

IOWA SWIMMING, INC. #
2010 SUMMER REGIONAL FINALS
July 24-25, 2010

Hosted by the Des Moines Swimming Federation
AT VALLEY HIGH SCHOOL, WEST DES MOINES

Sanction: IA-10-47

Rules: Current USA Swimming and Iowa Swimming, Inc. rules will govern this meet.

Dates: Saturday & Sunday, July 24-25, 2010

Classification: This is a closed meet for Iowa Swimming registered swimmers only. Swimmers **MUST NOT** have achieved an Iowa "Q" time standard in order to compete in a specific event, except as noted in Entry Requirement #5.

Site: Valley High School, 3650 Woodland Ave, WDM, IA 50266

- 1) Indoor, 25 yards, 7 lanes.
- 2) Water depth 12 feet 6 inches at starting end.
- 3) Turn Depth- 3 feet, 10 inches

Timing System: Colorado 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.

Time:

	<u>Morning</u>	<u>Afternoon</u>
Coaches Meeting	15 minutes prior to warm-ups	If needed
Warm-ups	*Not before 7:30am	*Not before 11:00 a.m.
Competition:	Not before 8:30am	Not before 12:00 p.m.

* Warm-ups will be split based on the number of swimmers at each session. If warm-ups are split, the morning warm-up will be earlier. Teams will be notified by the Tuesday before the start of meet if warm-ups are to be split.

Coaches: Must possess and visibly wear a 2010 USA Swimming Coaches Registration Card. Only USA Swimming coach member will be permitted on the deck in designated areas. All coaches must sign an ISI Coaches Meet Sign In sheet (APP-29) to verify that all certifications are current and on file with ISI office.

Warm-up: ISI Warm-up procedure will be followed. See ISI Code Book Section J. Swimmer(s) without a coach are to report to the Meet Referee prior to warm-up for lane assignment.

Entry 1) All swimmers must be current registered athletes in Iowa Swimming, Inc.

Requirement: 2) Contestants must enter the age bracket corresponding to age as of July 24, 2010.

3) A swimmer may enter up to 4 individual events per day, plus relays.

4) Seed times must be submitted for a 25-yard course. No Time (NT) entries will be accepted.

5) A swimmer **MAY NOT** enter an event in which they have an ISI State "Q" time. **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.

- 6) Events will be pre-seeded (including relays) except for the 1000/1650 free, which will be deck seeded.
- 7) A club may enter as many relays per event and must be designated A, B, C, etc. A swimmer may not swim a relay in an event which they have a "Q" time for that distance. All 8 & Under swimmers, regardless of A, B, or C classification may compete together on the same relay team. In all other age group relays, a swimmer who is Iowa State "Q" qualified in the 50 yd. or metric distance of a stroke, may not swim that leg in a 200 relay, nor may a 13 & Over swimmer who is qualified in the 100 yd. or metric distance of Backstroke, Breaststroke, Or Butterfly swim that leg in a 200 Medley Relay.
- 8) If relay names are on entry sheets for relays, those names will be on the relay card.
- 9) All 8&Under swimmers, regardless of A, B, or C classification may compete together on the same relay team. In all other age group relays, a swimmer who is Iowa State "Q" qualified in the 50 yd. Or metric distance of a stroke, may not swim that leg in a 200 relay, nor may a 13&Over swimmer who is "Q" qualified in the 100 yd. Or metric distances of Backstroke, Breaststroke, or Butterfly swim that leg in a 200 Medley Relay.

Entry fees: Individual event: \$3.25 per individual event
 Relays: \$8.00 per relay
 ISI Splash Fee \$3.00 per swimmer Iowa Swimming surcharge

Write single check for entry and splash fees payable to DMSF.

An official ISI Financial sheet (APP 8.3) must accompany entries. Entry fees are not refundable. Splash fees will be refunded if the entire meet is cancelled. The host club will assess a \$2 per athlete surcharge to teams entering over five (5) swimmers when hand entries are submitted.

This is in addition to the above stated fees. For teams emailing (cfile) entries, your entry fees & hard copy are due by Thursday, July 21, 2010

Entry Forms: Submit entries on disk in Hy-Tek comlink II format (generated from Team Manager or 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. –OR- Submit entries using ISI Forms (APP-7 Entry form) with swimmer's full name, age, ID number, and entry time for each event.

Entry Deadline The meet entry deadline for emailed, electronic entries (Hy-Tek cfile) is Noon, Monday, July 19, 2010. The entry fees & hardcopy are due by *Wednesday, July 21, 2010.* Any changes made after Noon, Monday, July 19, 2010 will be considered Late Entries.

The deadline for hand written or emailed non-Hy-Tek is Wednesday, July 14, 2010. Teams entering by this method must email or phone updates from July 17 & 18, 2010 weekend meets by noon, Monday, July 19, 2010. 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).

Late Entries: Late entries will be accepted by phoning or emailing (by 5:00 p.m., Friday, July 23, 2010) the meet entry person, or in person up to one hour before the start of each session.

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: Deval Shah
13281 Sunset Circle, Clive, IA 50325
Phone: 515-221-2311
Email: shahswim@hotmail.com
Express mailing entries NO Signature Required will be accepted all day.

Meet Director: Kim Lammers
PO Box 65816 West Des Moines, IA 50265-0816
Phone: 515- 986-9439
Email: kimlammers123@gmail.com

Scoring: No individual or team scores will be kept.

Awards:	Individual Events	1 st – 3 rd	1 ½” Medals
		4 th – 8 th	Ribbons
	Relay Events	1 st	1 ½” Medals
		2 nd – 3 rd	Ribbons

No high point trophies will be given.

ISI Sportsmanship 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) There will be a clerk of course for the morning sessions only.
 - 2) Swimmers must check in for the 1000/1650 free by 1:00pm on Sunday, July 24, 2010
 - 3) It is not the meet hosts responsibility to provide rest for swimmers that enter both 8&Under and 10&Under events.
 - 4) Events may be combined to facilitate meet operation and separated later.
 - 5) The 13-14 and 15&Over 1000/1650 will be seeded together. **These events will be separated for awards.** These events will be swum from fastest to slowest, alternating female to males.
 - 6) Positive check-in by 1:00 pm will be required for the 1000/1650 free. These events will be swum fastest to slowest, alternating women's and men's heats. These events will be swum in combined heats according to USA Swimming rules. **Eligible athletes (those meeting the entry criteria) may compete in either the 1000 or 1650 free...NOT both.** If they need to swim both, in attempting to reach a ISI "Q" time, they will need to take an intermediate split in the 1650.

No Smoking: No smoking in the swimming revenue.

Scratches: ISI Scratch Rule is in effect. See ISI Code Book Section J.

USA Swimming Registration: There will be No USA Swimming registrations at the meet (swimmers, Coaches, team).

Meet Committee: See ISI Code Book Section J. A meet committee comprised of the Meet Referee, Meet Director, Coach Representative, Athlete Representative and (1) Certified Official action 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:** 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 available on the ISI website (isiswim.org) or from the ISI office – email ISISWIM@aol.com, phone 1-877-474-7946, or mail 2715 Pioneer Court, Davenport, IA 52804-1099.
- Programs and Results** Programs & 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.
- Timers & Officials** Clubs and unattached swimmers participating in this meet must provide 50% of the timers on a prorated basis according to number of entries. A list of timer assignments will be posted in the spectator’s area and by the check-in table.
- Other Info:** Concessions available by Des Moines Swimming Federation. Spectator seating available in the pool area bleachers.

Iowa Swimming, Inc.
Regional Finals
25-yard Course
Valley High School – West Des Moines, IA

Session I – Saturday, July 24, 2010

Warm-ups: Not before 7:30 a.m. Competition: Not before 8:30 a.m.

Girls					Boys	
Event #	Min Time	Max Time	Events	Max Time	Min Time	Event #
1		36.00	10&U 50 Free	35.20		2
3		21.30	8&U 25 Free C	20.70		4
5	21.29		8&U 25 Free AB		20.69	6
7		1:34.00	10&U 100 Back	1:32.10		8
9		58.90	8&U 50 Back	57.80		10
11		43.00	10&U 50 Fly	42.00		12
13		24.90	8&U 25 Fly C	25.10		14
15	24.89		8&U 25 Fly AB		25.09	16
Break - Warm-up/cool down 15 minutes min – Admin 20 minutes						
17		1:46.70	10&U 100 Breast	1:43.70		18
19		1:03.80	8&U 50 Breast	1:02.40		20
21		2:58.30	10&U 200 Free	2:50.90		22
23		1:49.00	8&U 100 Free	1:45.80		24
25		1:33.80	10&U 100 IM	1:31.20		26
27			10&U 200 Medley Relay			28
29			8&U 100 Medley Relay			30

Session II – Saturday, July 24, 2010

Warm-ups: Not before 11:00 a.m. Competition: Not before Noon

Girls					Boys	
Event #	Min Time	Max Time	Events	Max Time	Min Time	Event #
31		2:48.90	11-12 200 Back	2:45.60		32
33		2:39.60	13-14 200 Back	2:29.80		34
35		2:29.90	15&O 200 Back	2:17.90		36
37		1:25.80	11-12 100 Breast	1:24.20		38
39		1:20.90	13-14 100 Breast	1:15.10		40
41		35.40	11-12 50 Back	35.00		42
43		1:15.70	15&O 100 Breast	1:08.90		44
45		2:51.80	11-12 200 Fly	2:48.30		46
47		2:41.00	13-14 200 Fly	2:32.00		48
49		2:30.50	15&O 200 Fly	2:19.00		50
51		2:44.20	11-12 200 IM	2:42.50		52
53		2:30.50	13-14 200 IM	2:20.30		54
55		2:27.00	15&O 200 IM	2:15.10		56
Break - Warm-up/cool down 15 minutes min – Admin 20 minutes						
57		1:05.70	11-12 100 Free	1:05.30		58
59		1:02.20	13-14 100 Free	57.40		60
61		39.40	11-12 50 Breast	39.10		62
63		1:00.80	15&O 100 Free	55.20		64
65			11-12 200 Medley Relay			66
67			13-14 200 Medley Relay			68
69			Open 200 Medley Relay			70
Break – Warm-up/cool down 15 minutes min – Admin 20 minutes						

71	6:24.70	11-12	500 Free	6:19.90	72
73	5:53.00	13-14	500 Free	5:35.20	74
75	5:47.40	15&O	500 Free	5:24.30	76

Iowa Swimming, Inc.
Regional Finals
25-yard Course
Valley High School – West Des Moines, IA

Session III – Sunday, July 25, 2010

Girls		Warm-ups:	Not before 7:30 a.m.	Competition:	Not before 8:30 a.m.	Boys
Event #	Min Time	Max Time	Events	Max Time	Min Time	Event #
77		3:19.40	10&U 200 IM	3:18.10		78
79		1:53.60	8&U 100 IM	1:52.10		80
81		43.50	10&U 50 Back	43.70		82
83		25.70	8&U 25 Back C	25.30		84
85	25.69		8&U 25 Back AB		25.29	86
87		1:42.10	10&U 100 Fly	1:40.40		88
89		57.00	8&U 50 Fly	57.50		90
Break – Warm-up/cool down 15 minutes min – Admin 20 minutes						
91		47.80	10&U 50 Breast	47.90		92
93		27.90	8&U 25 Breast C	27.30		94
95	27.89		8&U 25 Breast AB		27.29	96
97		1:21.60	10&U 100 Free	1:20.00		98
99		48.80	8&U 50 Free	47.40		100
101			10&U 200 Free Relay			102
103			8&U 100 Free Relay			104
Break - Warm-up/cool down 15 minutes min – Admin 20 minutes						
105		7:39.50	10&U 500 Free	7:35.20		106

Session IV – Sunday, July 25, 2010

Girls		Warm-ups:	Not before 11:00 a.m.	Competition:	Not before Noon	Boys
Event #	Min Time	Max Time	Events	Max Time	Min Time	Event #
107		30.70	11-12 50 Free	29.80		108
109		28.70	13-14 50 Free	26.30		110
111		28.00	15&O 50 Free	25.30		112
113		5:50.20	11-12 400 IM	5:42.60		114
115		5:31.10	13-14 400 IM	5:13.00		116
117		5:22.80	15&O 400 IM	4:59.80		118
119		1:17.70	11-12 100 Back	1:15.70		120
121		1:11.40	13-14 100 Back	1:06.90		122
123		33.80	11-12 50 Fly	33.70		124
125		1:06.60	15&O 100 Back	1:01.10		126
Break - Warm-up/cool down 15 minutes min – Admin 20 minutes						
127		2:25.70	11-12 200 Free	2:21.90		128
129		2:13.80	13-14 200 Free	2:05.30		130
131		2:10.40	15&O 200 Free	2:00.10		132
133		1:16.70	11-12 100 Fly	1:15.20		134
135		1:10.70	13-14 100 Fly	1:05.50		136
137		1:06.30	15&O 100 Fly	1:00.10		138
139		3:11.70	11-12 200 Breast	3:07.30		140
141		3:00.70	13-14 200 Breast	2:49.40		142
143		1:17.10	11-12 100 IM	1:14.60		144
145		2:49.60	15&O 200 Breast	2:36.40		146
147			11-12 200 Free Relay			148
149			13-14 200 Free Relay			150
151			Open 200 Free Relay			152
Break - Warm-up/cool down 10 minutes min – Admin 15 minutes						
153		13:23.90	11-12 1000 Free	13:14.70		154
155		12:38.00	13-14 1000 Free	12:05.40		156
157		12:25.70	15&O 1000 Free	11:40.20		158
159		22:33.80	11-12 1650 Free	22:17.10		160
161		21:02.70	13-14 1650 Free	20:03.90		162

