



**Central Iowa Aquatics
Co-hosted with Johnston Blaze**



**Central Iowa Aquatics Winter Blues Buster
January 26 & 27, 2013
Summit Middle School, Johnston, IA - 25 yd course
Mixed Open**

ISI SANCTION: IA-13-25 held under the sanction of USA Swimming and Iowa Swimming, Inc.

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

DATES: Saturday, January 26, 2013 and Sunday, January 27, 2013.

TIME: The doors to Summit Pool will open at 9:20am on Saturday and 7:20am Sunday. Gym will be open for Crash Area at 9:00am Saturday and 7:00am Sunday.

	<u>Warm-ups</u>	<u>Competition</u>
Session I:	9:50am	11:00am
Session II:	Not before 3:00pm	Not before 4:10pm
Session III:	7:50am	9:00am
Session IV:	Not before 1:00pm	Not before 2:10pm

Coaches meeting will be immediately after the pool is closed for warm-ups prior to the beginning of the Saturday morning session, and on an as needed basis at the beginning of each session after the completion of warm-ups.

If warm-ups need to be split, teams shall be notified by Tuesday, January 22, 2013.

SITE: Summit Middle School. 9500 Windsor Parkway, Johnston, Iowa 50131.

FACILITY: Indoor, 8-lane, 25-yard pool. Water depth at the starting end is 12 feet, 6 inches; the turn end water depth is 4 feet. Daktronics / Omnisport 2000 electronic timing system with horn start, touch pads and push button backup system. Secondary timing of two digital watches on each 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.

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-UP PROCEDURES:

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 the swimmer 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 START CERTIFICATION:

All 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) Swimmers must be currently registered as athlete members of USA Swimming in order to compete.
- 2) Swimmers must enter in the age group events corresponding to each swimmer's age on the first day of the meet, January 26, 2013.
- 3) Swimmers may enter up to 4 individual events per day and 1 relay per day.
- 4) Seed times must be submitted for a 25yd course. A swimmers (or relay's) seed time can be no faster than the best time the swimmer (or relay) has achieved in an event swum in a 25yd pool. Converted times are not allowed. NT entries will be accepted.
- 5) Each relay must have exactly 2 male swimmers and 2 female swimmers. However, any relay team can span multiple age groups. (For example, a 12&Under relay might consist of two 8-year-olds, one 10-year-old, and one 12-year-old, as long as two of the swimmers are male and two are female.)

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. Relays may be scratched if timeline exceeds four (4) hours.

ENTRY SUBMISSION:

Entry fees are as follows:

- 1) Individual events are \$4.50 per event.
- 2) Relays are \$8.00 per relay.
- 3) ISI swimmer surcharge is \$3.00 per swimmer
- 4) Handwritten entries (for teams entering more than five swimmers): \$2.00 per swimmer.

Electronic entries must be submitted in a format compatible with Hy-Tek Meet Manager software. Handwritten entries must be submitted on the ISI Meet Entry Form (APP-7).

Submit entries along with the appropriate 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 made payable to Central Iowa Aquatics (CIA). 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 DEADLINES:**

- 1) Entries will be accepted from ISI teams beginning Wednesday, January 2, 2013.
- 2) All other entries will be accepted beginning on Wednesday, January 9, 2013.
- 3) Handwritten entries, along with entry fees and financial sheet must be received no later than Wednesday, January 16, 2013.
- 4) Electronic entries must be received no later than 12:00 Noon, Monday, January 21, 2013 with hardcopy, financial sheet and fees due by Wednesday, January 23, 2013. Failure to submit the hardcopy and fees by this deadline will result in entries being scratched.
- 5) Entries **will not** be accepted by phone or fax.

LATE ENTRIES:

- 1) Late entries will be accepted up to the beginning of warm-ups for each session, only in open lanes.
- 2) No additional heats will be added for the 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.

Late entry fees:

1. Individual events \$9.00 per event
2. Relay events \$15 per relay.

For questions regarding late entries or to find out if late entries are being accepted, contact the Meet Director.

**SWIMMERS WITH
DISABILITIES:**

Swimmers with disabilities are encouraged to compete. The Information Form 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 and Regulations.

**SEND
ENTRIES TO:**

Send electronic entries by email to ciameetdirectors@mchsi.com.

Receipt will be confirmed by email.

Send all print materials to John Van Meter, 624 19th Street SW, Altoona, IA 50009.

If sent by rush delivery, indicate no signature required.

MEET DIRECTORS:

John & Jennifer Van Meter ciameetdirectors@mchsi.com (515) 957-6052
624 19th St. SW, Altoona, IA 50009

MEET REFEREE:

Michelle Ross davebross@earthlink.net (515) 243-7833

OFFICIALS:

Central Iowa Aquatics welcomes any visiting USA Swimming Officials who would like to officiate at this meet. Officials will receive a complimentary meet program. If you are able to officiate, please email Kathy Clingman – cclingman@iowatelecom.net

**MEET
COMMITTEE:**

A meet committee comprised of the Meet Director, Meet Referee, a Coach Representative, an Athlete Representative, and 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 hearing.

**MEET
OPERATION:**

- 1) All Events will be pre-seeded.
- 2) **Positive check-in is REQUIRED** for the 500,1000&1650 Freestyle events (E#:11,19,30,39)
 - a. Positive check-in deadline is 30 minutes after start of warm-ups of the session the event is in.
 - b. Positive check-in events may be reseeded after the positive check-in deadline if a heat can be eliminated or the Meet Referee deems it necessary.
 - c. Swimmers failing to check in by the deadline will be scratched if the event is reseeded and only allowed to reenter if there are empty lanes available after reseeding.
 - d. If a heat is eliminated after reseeding, no heats will be added to accommodate a swimmer failing to check in by the deadline.
 - e. Swimmers competing in the 500, 1000 & 1650 Free are requested to provide lap counters. CIA & BLAZ will provide timers.
- 3) All events will be swum mixed, combined in seeding, FASTEST to SLOWEST.
- 4) Results for individual events will be separated by gender and age for scoring.
- 5) Each relay must have exactly 2 male swimmers and 2 female swimmers. See entry requirements above for more information about relay entries.
- 6) Relay cards will be distributed prior to each session and order of swimmers must be certified on each card. If names for relay events are included in entries, those names will be on the relay card at the meet.
- 7) Note that the host is not responsible for providing rest for swimmers entered in consecutive events. If a swimmer has less than 10 minutes between swims, the swimmer (or swimmer's coach) should inform the Deck Referee.
- 8) Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.
- 9) Fly over starts may be used at the discretion of the Deck Referee.

SCORING:

Relay events will not be scored. Individual events are scored as follows:
Place: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
Points: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1

AWARDS:

Ribbons will be awarded for 12&Under Swimmers in the morning sessions, 1st thru 8th place for individual events and 1st thru 3rd place for relays.
Individual High Point Trophies will be awarded to the TOP 3 male/female swimmers in each age division. (8&Under, 9-10, 11-12, 13-14, 15&Older)
The 1650 Freestyle and 400 IM events are available to 11-12 age group swimmers in Session IV but will not be awarded ribbons or count towards High Point.

SCRATCHES:

Scratches for non-positive check-in events do not need to be reported but would be appreciated. ISI Scratch Rule is in effect. See ISI Code Book Section J.

**USA
REGISTRATION:**

USA Swimming athlete registrations submitted at the meet require a \$5 fee payable to Central Iowa Aquatics in addition to the registration fees payable to ISI.
Club and non-athlete registration will not be accepted.

CAMERAS:

USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED IN CHANGING AREAS, RESTROOMS OR LOCKER ROOMS.

NO SMOKING:

The Johnston Community School District is a **smoke-free environment**. No smoking or use of tobacco products is permitted in any school-owned facility, or on school grounds.

**IMAGE
AUTHORIZATION:**

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of ISI and Central Iowa Aquatics under the conditions authored by Central Iowa Aquatics, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the meet to promote competitive swimming. All participants agree not to use awards received in this competition for the purpose of trade or financial gain.

**ADDITIONAL
INFORMATION:**

- 1) Program: Programs will be available for \$10. Each USA Swimming team entered will receive a copy of the program.
- 2) Results: Electronic results will be provided to all ISI teams and any non-ISI team participating in the meet. Final results will be posted on the ISI website. A hardcopy of the final results may be requested on the ISI Financial Sheet for an additional \$5.00.
- 3) Concessions: There will be a concession stand offering hot and cold food selections, along with drinks and healthy snacks. A hospitality room will be available for coaches and officials.
- 4) Swim apparel/merchandise: A vendor will be present, offering a variety of swimming apparel & equipment.
- 5) Seating: Spectator seating is limited to the bleacher area. To maximize spectator seating, swimmers should use the seating on deck. The GYM will be open and is designated as a crash area for swimmers and their parents.
- 6) Deck: Only registered swimmers, coaches and meet personnel will be allowed on deck.
- 7) Parking: Parking will be limited on Sunday morning due to a scheduled event at the school. There is additional parking available at the elementary school just west of the Summit Middle School.



CENTRAL IOWA
AQUATICS

2013 Central Iowa Aquatics Winter Blues Buster
Summit Middle School (25 yard course) Sanction # IA-13-25

Session I: Saturday Morning, January 26, 2013

Warm-ups begin at 9:50am
Competition starts at 11:00am

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
1	Mixed 12 & Under	200 Free Relay
2	Mixed 12 & Under	200 IM
3	Mixed 8 & Under	25 Freestyle
4	Mixed 12 & Under	100 Freestyle
5	Mixed 12 & Under	50 Backstroke
6	Mixed 12 & Under	200 Backstroke
7	Mixed 8 & Under	25 Breaststroke
8	Mixed 12 & Under	100 Breaststroke
9	Mixed 12 & Under	50 Butterfly
10	Mixed 12 & Under	200 Butterfly
11	Mixed 12 & Under	*500 Freestyle

*Positive Check-in is REQUIRED for the 500 Free. Deadline is 30 minutes after the start of warm-ups.
Swimmers failing to check in will be scratched if the event is reseeded.
Swimmers are requested to provide their own lap counters. CIA/BLAZ will provide timers.

Session II: Saturday Afternoon, January 26, 2013

Warm-ups: not before 3:00pm
Competition: not before 4:10pm

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
12	Mixed 13 & Older	200 Free Relay
13	Mixed 13 & Older	500 Freestyle
14	Mixed 13 & Older	200 Backstroke
15	Mixed 13 & Older	200 IM
16	Mixed 13 & Older	200 Breaststroke
17	Mixed 13 & Older	50 Freestyle
18	Mixed 13 & Older	100 Butterfly
19	Mixed 13 & Older	*1000 Freestyle

*Positive Check-in is REQUIRED for the 1000 Free. Deadline is 30 minutes after the start of warm-ups.
Swimmers failing to check in will be scratched if the event is reseeded.
Swimmers are requested to provide their own lap counters for the 500 and 1000 Free. CIA/BLAZ will provide timers.

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Session III: Sunday Morning, January 27, 2013

Warm-ups begin at 7:50am
Competition starts at 9:00am

<u>Event #</u>	<u>Age Group</u>	<u>Event:</u>
20	Mixed 12 & Under	200 Medley Relay
21	Mixed 12 & Under	100 IM
22	Mixed 12 & Under	50 Freestyle
23	Mixed 12 & Under	200 Freestyle
24	Mixed 8 & Under	25 Backstroke
25	Mixed 12 & Under	100 Backstroke
26	Mixed 12 & Under	50 Breaststroke
27	Mixed 12 & Under	200 Breaststroke
28	Mixed 8 & Under	25 Butterfly
29	Mixed 12 & Under	100 Butterfly
30	Mixed 12 & Under	*1000 Freestyle

*Positive check-in is REQUIRED for the 1000 Freestyle. Deadline is 30 minutes after the start of warm-ups.
Swimmers failing to check in will be scratched if the event is reseeded.
Swimmers are requested to provide their own lap counters. CIA/BLAZ will provide timers.

Session IV: Sunday Afternoon, January 27, 2013

Warm-ups: not before 1:00pm
Competition: not before 2:10pm

<u>Event #</u>	<u>Age Group</u>	<u>Event:</u>
31	Mixed 13 & Older	200 Medley Relay
32	Mixed 11 & Older	400 IM
33	Mixed 13 & Older	100 Backstroke
34	Mixed 13 & Older	200 Freestyle
35	Mixed 13 & Older	100 Breaststroke
36	Mixed 13 & Older	100 Freestyle
37	Mixed 13 & Older	200 Butterfly
38	Mixed 13 & Older	100 IM
39	Mixed 11 & Older	*1650 Freestyle

*Positive check-in is REQUIRED for the 1650 Freestyle. Deadline is 30 minutes after the start of warm-ups.
Swimmers failing to check in will be scratched if the event is reseeded.
Swimmers are requested to provide their own lap counters for the 1650 Free. CIA/BLAZ will provide timers.

FINANCIAL SHEET - TIMED FINALS

MEET NAME: 2013 CIA Winter Blues Buster DATE: Jan. 26&27, 2013

TEAM NAME: _____ CODE: _____

COACHES ATTENDING MEET: _____

ENTRY CONTACT: _____

ADDRESS: _____, IA _____
Street Address City Zip

PHONE: (____) ____ - ____ EMAIL: _____

ENTRY FEES	NUMBER	FEE	TOTAL \$
INDIVIDUAL ENTRIES		\$4.50	
RELAY ENTRIES		\$8.00	
SWIMMERS (Splash Fee)		\$ 3.00	
FINAL RESULTS *		\$ 5.00	
TOTAL FEES			
MAKE CHECK PAYABLE TO: Central Iowa Aquatics			

* **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:

ISI OFFICIAL ENTRY FORM

AGE GROUP _____

SEX _____

(USE SEPARATE SHEET FOR EACH AGE GROUP & SEX)

CLUB NAME:
CLUB CODE:
Contact:
Address:
Email:
Phone (h):
Phone (w):

RELAY ENTRIES (*Teams should be designated A, B, C, etc.)						
EV #	TEAM*					SEED TIME

INDIVIDUAL ENTRIES														
SWIMMER'S FULL NAME	AGE	ID #												TOTAL ENTRIES

SUMMARY THIS PAGE -

SPLASH FEE	+	RELAY ENTRIES	+	INDIVIDUAL ENTRIES	=	TOTAL ENTRIES
Swimmers @ \$ 3.00 = \$		@ \$ 8.00 = \$		@ \$ 4.50 = \$		TOTAL \$