

D.A.S.H. Spring Pentathlon

Co-hosted by Dubuque Area Swimmin' Hurricanes & Black Hawk Area Swim Team
14 & Under OPEN Novelty
Saturday, May 11, 2019
Holmes Jr. High Swimming Pool
Cedar Falls, IA
25 yd. Course

ISI SANCTION: IA-19-64
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: **Saturday, May 11, 2019**

TIME:

<u>Session</u>	<u>Warm-Ups</u>	<u>Competition</u>
Saturday Afternoon	1:00 - 1:50	2:00

If necessary, teams will be notified of their designated warm-up sessions via email by **6 p.m., Tuesday, May 7, 2019.**

Coaches meeting at 12:50 p.m.

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

FACILITY: Indoor, 6 lanes, 25 yard (with bulkhead at turn end and water on opposite side). Water Depth: 11 feet at starting end and 4 feet at far end. Daktronic 2000 timing system, with a minimum of two watches and one back-up button per lane.

The competition course has been certified in accordance with Rule 104.2.2C(4) of USA Swimming Rules and Regulations. A copy of such certification is on file with USA Swimming.

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) and present a current USA Swimming coach membership card to the Referee or his or her designee to verify that all certifications are current and on file.

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 may enter all five individual events.
3. Seed times must be submitted for a 25 yd. course. Converted times are not allowed.
4. Swimmers must enter the age group as of May 11, 2019.

ENTRY LIMITS:

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 per session. Events for the same 12 & Under shall be limited to one session per day, except where prelim/final meets where events for 12 & Under swimmers may be offered in both prelims and finals. Swimmers Relays may be scratched if timeline exceeds four hours.

Teams will not be split if received together even if it causes us to exceed the entry limit. Relays may be scratched if timeline exceeds four hours.

ENTRY SUBMISSION:

Entry fees are as follows:

1. The entry fee is \$4.00 per individual event.
2. The ISI Surcharge is \$5.00 per swimmer
3. Handwritten entries: \$2.00 per swimmer.

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^g 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 and Unattached members of the Iowa LSC, beginning at **1 p.m., Monday, April 8, 2019**.
2. Entries will be accepted from all teams/athletes at **1 p.m., Monday, April 15, 2019**.
3. Electronic entries must be received no later **Noon, Monday, May 6, 2019**
4. Handwritten entries, along with entry fees, additional \$2 per swimmer and financial

- sheet, must be received no later than **8 p.m., Friday, May 3, 2019**. Handwritten entries will not be considered entered in the meet until full payment is received.
5. Once a team's entries have been accepted by the meet host, that team is considered entered into the meet. The host team is not permitted to rescind a team's entries once the meet host sends the email confirmation that the team is 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 for teams with electronic entries. No time updates will be accepted for handwritten entries. Any additions/substitutions must be made via email to the Meet Director prior to the entry deadline.
 7. A hardcopy of the entries, along with entry fees and financial sheet, must be received by **8 p.m., Wednesday, May 8, 2019**, unless prior arrangements have been agreed to in writing. *Failure to meet this deadline will result in swimmers remaining in the meet but all confirmed entries will be billed at the late entry fee.* Any unpaid balance remaining at the start of competition for the final session will be assessed an additional 10% late fee.
 8. Entries will be confirmed via a return email receipt.
 9. 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:

NO Late Entries

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 coachdoug@teamdash.org. 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 Wuekber
dbqwuebkers@mchsi.com
563-542-9247

REFEREE:

Dan Hammel
hammel64@gmail.com
563-580-3593

OFFICIALS:

The Dubuque Area Swimmin' Hurricanes 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 at 563-580-3593 / hammel64@gmail.com OR sign-up on the meet page of the DASH website (www.teamdash.org).

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 prior to the start of competition. 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:

1. 25 yd. events will start from the starting block end.
2. Deck Changes are prohibited.
3. Deck Pass is acceptable proof of membership in USA Swimming. Coaches, Officials and Volunteers must produce proof of membership in USA Swimming immediately upon request by the Referee or his delegate or leave the pool deck.
4. 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.
5. Swimmers ages ten years 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 "Tech" suits is posted on the ISI Website.

SCORING: **The Pentathlon Awards will be determined by the fastest total time for swimmers legally completing all 5 events in their age group.**

AWARDS: **Individual Events: Ribbons, 1st - 6th**
Pentathlon: Trophies, 1st - 3rd in each age group and gender

SCRATCHES: There is no penalty for scratching OR missing an 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.**

NO ALCOHOL OR TOBACCO: The use of any tobacco or alcohol products is prohibited in the swimming venue.

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

ADDITIONAL INFORMATION: 1. Program: Programs will be available for \$5.00. Each team will receive a copy of the program in the coaches' packet. Each volunteer official will receive a complimentary program.

2. Results: Electronic results will be provided to all teams participating in the meet. Final Results will also be posted on ISI website. A hardcopy of the final results may be requested on the ISI Financial Sheet for an additional \$5.00.
3. Concessions: A lite concession stand will be 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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Order of Events

Warm-up: 1:00 - 1:50 p.m. / Coaches' Meeting: 12:50 p.m. / Competition: 2:00 p.m.

Girls Events		EVENT	Boys Events
1	13 & 14	100 Fly	2
3	11 & 12	50 Fly	4
5	9 & 10	50 Fly	6
7	8 & Under	25 Fly	8
9	13 & 14	100 Back	10
11	11 & 12	50 Back	12
13	9 & 10	50 Back	14
15	8 & Under	25 Back	16
17	13 & 14	100 Breast	18
19	11 & 12	50 Breast	20
21	9 & 10	50 Breast	22
23	8 & Under	25 Breast	24
25	13 & 14	100 Free	26
27	11 & 12	50 Free	28
29	9 & 10	50 Free	30
31	8 & Under	25 Free	32
33	13 & 14	200 IM	34
35	11 & 12	100 IM	36
37	9 & 10	100 IM	38
39	8 & Under	100 IM	40