meet - Friday, October 17th, 2014.
- 3) A swimmer may enter up to 4 individual events and 1 relay per day.
- 4) Seed times must be submitted for a 25 yard course. NT entries will be accepted. A swimmer or relay seed time can be no faster than the best time the swimmer or relay has achieved in an event swum in the same length pool as this meet. Converted times are not allowed.



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4-HOUR RULE:

Pursuant to Article 205.3.1F of USA Swimming Rules and Regulations, the program in all age-group competitions shall be planned to allow the events for swimmers 12 years and younger to be completed in four (4) hours or less. Total entries shall not exceed 100 splashes per lane per session unless additional splashes do not jeopardize the 4-hour rule. Relays may be scratched if timeline exceeds four (4) hours.

ENTRY SUBMISSION:

Entry fees are as follows:

- 1) Individual events are \$5.00 per event.
- 2) Relays are \$10.00 per relay.
- 3) ISI swimmer surcharge is \$3.00.
- 4) Teams submitting entries requiring manual input will be charged \$2.00 per swimmer if there are more than 5 swimmers.

Electronic entries must be submitted in a format compatible with Hy-Tek Meet Manager software. All other entries require manual input and must be submitted on the ISI Meet Entry Form (APP-7).

Submit entries along with ISI Financial Sheet (APP-8.1). If submitting electronic entries, also send a hardcopy of the entries with the entry fees and financial sheet.

Payment shall be by check or money order made payable to ACAC. All entry fees, including ISI swimmer surcharge, can be combined on one check. The host club reserves the right to require payment by money order or cashier's check. Entry fees are non-refundable; ISI swimmer surcharge will be refunded only if the entire meet is cancelled.

ENTRY DATES AND DEADLINE:

- 1) Entries will be accepted from teams/athletes IN the Iowa LSC and from non-ISI teams that attended last year (CNS-MV) and (SFX-SD), beginning on September 3rd, 2014 at 8:00 a.m.
- 2) Entries will be accepted from all teams beginning September 10th, 2014.
- 3) Manual entries, along with entry fees and financial sheet, must be received no later than Thursday, October 9th, 2014.
- 4) Electronic entries must be received no later than 12:00pm on Monday, October 13th, 2014. A hardcopy of the entries, along with entry fees and financial sheet, must be received by Tuesday, October 14th, 2014.
- 5) Electronic entries will be confirmed via a return email receipt.
- 6) Entries will not be accepted by phone or fax.



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LATE ENTRIES:

- 1) Late entries will be accepted at the discretion of the Meet Director, up to the beginning of warm-ups for each session. In addition, deck entries will only be accepted if an empty lane is available in the event requested.
- 2) No additional heats will be added for late entries for pre-seeded or deck seeded events.
- 3) Late entries for a particular session will not be accepted once warm-ups have begun for that session.
- 4) Contact the Meet Director during the meet to inquire about deck entry availability.
- 5) Deck entry fees: Individual events \$10.00 per event & Relay events \$20.00 per relay.
- 6) Deck entry swimmers will be required to show their current Athlete USA Swimming Membership card.

SWIMMERS WITH DISABILITIES:

Swimmers with disabilities are encouraged to compete. The Information for Adapted Competitive Swimmers (APP-21) indicating limitations and requested modifications should be completed and attached to the meet entries. Modifications will be determined by the Meet Referee. The swimmer (or swimmer's coach) is responsible for providing any equipment or assistants required. See Article 105 of USA Swimming Rules & Regulations.

SEND ENTRIES TO:

Tim Teeter
1124 Scholl Road
Ames, IA 50014
swimacac@yahoo.com
(515) 520-7211
Express mailing entries NO SIGNATURE REQUIRED will be accepted all day.

MEET DIRECTOR:

Tim Teeter
1124 Scholl Road, Ames, IA 50014
swimacac@yahoo.com
(515) 520-7211

MEET REFEREE:

Eliot Winer
3202 Harrison Road, Ames, IA - 50010
(515) 233-4699
ewiner@gmail.com



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OFFICIALS: ACAC welcomes any visiting USA Swimming Officials who would like to officiate at this meet. If you are able to officiate, please contact the meet referee. Apprentice session can also be provided as suitable.

MEET COMMITTEE: A meet committee comprised of the Meet Referee, Meet Director, a Coach Representative, an Athlete Representative and a certified Official acting at large will be established in accordance with Section J.X of the ISI Code Book. The committee shall serve as the meet jury to consider any administrative protests filed at the meet. (Protests against judgment decisions can only be considered by the Referee and the Referee's decision is final.) The committee shall act as a review section in case of an emergency meeting.

MEET OPERATION:

- 1) All events will be pre-seeded, except the 500 Freestyle events.
- 2) All heats will be swum fastest to slowest.
- 3) **Positive check-in is REQUIRED** for the 500 Freestyle events.
- 4) Positive check-in deadline is 15 minutes after start of warm-ups of the session the event is in.
- 5) Swimmers failing to check in will be scratched and spot offered to any late entry alternates.
- 6) Swimmers failing to check-in and late entries may still swim if there are any open lanes. These swimmers will be treated as late entries and will be added on a first come basis.
- 7) Swimmers are requested to provide their own counters for the 500 Free.
- 8) There will be a Clerk of Course for 8 & Unders only.
- 9) If names are on entry sheets for relays, those names will be on the relay cards at the meet.
- 10) Note that the host is not responsible for providing rest for swimmers between events. If a swimmer has less than 10 minutes between swims, the swimmer (or swimmer's coach) should inform the Deck Referee.
- 11) Events may be combined to facilitate meet operation and separated later for results.
- 12) Fly-over starts will be used for all events.

SCORING: No individual or team scoring will be done for this meet.

AWARDS: Ribbons 1st – 6th place for 12 & under events.

SCRATCHES: The ISI scratch rule is in effect. See Section J.XII of the ISI Code Book.



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- USA SWIMMING REGISTRATION:** No USA Swimming registrations will be accepted at the meet. Any swimmer who is not a currently registered athlete member at the time of pre-meet recon must ensure that ISI has received the appropriate application and fees at least 24 hours prior to the start of competition. Failure to do so will result in the swimmer's entries being scratched and the swimmer barred from entering the pool.
- CAMERAS:** USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING A CELL PHONE, IS NOT PERMITTED IN CHANGES AREAS, REST ROOMS OR LOCKER ROOMS.
- NO SMOKING:** No smoking is permitted in the swimming venue.
- IMAGE RELEASE:** Participants consent to be photographed/filmed by any authorized photographer(s) and/or network(s) of ISI and/or the host club under conditions determined by the host club, and authorize the use of names, pictures, likenesses, and biographical information before, during or after the event to promote swimming. No awards received in this competition may be used for trade or financial gain.
- ADDITIONAL INFORMATION:**
- 1) Programs: Each team will receive a copy of the program.
 - 2) Results: Electronic results will be provided to all teams participating in the meet. Final results will be 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.
 - 3) **Concessions:** *Limited concessions will be available consisting of water, sports drink and swimmer friendly snacks.*
 - 4) Swim apparel will be available through Splash Multi-Sport.
- INDEMNITY:** **In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.**



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ACAC Autumn Opener – 25 Yards, Sanction #IA-14-02

FRIDAY EVENING EVENTS – Session 1

Warm-ups 5:00 PM, Timed Finals 6:00 PM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	1	Open 100 IM	2	TF
TF	3	8 & Under 25 Fly	4	TF
TF	5	Open 25 Fly	6	TF
TF	7	Open 50 Fly	8	TF
TF	9	8 & Under 25 Back	10	TF
TF	11	Open 25 Back	12	TF
TF	13	Open 50 Back	14	TF
TF	15	8 & Under 25 Breast	16	TF
TF	17	Open 25 Breast	18	TF
TF	19	Open 50 Breast	20	TF
TF	21	8 & Under 25 Free	22	TF
TF	23	Open 25 Free	24	TF
TF	25	Open 50 Free	26	TF

All events will be swum FASTEST to SLOWEST.



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SATURDAY MORNING EVENTS – Session 2

Warm-ups 7:30 AM, Competition 8:30 AM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	27	8&U 100 Free Relay	28	TF
TF	29	10&U 200 Free Relay	30	TF
TF	31	11-12 200 Free Relay	32	TF
TF	33	10&U 100 Breast	34	TF
TF	35	11-12 100 Breast	36	TF
TF	37	8&U 100 IM	38	TF
TF	39	10&U 200 IM	40	TF
TF	41	11-12 200 IM	42	TF
TF	43	8&U 50 Back	44	TF
TF	45	10&U 50 Back	46	TF
TF	47	11-12 50 Back	48	TF
TF	49	10&U 200 Free	50	TF
TF	51	11-12 200 Free	52	TF
TF	53	8&U 50 Fly	54	TF
TF	55	10&U 50 Fly	56	TF
TF	57	11-12 50 Fly	58	TF

All events will be swum FASTEST to SLOWEST.

SATURDAY AFTERNOON EVENTS – Session 3

Warm-ups immediately following AM session but not before 11:00 AM

Competition not before 12:00 PM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	59	Open 200 Medley Relay	60	TF
TF	61	Open 200 Free	62	TF
TF	63	Open 100 Fly	64	TF
TF	65	Open 200 Breast	66	TF
TF	67	Open 100 Back	68	TF
TF	69	Open 500 Free ^{1,2}	70	TF

All events will be swum FASTEST to SLOWEST.

¹ Positive Check-in required 15 min after the beginning of warm-ups.

² Swimmer are requested to provide counters



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SUNDAY MORNING EVENTS - Session 4

Warm-ups 7:30 AM, Competition 8:30 AM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	71	8&U 100 Medley Relay	72	TF
TF	73	10&U 200 Medley Relay	74	TF
TF	75	11-12 200 Medley Relay	76	TF
TF	77	8&U 100 Free	78	TF
TF	79	10&U 100 Free	80	TF
TF	81	11-12 100 Free	82	TF
TF	83	8&U 50 Breast	84	TF
TF	85	10&U 50 Breast	86	TF
TF	87	11-12 50 Breast	88	TF
TF	89	10&U 100 IM	90	TF
TF	91	11-12 100 IM	92	TF
TF	93	10&U 100 Back	94	TF
TF	95	11-12 100 Back	96	TF
TF	97	8&U 50 Free	98	TF
TF	99	10&U 50 Free	100	TF
TF	101	11-12 50 Free	102	TF
TF	103	10&U 100 Fly	104	TF
TF	105	11-12 100 Fly	106	TF

All events will be swum FASTEST to SLOWEST.

SUNDAY AFTERNOON EVENTS - Session 5

Warm-ups immediately following AM session but not before 11:00 AM

Competition not before 12:00 PM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	107	Open 200 Free Relay	108	TF
TF	109	Open 100 Free	110	TF
TF	111	Open 200 IM	112	TF
TF	113	Open 200 Fly	114	TF
TF	115	Open 100 Breast	116	TF
TF	117	Open 200 Back	118	TF
TF	119	Open 50 Free	120	TF

All events will be swum FASTEST to SLOWEST.