



2016 Linn-Mar - DASH December Invitational

December 2-4, 2016

Linn-Mar Community School District Aquatic Center

3457 North Tenth Street – Marion, IA 52302

Hosted by Linn-Mar Swim Team & Dubuque Area Swimmⁱⁿ
Hurricanes

ISI SANCTION	IA-17-14 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 swim meet.
DATES:	Friday, Saturday, & Sunday, December 2, 3 & 4, 2016
TIME:	Sessions Format Warm-Ups Competition <p style="text-align: center;">Friday Evening Session (10 & Under, 11-12 and Senior Swimmers) Warm Up: 6:00-6:50 PM Meet Begins at 7:00 PM</p> <p style="text-align: center;">Saturday Morning Session (10 & Under and 8 & Under Swimmers) Warm Up: 9:20-10:10 AM Meet Begins at 10:20 AM</p> <p style="text-align: center;">Saturday Afternoon Session (11-12 and Senior Swimmers) Warm Up: Not before 1:00 PM Meet Begins: Not before 2:00 PM</p> <p style="text-align: center;">Sunday Morning Session (10 & Under and 8 & Under Swimmers) Warm Up: 8:20-9:10 AM Meet Begins at 9:20 AM</p> <p style="text-align: center;">Sunday Afternoon Session (11-12 and Senior Swimmers) Warm Up: Not before 12:00 PM Meet Begins: Not before 1:00 PM</p>
SITE:	Linn-Mar Community School District Aquatic Center 3457 North Tenth Street Marion, Iowa 52302
FACILITY:	The competition course has been certified with accordance to Rule 104.2.2C(4) of USA Swimming Rules and Regulations. A copy of such certification is on file with USA Swimming. The Linn-Mar Aquatic Center, that opened in the fall of 2013, features the following: <ul style="list-style-type: none"> • A Myrtha pool which is 33 1/3 meters long by 25 yards wide with a moveable bulkhead • Racing course will be set so that there are eight nine-foot wide 25-yard lanes with an additional five 25-yard seven foot wide lanes for warm-up and cool-down • Competitor Gold six-inch diameter lane lines • Twelve-feet deep at the starting end and seven-feet deep at the turn end • Myrtha starting blocks that include wedges and side rails • Daktronics Timing System with eight-foot touch pads, two button back up and



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	individual lane speakers
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 their coach membership cards so that they are clearly visible to swimmers and meet personnel at all times. The use of Deck Pass does not satisfy this requirement.
WARM-UPS:	The ISI mandatory warm-up procedure will be followed in accordance with 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 Referee prior to his or her warm-up. The 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:	<ol style="list-style-type: none"> Swimmers must be currently registered as athlete members of USA Swimming in order to compete. Swimmers must enter in the age group events corresponding to age as of December 2, 2016. The maximum number of individual event entries permitted for swimmers who enter are four individual entries per day. Swimmers may compete in one relay event per day. Seed times must be submitted for a 25-yard course (SCY). No Time (NT) entries will be accepted. Converted times are not allowed. Swimmers (or their parents or legal guardians if under 18) must have completed the meet waiver prior to swimming in this meet. Swimmers who do not have a completed waiver on file at the Aquatic Center will not be permitted to participate.
4-HOUR RULE:	Pursuant to Rule 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 four hours or less. Total entries shall not exceed 100 splashes per lane, per session.
ENTRY FEES:	<p><u>Entry fees are as follows:</u></p> <p>For all swimmers other than USA Swimming Outreach Members, the meet fees are the following:</p> <ul style="list-style-type: none"> \$ 6.00 per individual event entered \$ 8.00 per relay event entered \$ 3.00 per swimmer ISI swimmer surcharge <p><u>For USA Swimming Outreach Members:</u></p> <p>For USA Swimming Outreach Members: The meet participation fee is \$3.00 per swimmer. It is the responsibility of each team’s entry chair to inform Linn-Mar’s meet</p>



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	<p>entry chairperson with the number of swimmers from their team who are eligible for reduced entry fees at the time entries are submitted. To protect the individual's privacy, please DO NOT indicate the names of the Outreach Athletes. Linn-Mar trusts each entry chair to be honest and truthful.</p> <p><u>Handwritten entries:</u> \$2.00 per swimmer if more than five entries.</p> <p>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).</p> <p>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.</p> <p>Payment shall be by check or money order made payable to DASH.</p> <p>The host club reserves the right to require payment by money order or cashier's check.</p> <p>Entry fees are non-refundable; ISI swimmer surcharge fees will be refunded only if the entire meet is canceled.</p>
ENTRY DATES AND DEADLINES:	<ol style="list-style-type: none"> 1. Entries will be accepted from teams/athletes in the Iowa LSC beginning at 10:00 a.m., Tuesday, October 25, 2016. 2. Entries will be accepted from all teams/athletes at 10:00 a.m., Tuesday, November 1, 2016. 3. Handwritten entries, along with entry fees and financial sheet, must be received no later than Saturday, November 26, 2016. 4. Electronic entries must be received no later than 8:00 p.m., Tuesday, November 29, 2016. 5. Once a team's entries have been accepted by the meet host, that team is considered entered into the meet. A team entering a meet is responsible for entry fees for all swimmers entered into the meet. 6. Entries will be confirmed via a return email receipt. 7. Entries will NOT be accepted by phone or fax. <p>Entries will be accepted in the order received. Once the meet reaches capacity, the host team will inform ISI meet contacts as well as any non-ISI teams with entries already accepted.</p>
LATE ENTRIES:	<p>Provided space is available, late entries will be accepted by email or at the computer table until one hour before the start of each session.</p> <p>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</p>



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	<p>assigned to an empty lane, no heats will be added.</p> <p>Late entry fees: \$12.00 per individual event entered \$16.00 per relay event entered</p> <p>For questions regarding late entries or to find out if late entries are being accepted, contact the Meet Entries Chairperson.</p>
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. See Article 105 of USA Swimming Rules and Regulations.
SEND ENTRIES TO:	Send electronic entries by email to the Meet Entries Chairperson at coachdoug@teamdash.org . Receipt will be confirmed by email. Send all print materials to; Doug Colin, 1235 Cleveland Ave., Dubuque, IA, 52003. If sent by rush delivery, indicate no signature required.
MEET DIRECTOR:	<p>LMST Meet Director: Corey Haars 3457 North Tenth Street Marion, IA 52302 achaars@msn.com (319) 892-4800</p> <p>DASH Meet Directors: Bob Wuebker (563) 542-9247 dbqwuebkers@mchsi.com</p> <p>Mark Cooper / (563) 663-0810 coopermark@hotmail.com</p>
OFFICIALS:	Linn-Mar Swim Team welcomes any visiting USA Swimming officials who would like to officiate at this meet. If you are able to officiate, please contact Corey Haars at achaars@msn.com .
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 in accordance with 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.
MEET OPERATION:	<ol style="list-style-type: none"> All events will be pre-seeded except for events 1-4 which will be deck-seeded. Positive check-in is required for the following events: Mixed Senior 400 IM (event #1), Mixed 10 & Under 500 Freestyle (event #2), Mixed 11-12 1650 Free (event #3), Mixed Senior 1650 Free (event #4) and Senior 500 Freestyle (events 103 & 104). Positive check-in deadline will be 20 minutes after the beginning of warm-ups. Swimmers who fail to check in by the deadline will be scratched. Swimmers who are scratched will be allowed to reenter only if there are open lanes in the slowest heat. Limited entry events: The Mixed Senior 400 IM, the Mixed 10 & Under Freestyle, the Mixed 11-12 1650 Free, the Mixed Senior 1650 Freestyle and the Senior 500 Freestyle events are all limited entry events. Coaches and/or entry chairs will be notified on by 5:00 PM Tuesday, November 29 if there are swimmers entered who



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	<p>are seeded below the cut line.</p> <ol style="list-style-type: none"> 4. Events may be combined to facilitate meet operation and separated later for results and scoring. 5. Swimmers competing in the Senior 500 Freestyle, 10 & Under 500 Freestyle, 11-12 1650 Freestyle and Senior 1650 Freestyle events are requested to provide their own lap counters and back-up timers. 6. Swimmers competing in the Senior Mixed 400 IM are requested to provide their own back-up timers. 7. Swimmers in all events shall report directly to the starting blocks. Swimmers will NOT be checked in by a Clerk of Course. 8. The fly over start procedure will be used during all sessions. 9. 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 Referee. 10. Relay cards will be distributed in the coaches' packets, stapled in the program. If names for the relay events are included in entries, those names will be on the relay card at the meet. Relay cards must be to the lane timers before the start of the heat for which the relay has been assigned. 11. Deck Changing is prohibited. 																
<p>SCORING:</p>	<p>The 8 & Under, 10 & Under, and 11-12 Girls and Boys individual events will be scored as follows:</p> <table border="1" data-bbox="407 1182 1281 1245"> <tr> <td>1st – 20</td> <td>2nd – 17</td> <td>3rd – 16</td> <td>4th - 15</td> <td>5th - 14</td> <td>6th – 13</td> <td>7th – 12</td> <td>8th – 11</td> </tr> <tr> <td>9th – 9</td> <td>10th – 7</td> <td>11th – 6</td> <td>12th – 5</td> <td>13th – 4</td> <td>14th – 3</td> <td>15th – 2</td> <td>16th – 1</td> </tr> </table> <p>All the Senior events, Mixed gender events and relays will not be scored.</p>	1 st – 20	2 nd – 17	3 rd – 16	4 th - 15	5 th - 14	6 th – 13	7 th – 12	8 th – 11	9 th – 9	10 th – 7	11 th – 6	12 th – 5	13 th – 4	14 th – 3	15 th – 2	16 th – 1
1 st – 20	2 nd – 17	3 rd – 16	4 th - 15	5 th - 14	6 th – 13	7 th – 12	8 th – 11										
9 th – 9	10 th – 7	11 th – 6	12 th – 5	13 th – 4	14 th – 3	15 th – 2	16 th – 1										
<p>AWARDS:</p>	<p>For the 8 & Under, 10 & Under, and 11-12 Girls and Boys individual events, ribbons will be awarded to the top 12 swimmers.</p> <p>For the 8 & Under, 10 & Under, and 11-12 Girls and Boys relay events, ribbons will be awarded to the top 6 relay teams.</p> <p>High Point Awards – Medals will be awarded to the top 20 swimmers in the 8 & Under, 10 & Under, and 11-12 Girls and Boys Age Groups.</p> <p>There will not be any awards presented for the Mixed Gender and Senior events.</p>																
<p>SCRATCHES:</p>	<p>The ISI scratch rule is in effect. There is no penalty for no-shows but swimmers are encouraged to declare a false start to the referee if they do not intend to swim an entered event.</p>																
<p>USA SWIMMING</p>	<p>No USA Swimming registrations will be accepted at the meet. Any swimmer who is not a</p>																



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REGISTRATIONS:	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 CELL PHONES, IS NOT PERMITTED AT ANY TIME IN CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS.
NO SMOKING OR ALCOHOL:	The use of tobacco products or the consumption of alcohol is strictly prohibited on school district property.
SEATING:	<p>Individuals arriving at the Aquatic Center will enter the building through the front doors and the lobby of the facility. The stadia will be available for spectator seating. Only the swimmers, meet volunteers, and coaches will be permitted to go downstairs to the pool level. Spectators will not be allowed downstairs.</p> <p>Adults are not allowed in the locker rooms. Coaches and meet personnel must use either the family changing rooms located on the pool level or use the public restrooms located on the first floor lobby entrance.</p>
MEET CONDUCT:	<p>Attending clubs, swimmers and spectators are the guests of Linn-Mar Community School District. Any report of inappropriate behavior will be dealt with immediately. Linn-Mar School District reserves the right to remove any offending individuals or groups.</p> <p>Additionally, any swimmer found swimming under the bulkhead will be ejected from the facility and will be barred for the remainder of the meet.</p> <p>Clubs will be financially responsible for any damage to the premises caused by their club, swimmers and/or parents & spectators.</p>
ADDITIONAL INFORMATION:	<ol style="list-style-type: none"> 1. Program: Programs will be available for \$5.00. Each team will receive a copy of the program in the coach's packet. Each volunteer official will receive a complimentary program. 2. Results: Electronic results will be provided to all ISI teams and any non-ISI teams participating in the meet. Final Results will be posted on the LMST and ISI websites. 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, officials and volunteers. 4. Spectator information: No admission charge for spectators. Free parking is available.
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 Evening Session

10 & Under, 11-12 and Senior Age Groups

Warm Up Time: 6:00-6:50 PM	Meet Start Time: 7:00 PM
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Event Number	Mixed Gender Event
1	Senior 400 IM*
2	10 & Under 500 Free**
3	11-12 1650 Free**
4	Senior 1650 Free**

*Limited to the swimmers with the fastest 40 entry times.

** Limited to the swimmers with the fast 24 entry times.

Saturday Morning Session

10 & Under and 8 & Under Age Groups

Warm Up Time: 9:20-10:10 AM	Meet Start Time: 10:20 AM
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Girls Event Number	Event	Boys Event Number
5	10 & Under 50 Freestyle	6
7	8 & Under 25 Freestyle	8
9	10 & Under 100 Breaststroke	10
11	8 & Under 50 Breaststroke	12
13	10 & Under 50 Butterfly	14
15	8 & Under 25 Butterfly	16
17	10 & Under 100 Backstroke	18
19	8 & Under 50 Backstroke	20
21	10 & Under 200 IM	22
23	8 & Under 100 Medley Relay	24
25	10 & Under 200 Medley Relay	26



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Saturday Afternoon Session

11-12 and Senior Age Groups

Warm Up Time: Not before 1:00 PM	Meet Start Time: Not before 2:00 PM
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Girls Event Number	Event	Boys Event Number
27	11-12 200 Freestyle	28
29	Senior 200 Freestyle	30
31	11-12 50 Backstroke	32
33	Senior 100 Backstroke	34
35	11-12 100 Breaststroke	36
37	Senior 200 Breaststroke	38
39	11-12 50 Butterfly	40
41	Senior 100 Butterfly	42
43	11-12 100 Freestyle	44
45	Senior 100 Freestyle	46
47	11-12 200 Medley Relay	48
49	Senior 200 Medley Relay	50

Sunday Morning Session

10 & Under and 8 & Under Age Groups

Warm Up Time: 8:20-9:10 AM	Meet Start Time: 9:20 AM
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Girls Event Number	Event	Boys Event Number
51	10 & Under 200 Freestyle Relay	52
53	8 & Under 100 Freestyle Relay	54
55	10 & Under 50 Backstroke	56
57	8 & Under 25 Backstroke	58
59	10 & Under 100 IM	60
61	8 & Under 100 IM	62
63	10 & Under 100 Freestyle	64
65	8 & Under 50 Freestyle	66
67	10 & Under 50 Breaststroke	68
69	8 & Under 25 Breaststroke	70
71	10 & Under 100 Butterfly	72
73	8 Under 50 Butterfly	74
75	10 & Under 200 Freestyle	76



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77	8 & Under 100 Freestyle	78
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Sunday Afternoon Session 11-12 and Senior Age Groups

Warm Up Time: Not before 12:00 PM	Meet Start Time: Not before 1:00 PM
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Girls Event Number	Event	Boys Event Number
79	11-12 50 Freestyle	80
81	Senior 50 Freestyle	82
83	11-12 100 Butterfly	84
85	Senior 200 Butterfly	86
87	11-12 50 Breaststroke	88
89	Senior 100 Breaststroke	90
91	11-12 100 Backstroke	92
93	Senior 200 Backstroke	94
95	11-12 200 IM	96
97	Senior 200 IM	98
99	11-12 200 Freestyle Relay	100
101	Senior 200 Freestyle Relay	102
103***	Senior 500 Freestyle	104***

*** Positive Check required. Limited to the fastest 32 entries for Girls and fastest 32 Entries for Boys – Events 131 and 132 will be seeded together.

