BLAST/DASH Dual Meet

Holmes Jr High Pool

**ISI SANCTION**: IA-18-34

**DATE**: Saturday, January 13, 2018

**TIME**: Warm-ups: 8:30am Competition: 10:00am

**LOCATION**: Holmes Jr High, 505 Holmes Dr., Cedar Falls, IA, 50613

**INVITED TEAMS**: DASH and BLAST

**ENTRY FEES**: $10 per swimmer and ISI swimmer surcharge of $5

**ENTRY DATES**: Immediately through Friday, January 12, 2018

**ENTRY REQUIREMENTS**:

1. Swimmers must be members of DASH or BLAST in order to compete in this meet.
2. Swimmers may enter no more than four individual events.
3. NT will be accepted.
4. Seed times must be submitted for a 25 yard course. Converted times aren’t allowed.

**ENTRIES:** Send entries to Jamie Langner at [blastentries@yahoo.com](mailto:blastentries@yahoo.com). Electronic entries must be received no later than noon on Friday, January 12, 2018. Handwritten entries aren’t allowed. A hardcopy of entries and entry fees must be received by the start of warm ups.

**LATE ENTRIES:** Late entries will not be accepted.

**MEET OPERATIONS**:

1. Events will be pre-seeded
2. Swimmers shall report directly to the starting blocks.
3. Events may be combined to facilitate meet operation.
4. No awards will be presented at this meet and no points will be maintained during the meet.

**MEET DIRECTOR**: Jamie Langner, [jamielangner@yahoo.com](mailto:jamielangner@yahoo.com) 319-290-9299

**REFEREE**: Keith Langner, [keithl@hydraforce.com](mailto:keithl@hydraforce.com), 224-224-3928

**ADDITIONAL INFORMATION:**

1. The competition pool is 25 yards with bulkhead, 6 lanes, backstroke flags at both ends, non-turbulent lane markers, permanent starting blocks at the starting end, 11 feet deep at starting end with a turn end of four feet deep. Daktronics 2000 timing system with horn start, with a minimum of one Dolphin Wireless Timing System watch per lane. The competition course has been certified in accordance with Rule 104.2.2C(4) of the USA Swimming Rules and Regulations. A copy of such certification is on file with USA Swimming.
2. The use of tobacco products and the consumption alcohol is not permitted in the swimming venue.

**BLAST/DASH Dual Meet**

**January 13, 2018 25 yard pool Holmes Jr High Sanction: IA-18-34**

**Event Number Event**

1 14/U Mixed 100 Free

2 12/U Mixed 50 Back

3 8/U Mixed 25 Fly

4 14/U Mixed 100 Fly

5 12/U Mixed 50 Breast

6 8/U Mixed 25 Back

7 14/U Mixed 100 Back

8 12/U Mixed 50 Free

9 8/U Mixed 25 Breast

10 14/U Mixed 100 Breast

11 12/U Mixed 50 Fly

12 8/U Mixed 25 Free

13 14/U Mixed 100 IM

**This meet is held under the sanction of USA Swimming and Iowa Swimming, Inc. (ISI) and shall conform in every respect to all technical and administrative rules of USA Swimming and ISI. Per USA Swimming and/or ISI requirements, the following statements are included in all meet announcements sanctioned by ISI:**

1. Eligibility. All swimmers must be registered as athlete members of USA Swimming. Any athlete whose registration and fee has not be received by ISI at least 24 hours before the start of competition will NOT be permitted to swim. No registrations will be accepted at the meet.
2. 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 Referee. The swimmer (or swimmer’s coach) is responsible for providing any equipment or assistants required.
3. Warm-ups. The ISI mandatory warm-up procedure will be followed. The pool will be cleared ten minutes prior to competition.
4. Racing starts. Any 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.
5. Scratches. The ISI scratch rule is in effect.
6. Coach requirements. 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.
7. Proof of Membership. Deck pass is acceptable proof of membership in USA Swimming. Coaches and Officials must produce proof of membership in USA Swimming immediately upon request by the Referee or their delegate or leave the pool deck.
8. Meet committee. A meet committee consisting of the Meet Director, Referee, a Coach Representative, an Athlete Representative, and a certified official acting at large will be established. 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 board of review in case of an emergency hearing.
9. No cameras in locker rooms. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
10. No deck-changing. Deck changes are prohibited.
11. Indemnity. 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.
12. Four hour rule. Pursuant to Rule 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 hours or less, per session.
13. Drones. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
14. Tech Suits. Effective April 1, 2018, Swimmers ages ten and younger shall not compete while wearing "Tech" suits, even when competing in Senior or Open events or Time Trials. A list of suits that is considered to be "Tech" suits is posted on the ISI website.