

DASH & LMST Fall Invite

8 & Under OPEN, 12 & Under "Q-", Senior OPEN

November 12 & 13, 2016

Linn-Mar Aquatic Center

ISI SANCTION:

IA-17-05

Held under the sanction of USA Swimming and Iowa Swimming, Inc. (ISI).

MEET HOSTS:

Dubuque Area Swimmin' Hurricanes (DASH) & Linn-Mar Swim Team (LMST)

RULES:

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

DATES:

Saturday, November 12 & Sunday, November 13, 2016

TIME:

<u>Sessions</u>	<u>Warm-Ups</u>	<u>Competition</u>
Saturday Morning	10:20 - 11:00 a.m.	11:10 a.m.
Saturday Afternoon	Not before 2:00 - 2:50 p.m.	Not before 3:00 p.m.
Sunday Morning	8:00 - 8:40 a.m.	8:50 a.m.
Sunday Afternoon	Not before 11:45 - 12:35 p.m.	Not before 12:45 p.m.

If needed, teams will be contacted with split warm-up assignments via email, by Tuesday, November 8, 2016.

Coaches meeting at 9:15 a.m. on Saturday Morning and as needed for following sessions.

SITE:

Linn-Mar Aquatic Center

3457 N. 10th Street, Marion, IA 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 the certification is on file with USA Swimming. The Linn-Mar Aquatic Center opened in the fall of 2013 and features:

- **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-foot 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 individual lane speakers**

- **Daktronics Eight-Lane Timing Scoreboard**
- **Separate Daktronics Video Display Board**
- **High powered dehumidification system that includes the Paddock Evacuator System for removing chloramines located just above the water surface**
- **High pressure DE filtration system that includes ultraviolet light treatment**
- **Twenty feet of deck space around the perimeter of the pool**
- **Stadia seating for 500 spectators**
- **Chillers located above the Stadia seating**
- **Media-grade quality venue lighting surrounding the pool**
- **Clear and crisp high quality sounding PA system**
- **Climate controlled entrance, lobby and concessions area located outside the Stadia seating**
- **Parking available around the Aquatic Center**

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. Coaches must wear their coach membership cards so that they are clearly visible to swimmers and meet personnel at all times.

WARM-UPS: The ISI mandatory warm-up procedure will be followed. 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:**
1. Swimmers must be currently registered as athlete members of USA Swimming in order to compete in this meet.
 2. Swimmers must enter in the age group events corresponding to age as of **November 12, 2016**
 3. Swimmers may enter no more than **4** individual events per session and no more than **1** relay event per day.
 4. Seed times must be submitted for a **25 yd.** course. **NO TIME (NT)** will be accepted. Converted times are not allowed.

ENTRY SUBMISSION: **Entry fees are as follows:**
For all swimmers other than USA Swimming Outreach Members, the meet fees are the following:

1. Individual events: \$5.00 per event.
2. Relays: \$10.00 per relay.
3. ISI swimmer surcharge: \$3.00 per swimmer.
4. Handwritten entries: \$2.00 per swimmer.

For USA Swimming Outreach Members:

For USA Swimming Outreach Members: The meet participation fee is waived for each outreach swimmer. It is the responsibility of each team's entry chair to inform DASH's meet 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. DASH trusts each entry chair to be honest and truthful.

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.

Electronic entries must be submitted in a format compatible with **HyTek 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 or money order made payable to **Dubuque Area Swimm****' Hurricanes**. All entry fees, including ISI swimmer surcharge fee, should 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.

ENTRY DATES AND
DEADLINES:

1. Entries will be accepted from teams/athletes in the Iowa LSC beginning at **10:00 a.m., Wednesday, October 12, 2016.**
2. Entries will be accepted from all teams/athletes at **10:00 a.m., Wednesday, October 19, 2016.**
3. Handwritten entries, along with entry fees and financial sheet, must be received no later than **Noon, Monday, October 31, 2016.**
4. Electronic entries must be received no later than **Noon, Thursday, November 3, 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. Changes or scratches in a team's entries prior to the meet deadline do not relieve a team of the responsibility to pay for confirmed entries.
6. Once entries are accepted; only time updates will be allowed. Any additions/substitutions must be made via email to the Meet Director prior to the entry deadline.
7. Entries will be confirmed via a return email receipt.
8. Entries will NOT be accepted by phone or fax. 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.

LATE ENTRIES: Provided space is available, late entries will be accepted by email or at the computer table until one hour before the start of the meet. 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, no heats will be added.

Late entry fees:
Individual events: \$10.00 per event.
Relays: \$20.00 per relay.

SWIMMERS WITH DISABILITIES: For questions regarding late entries or to find out if late entries are being accepted, contact the Meet Entries Chairperson, Doug Colin, at coachdoug@teamdash.org. 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 **Doug Colin** / coachdoug@teamdash.org. Receipt will be confirmed by email. Send all print materials to **DASH / Doug Colin, 1235 Cleveland Ave., Dubuque, IA 52003**. If sent by rush delivery, indicate no signature required.

MEET DIRECTORS: **Bob Wuebker - dbqwuebkers@mchsi.com**
Mark Cooper - coopermark@hotmail.com
Corey Haars - achaars@msn.com

REFEREE: **Dan Hammel - hammel64@gmail.com**
OFFICIALS: **DASH & LMST** welcome any visiting USA Swimming officials who would like to officiate at this meet. If you are able to officiate, please contact the **Referee / Dan Hammel**.

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 Meet Referee and the Meet Referee's decision is final.

MEET OPERATION:

1. Positive check-ins will not be required for the meet.
2. Events may be combined to facilitate meet operation and separated later for results and scoring.
3. Swimmers in all events shall report directly to the starting blocks. Swimmers will NOT be checked in by a Clerk of Course.
4. The 8 & Under 25 yd. events will start from the bulkhead and swim to the touchpads/starting block end of the pool.
5. The fly over start procedure will be used during the meet.
6. 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.

SCORING: **This meet will not be scored.**

7. All relays are novelty events and may contain at least one swimmer of each gender.

8. Deck changes are prohibited.

AWARDS:

**For 12 & Younger Individual Events;
Ribbons 1 - 8**

**For 12 & Younger Relay Events;
Ribbons 1 - 3**

SCRATCHES:

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.

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 reconciliation 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.

The Use of flash photography at the start of each swimming heat is prohibited.

Participants consent to be photographed and filmed by any authorized photographer or network of ISI or the host club under conditions determined by the host club. Participants authorize the use of names, pictures, likenesses, and biographical information before, during or after the meet to promote swimming. No awards received in this competition may be used for trade or financial gain.

NO SMOKING OR
ALCOHOL:

The use of tobacco products or the consumption of alcohol is strictly prohibited on school district property.

SEATING:

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.

Swimmers, meet volunteers and coaches will be permitted to go downstairs to the pool level and spectators will not be allowed downstairs.

Please note that 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.

ADDITIONAL
INFORMATION:

1. Programs: Programs will be available to purchase for spectators. Each team will receive a copy of the program in the coaches' packet.
2. Results: Electronic results will be provided to all teams participating in the meet. Final results will be posted on the DASH 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 and officials.
4. Spectator information: No admission charge for spectators. Free parking is available.

INDEMNITY:

In granting the sanction for this meet, 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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Linn-Mar Aquatic Center, Marion
25 yd. course

Session I - Saturday Morning

Warm-ups: 10:20 - 11:00 a.m. / Competition: 11:10 a.m.

<u>Girls</u>	<u>Fastest - scy/lcm/scm</u>	<u>EVENT</u>	<u>Fastest - scy/lcm/scm</u>	<u>Boys</u>
1	1:14.30/1:23.90/1:21.70	10 & Under - 100 Free	1:16.60/1:26.00/1:23.90	2
3		8 & Under - 50 Free		4
5	46.10/53.30/50.50	10 & Under - 50 Breast	46.60/53.30/50.90	6
7		8 & Under - 25 Breast		8
9	39.20/45.20/43.10	10 & Under - 50 Back	40.80/46.30/44.70	10
11		8 & Under - 25 Back		12
13	1:39.10/1:53.00/1:48.00	10 & Under - 100 Fly	1:38.00/1:51.40/1:46.80	14
15		8 & Under - 50 Fly		16
17	1:25.40/ - /1:33.80	10 & Under - 100 IM	1:26.90/ - /1:35.30	18
19		8 & Under - 100 Free		20
21	7:35.50/6:51.10/6:38.60	10 & Under - 500 Free	7:27.00/6:44.60/6:36.10	22
23		Mixed 8 & Under - 100 Medley Relay		23
24		Mixed 10 & Under - 200 Medley Relay		24

Session II - Saturday Afternoon

Warm-ups: Not before 2:00 - 2:50 p.m. / Competition: Not before 3:00 p.m.

<u>Girls</u>	<u>Fastest - scy/lcm/scm</u>	<u>EVENT</u>	<u>Fastest - scy/lcm/scm</u>	<u>Boys</u>
25		Senior - 100 Free		26
27	1:03.10/1:11.30/1:09.70	11 & 12 - 100 Free	1:04.20/1:11.70/1:10.60	28
29		Senior - 200 IM		30
31	2:37.10/3:01.10/2:53.40	11 & 12 - 200 IM	2:44.20/3:09.30/3:00.00	32
33		Senior - 200 Breast		34
35	38.80/44.70/42.70	11 & 12 - 50 Breast	39.60/45.40/43.40	36
37		Senior - 50 Breast		38
39	1:12.20/1:23.60/1:19.70	11 & 12 - 100 Back	1:16.00/1:29.10/1:23.30	40
41		Senior - 100 Back		42
43	32.40/37.40/35.70	11 & 12 - 50 Fly	34.20/38.70/37.50	44
45		Senior - 50 Fly		46
47		Senior - 200 Fly		48
49	6:18.50/5:38.60/5:32.60	11&12 - 500 Free	6:27.50/5:47.80/5:39.10	50
51		Senior - 500 Free		52
53		Mixed 11 & 12 - 200 Medley Relay		53
54		Mixed Senior - 200 Medley Relay		54

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Session III - Sunday Morning

Warm-ups: 8:00 - 8:40 a.m. / Competition: 8:50 a.m.

<u>Girls</u>	<u>Fastest - scy/lcm/scm</u>	<u>EVENT</u>	<u>Fastest - scy/lcm/scm</u>	<u>Boys</u>
55	33.40/37.30/36.70	10 & Under - 50 Free	34.20/38.60/37.40	56
57		8 & Under - 25 Free		58
59	3:04.80/3:36.70/3:22.90	10 & Under - 200 IM	3:13.20/3:40.80/3:31.10	60
61		8 & Under - 100 IM		62
63	1:41.00/1:57.70/1:50.60	10 & Under - 100 Breast	1:41.90/1:57.70/1:51.30	64
65		8 & Under - 50 Breast		66
67	1:25.90/1:38.30/1:34.30	10 & Under - 100 Back	1:28.30/1:42.10/1:36.60	68
69		8 & Under - 50 Back		70
71	39.20/45.20/43.00	10 & Under - 50 Fly	40.50/46.00/44.20	72
73		8 & Under - 25 Fly		74
75	2:44.40/3:07.30/3:00.70	10 & Under - 200 Free	2:44.20/3:03.00/2:59.80	76
77		Mixed 8 & Under - 100 Free Relay		77
78		Mixed 10 & Under - 200 Free Relay		78

Session IV - Sunday Afternoon

Warm-ups: Not before 11:45 - 12:35 p.m. / Competition: Not before 12:45 p.m.

<u>Girls</u>	<u>Fastest - scy/lcm/scm</u>	<u>EVENT</u>	<u>Fastest - scy/lcm/scm</u>	<u>Boys</u>
79		Senior - 50 Free		80
81	29.00/32.40/32.10	11 & 12 - 50 Free	29.40/34.20/32.40	82
83		Senior - 400 IM		84
85	1:13.70/ - /1:21.30	11 & 12 - 100 IM	1:15.00/ - / 1:22.30	86
87		Senior - 100 IM		88
89	1:25.40/1:37.70/1:33.90	11 & 12 - 100 Breast	1:25.50/1:38.50/1:33.70	90
91		Senior - 100 Breast		92
93	34.70/39.20/38.10	11 & 12 - 50 Back	35.30/40.90/38.70	94
95		Senior - 50 Back		96
97		Senior - 200 Back		98
99	1:17.20/1:25.30/1:24.70	11 & 12 - 100 Fly	1:16.50/1:26.30/1:23.80	100
101		Senior - 100 Fly		102
103	2:18.80/2:37.50/2:33.30	11 & 12 - 200 Free	2:24.60/2:44.80/2:38.60	104
105		Senior - 200 Free		106
107		Mixed 11 & 12 - 200 Free Relay		107
108		Mixed Senior - 200 Free Relay		108