



AMES CYCLONE AQUATICS CLUB



Rock the Blocks Jam

June 10-12, 2016

Furman Aquatic Center, Ames, IA

Open - 50 Meters

ISI SANCTION: IA-16-101R held under the sanction of USA Swimming and Iowa Swimming, Inc. (ISI).

RULES: Current USA Swimming and ISI technical and administrative rules will govern this meet.

DATES: Friday, June 10, 2016
Saturday, June 11, 2016
Sunday, June 12, 2016

TIME:	Session	Day	Coaches Meeting	Warm-ups	Competition
	1	Fri Afternoon	2:45 pm	3:00 pm	4:00 pm
	2	Sat Morning	6:45 am	7:00 am	8:00 am
	3	Sat Afternoon	If needed	Not before 1:00 pm	Not before 2:00 pm
	4	Sat Evening	If needed	Not before 4:00 pm	Not before 5:00 pm
	5	Sun Morning	If needed	7:00 am	8:00 am
	6	Sun Afternoon	If needed	Not before 11:00 am	Not before 12:00 pm

Teams will be notified by Tuesday, June 7th if warm ups are to be split. Final meet timeline will be posted on the ACAC website by Wednesday, June 8th.

SITE: *Furman Aquatic Center, 1635 East 13th Street, Ames, IA 50010 (515) 232-7665*

- 50 meter heated outdoor pool with eight 7' wide lanes, non-turbulent lane dividers
- Water depth: 12' starting depth and 5' depth at the turn end.
- The competition course has been certified in accordance with 104.2.2C(4). A copy of this certification is on file with USA Swimming.
- Daktronics electronic timing system with touchpads, one back-up button and watch back-ups per lane.

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) to verify that all certifications are current and on file. Coaches shall wear



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their coach membership cards so that they are clearly visible to swimmers and meet personnel at all times. Displaying coaching credentials by Deck Pass does not satisfy the requirement to clearly display coaching credentials 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. 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 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 REQUIREMENTS:

- 1) Swimmers must be current athlete members of USA Swimming.
- 2) Swimmers must enter the age bracket corresponding to their age as of June 10, 2016.
- 3) On Friday night and Sunday all swimmers may enter up to 4 events. On Saturday, 10 & Under swimmers may enter up to 4 events and 11 & Over swimmers may enter up to 3 events.
- 4) Seed times must be submitted for a 50M course (LCM). No Time (NT) entries will be accepted.

SESSION LENGTH:

Pursuant to Article 205.3.1F of USA Swimming Rules and Regulations, the program in all age-group competitions (except championship meets) shall be planned to allow the events for swimmers 12 years and younger to be completed in 4 hours or less for a timed finals session or no more than 8 hours per day for preliminaries and finals sessions.

ENTRY FEES:

- 1) Individual events are \$6.00 per event
- 2) ISI swimmer surcharge fee is \$3.00 per swimmer
- 3) Handwritten entries (for teams entering more than five swimmers): \$2.00 per swimmer



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ENTRY FORMS: 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 Ames Cyclone Aquatics Club or ACAC. All entry fees, including ISI swimmer surcharge fee, 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 fees will be refunded only if the entire meet is cancelled.

- ENTRIES:**
- 1) Entries will be accepted from teams/athletes in the Iowa LSC and from non-ISI teams that attended last year (AJET-MN), (CNS-MV), (FAST-MN), (Thunder Bay-CAN), (HAST-MW), (WEST-WI), (SO-MW), (STAR-CO) beginning on: **Monday, April 4, 2016.**
 - 2) Entries will be accepted from all teams/athletes on: **Monday, April 11, 2016.**
 - 3) Entries will be confirmed via a return e-mail receipt.

- ENTRY DEADLINE:**
- 1) Hand written entries are due no later than: **Friday, June 3, 2016.** Financial sheet and fees must accompany hand written entries. Express mailing entries **NO SIGNATURE REQUIRED.**
 - 2) Electronic entries must be received by: **Friday, June 3, 2016.** Fees for all entries must be received by **Tuesday, June 7, 2016** or entries will be scratched.
 - 3) Phone and Fax entries will NOT be accepted.

- LATE ENTRIES:**
- 1) Late entries will be accepted only from swimmers already entered in the meet up to the beginning of warm-ups for each session if an empty lane is available in the event requested.
 - 2) Contact the Entry Chair to inquire about late entry availability.
 - 3) If the meet program has not been printed, swimmers shall be seeded into the meet, but will still be charged the late entry fee. If the meet program has been printed, swimmers shall be assigned to an empty lane if available.
 - 4) Late entry fees: Individual events \$12 per event.

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.



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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.

ENTRY CHAIR: Eliot Winer
3202 Harrison Road, Ames, IA-50010
515-450-1077
meetentries@swimacac.com

MEET DIRECTOR: Jeremy Galvin
2002 Cessna Street, Ames, IA 50014
meetchair@swimacac.com
515-450-2465

MEET REFEREE: Jason Horras
3026 Weston Drive, Ames IA 50010
515-291-0827
Jason@21centuryrehab.com

AWARDS: INDIVIDUAL EVENT AWARDS (All 12&U individual events)
• Ribbons, 1st – 6th place.

MEET OPERATION:

- 1) All preliminary heats and all timed final events will swim fastest to slowest.
- 2) Positive check-in is required for the 400 Free (all age groups) and Open 800 Free.
 - a) Positive check-in deadline will be 30 minutes after the beginning of warm-ups for the session in which the event will be swum.
 - b) Swimmers failing to check in will be scratched and their spot offered to any late entry alternates. They will be allowed to re-enter only if there are open lanes.
 - c) If a heat was eliminated after seeding, no heats will be added to accommodate a swimmer failing to check in.
- 3) It is not the meet hosts responsibility to provide rest for swimmers between events. If a swimmer has less than 10 minutes between swims, the swimmer (or swimmer's coach) should inform the Meet or Deck Referee.
- 4) All preliminary events of the same gender, stroke, and distance will be swum combined (e.g., events 29, 31, and 33 will be swum as 11&O). They will be separated before seeding for finals.
- 5) The 10&U 400 Free will swim fastest to slowest, combined girls and boys.
- 6) The 12&U and 13&O 400 Free and the Open 800 Free will swim fastest to slowest, alternating girls and boys. Swimmers are requested to provide their



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own timer for the Open 800 Free.

- 7) Saturday Finals: the top 8 11-12 and top 16 13-14 and 15&0 girls and boys will qualify.
- 8) Fly-over starts will be used for all Age-Groups during prelims and timed finals. Fly-over starts will not be used during the Saturday finals session.
- 9) Deck changes are prohibited.

MEET COMMITTEE:

A meet committee consisting of the Meet Director, Meet Referee, 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 Meet Referee and the Meet Referee’s decision is final.

SCRATCHES:

ISI scratch rule is in effect for the Timed Final and Prelims sessions. See Section J.XII of the ISI Code Book.

Please note: A swimmer qualifying for a consolation final or championship final will have 30 minutes after the announcement of the preliminary results for that race in which to scratch. Thus, the intent to scratch must be declared during this 30-minute period at the prelims session. If a swimmer qualifies for a consolation or championship final, does not scratch, and fails to compete, he/she will not be allowed to compete in their next scheduled event. If the swimmer does not have any more events in the meet, a \$50.00 fine will be assessed to the swimmers’ team payable to ACAC. No penalty shall apply if the Meet Referee determines that failure to compete was caused by circumstances beyond the control of the swimmer.

NO SMOKING OR ALCOHOL:

Smoking and the consumption of alcohol is not permitted anywhere in the swimming venue.

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.

PROGRAMS & RESULTS:

- Psych sheets and meet information will be posted on the ACAC website (www.swimacac.com). A timeline preview will be posted by Wednesday, June 8th.
- Meet program will also be available for purchase through the Meet Mobile smart phone app.



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- Coaches from each team entered in the meet will receive session heat sheets.
- Programs and heat sheets will be on sale during the meet. Heat sheets for finals will be available for \$3.00 and free to those who have purchased a meet program.
- All participating teams will receive an electronic copy of the final results. Meet results will be posted on the ISI websites.

CONCESSIONS: The City of Ames Parks & Rec. Dept. will provide expanded concessions to meet the needs of swimmers and their guests.

- SPECTATOR SEATING:**
- Spectators may bring portable seating, but are reminded to remain in designated spectator areas during the meet to facilitate smooth meet operations, officiating, and coaching.
 - Only swimmers and coaches will be allowed in their designated area South of the pool.
 - NO TENT STAKES ALLOWED. Clubs and spectators need to bring their own buckets and bungee cords to secure their tents.

SWIMMING SUPPLIES: Splash Multisport will be onsite and will have a variety of swimwear and accessories available for sale at the meet. You can visit them at www.splashmulti.com.

LODGING: A list of lodging accommodations is available online at www.swimacac.com.

PARKING: Free Parking Areas will be clearly marked. Be sure to park in approved parking areas. There is NO PARKING along 13th Street. If necessary, over-flow parking will be available a short walk away at Ames High School, just north of the complex.

USE OF FACILITY: The Furman Aquatic Center's zero depth pool, lazy river, and giant slides will be open to the public during its normal operating hours during the meet. These are separate areas of the complex and will not interfere with the operation of the swim meet. Admission to the public portion of the pool will be required. Access to these areas will be limited and must be thru the main aquatic center entrance. Visitors will need to purchase an admissions wristband to use the other parts of the aquatic center.

- CONDUCT:**
- Tents are not allowed in grassy areas. They are only allowed on paved surfaces and must be secured by buckets. Teams are responsible for bringing their own buckets.
 - Each team is responsible for the behavior of their swimmers. Teams will be financially responsible for any damage caused to the facility by their athletes,



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coaches, or parents/spectators.

- The Meet Referee may remove any swimmer from competition for disruptive or disorderly behavior. The Meet Marshal will notify the Meet Referee and the coach of any swimmer who is behaving/acting in an unsafe manner.
- **USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED AT ANY TIME IN CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS.**

INDEMNITY:

In granting this approval it is understood and agreed that USA Swimming and ISI 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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Friday PM Timed Finals

Warm-ups 3:00 PM, Timed Finals 4:00 PM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	1	Open 400 IM	2	TF
TF	3	12&U 50 Fly	4	TF
TF	5	Open 200 Fly	6	TF
TF	7	12&U 50 Back	8	TF
TF	9	Open 100 Free	10	TF
TF	11	12&U 100 Breast	12	TF
TF	13	Open 200 Breast	14	TF
Break – 10 mins				
TF	15	Open 800 Free ^{1,2}	16	TF

All events will be swum fastest to slowest

¹ Positive Check-in required 30min after the beginning of warm-ups

² Fastest to slowest, alternating girls and boys

Saturday AM Preliminaries

Warm-ups 7:00 AM, Competition 8:00 AM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
Prelims	29	11-12 200 Free	30	Prelims
Prelims	31	13-14 200 Free	32	Prelims
Prelims	33	15&O 200 Free	34	Prelims
Prelims	35	11-12 100 Breast	36	Prelims
Prelims	37	13-14 100 Breast	38	Prelims
Prelims	39	15&O 100 Breast	40	Prelims
Prelims	41	11-12 100 Back	42	Prelims
Prelims	43	13-14 100 Back	44	Prelims
Prelims	45	15&O 100 Back	46	Prelims
Prelims	47	11-12 100 Fly	48	Prelims
Prelims	49	13-14 100 Fly	50	Prelims
Prelims	51	15&O 100 Fly	52	Prelims
Prelims	53	11-12 50 Free	54	Prelims
Prelims	55	13-14 50 Free	56	Prelims
Prelims	57	15&O 50 Free	58	Prelims

All preliminary events of the same gender, stroke, and distance will be swum combined (e.g., events 29, 31, and 33 will be swum as 11&O). They will be separated before seeding for finals.

Saturday Evening Finals: Will include 11-12 (top 8), 13&14 (top 16), and 15&O (top 16). Events will be separated for finals and scoring purposes



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Saturday PM Timed Finals

Warm-ups immediately following AM session but not before 1:00 PM

Competition not before 2:00 PM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	17	10&U 200 Free	18	TF
TF	19	10&U 100 Breast	20	TF
TF	21	10&U 50 Back	22	TF
TF	23	10&U 100 Fly	24	TF
TF	25	10&U 50 Free	26	TF
TF	27	10&U 400 Free ^{1,3}	28	TF

All events will be swum fastest to slowest

¹ Positive Check-in required 30min after the beginning of warm-ups.

³ Events 27 and 28 will be swum combined and then separated for scoring

Saturday Evening Finals

Warm-ups immediately following PM session but not before 4:00 PM, Competition not before 5:00 PM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
Finals	29	11-12 200 Free	30	Finals
Finals	31	13-14 200 Free	32	Finals
Finals	33	15&O 200 Free	34	Finals
Finals	35	11-12 100 Breast	36	Finals
Finals	37	13-14 100 Breast	38	Finals
Finals	39	15&O 100 Breast	40	Finals
Finals	41	11-12 100 Back	42	Finals
Finals	43	13-14 100 Back	44	Finals
Finals	45	15&O 100 Back	46	Finals
Finals	47	11-12 100 Fly	48	Finals
Finals	49	13-14 100 Fly	50	Finals
Finals	51	15&O 100 Fly	52	Finals
Finals	53	11-12 50 Free	54	Finals
Finals	55	13-14 50 Free	56	Finals
Finals	57	15&O 50 Free	58	Finals

Saturday Evening Finals: Will include 11-12 (top 8), 13&14 (top 16), and 15&O (top 16). Events will be separated for finals and scoring purposes.



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Sunday AM Timed Finals

Warm-ups 7:00 AM, Competition 8:00 AM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	59	10&U 200 IM	60	TF
TF	61	11-12 200 IM	62	TF
TF	63	10&U 100 Free	64	TF
TF	65	11-12 100 Free	66	TF
TF	67	10&U 50 Breast	68	TF
TF	69	11-12 50 Breast	70	TF
TF	71	10&U 100 Back	72	TF
TF	73	11-12 200 Back	74	TF
TF	75	10&U 50 Fly	76	TF
TF	77	11-12 50 Fly	78	TF
TF	79	12&U 400 Free ¹	80	TF

All events will be swum fastest to slowest

¹ Positive Check-in required 30min after the beginning of warm-ups

² Fastest to slowest, alternating girls and boys

Sunday PM Timed Finals

Warm-ups immediately following AM session but not before 11:00 AM, Competition not before 12:00 PM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	81	13-14 200 IM	82	TF
TF	83	15&O 200 IM	84	TF
TF	85	13-14 200 Breast	86	TF
TF	87	15&O 200 Breast	88	TF
TF	89	13 & 14 200 Back	90	TF
TF	91	15&O 200 Back	92	TF
TF	93	13-14 200 Fly	94	TF
TF	95	15&O 200 Fly	96	TF
TF	97	13&O 400 Free ¹	98	TF

All events will be swum fastest to slowest

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² Fastest to slowest, alternating girls and boys



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FINANCIAL SHEET

MEET NAME: **ACAC Rock the Blocks Jam** DATE: _____

TEAM NAME: _____ CODE: _____

COACHES ATTENDING MEET: _____

ENTRY CONTACT: _____

ADDRESS: _____
Street Address City Zip

PHONE: _____ EMAIL: _____

ENTRY FEES	NUMBER	FEE	TOTAL \$
INDIVIDUAL ENTRIES		\$ 6.00	
SWIMMERS (Splash Fee)		\$ 3.00	
FINAL RESULTS HARDCOPY*		\$ 5.00	
TOTAL FEES			
MAKE CHECK PAYABLE TO: ACAC			

* **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:

