



D.A.S.H. Spring Pentathlon
Hosted by Dubuque Area Swimmin' Hurricanes
14 & Under OPEN Novelty
Saturday, May 15, 2021
Dubuque Community Schools Aquatic Center at Hempstead H.S.
Dubuque, IA
25 yd. Course

- ISI SANCTION:** IA-21-065
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.
All applicable adults participating in or associated with the meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- DATES:** **Saturday, May 15, 2021**
- TIME:** **Coaches mtg: 1:20 p.m. / Warm-ups: 1:30-2:10 p.m. / Competition: 2:20 p.m.**

If necessary, teams will be notified of their designated warm-up sessions via email by **6 p.m., Tuesday, May 11, 2021**
- SITE:** **Dubuque Community Schools Aquatic Center at Hempstead H.S.**
3715 Pennsylvania Ave., Dubuque, IA 52002
- FACILITY:** The competition course has been certified in accordance to Rule 104.2.2C(4) of USA Swimming Rules and Regulations. The certification is on file with USA Swimming.

The Dubuque Community Schools Aquatic Center features:
- A pool which is 40 yds. 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 turning at the bulkhead, with an additional five 25-yard nine-foot wide lanes for warm-up and cool-down
 - 6'4" deep at the starting end and 6'7" deep at the turn end
 - 8 & Under 25 yd. events will start from the bulkhead
 - Spectrum 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
- NO SPECTATORS will be allowed in the aquatic center*.
- Parking available around the Aquatic Center
- The meet will be live-streamed on via the DASH website. Details to follow.
- SEE COVID Protocols later in this document

* Spectators could possibly be allowed, depending on reduction of restrictions by USA Swimming and local health authorities. Final decision will be made by Monday, May 10, 2021.

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 15, 2020.

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.

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 \$5.00 per individual event.
2. The ISI Surcharge is \$5.00 per swimmer
3. Handwritten entries: \$2.00 per swimmer.
4. The entry fee for each outreach swimmer is \$5.00 and covers all individual events swum by an outreach 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.

Clubs entering outreach swimmers should only provide the number of outreach swimmers and the number of events being swum by the outreach swimmers to the host club. The names of the outreach swimmers are not to be provided to the host club.

Payment shall be by check or money order made payable to **Dubuque Area Swimmin' 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 19, 2021**.
2. Entries will be accepted from all teams/athletes at **1 p.m., Monday, April 26, 2021**.
3. Electronic entries must be received no later than **Noon, Monday, May 10, 2021**
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 7, 2021**. 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 12, 2021**, 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: **TBD**
email
phone

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. There will be NO Clerk of Course, however, volunteers will be stationed behind the starting area to help guide swimmers to their lanes.
2. Entries will be capped at 136 swimmers. Once over 68 entered, warm-ups will be split.
3. Events may be combined to facilitate meet operation and separated later for results and scoring.
4. All events will be PRE-SEEDED. NO DECK ENTRIES will be allowed.
5. EVERY athlete must be a USA Swimming, as confirmed by the Pre-Meet Recon. NO athletes are allowed to enter the meet once the Registration Recon has been performed, unless cleared by Iowa Swimming staff.

6. Deck changes are prohibited.
7. The host is not responsible for providing rest for swimmers between events. If a swimmer has less than 10 minutes between swims, the swimmer (or swimmer's coach) should inform the referee.
8. 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 his/her delegate or leave the pool deck.
9. 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.
10. As of September 1, 2020, swimmers aged twelve years old and younger shall not compete while wearing "Tech" suits. Lists of suits that are considered acceptable and those that are not are posted on the USA Swimming 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 - 8th
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: Printed programs WILL NOT be sold at the meet. Programs will be posted on-line under the "meet landing page" of the TeamDASH website and sent to each entering teams to disseminate to their families by 8 p.m., Thursday, May 13, 2021. 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. Swim apparel/merchandise. There WILL NOT be a vendor present.
4. 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.

DASH COVID - Social Distancing & Sanitation Plan

- All Practice protocols will be followed - distancing, laundry baskets, facemasks, post-practice sanitation.
- Entries will be capped at 136 swimmers. Once over 68 entered, warm-ups will be split.
- One timer per lane, operating a stopwatch and back-up button.
- Prior to any 50 yd. or longer race, swimmers will wait by the blue tape on the wall behind the block, arriving ONLY once the prior heat has started, and stepping forward when called by the Referee's four short whistles.
- Each swimmer will do a 25 yd. EZ following their race and exit the water at the bulkhead.
- Officials will wear facemasks, except for the starter when giving start commands, at all times.
- The announcer will maintain a socially distant location OR wear a facemask.
- At the official table, the timing system operator and readout board operator will maintain a 6' separation and wear a facemask at all times, unless from the same household.
- There WILL NOT be any printed results posted at the meet.
- The Dubuque Area Swimmin' Hurricanes have taken enhanced health and safety measures – for you, our other guests, volunteers and our athletes. You must follow all posted instructions while attending the DASH Summer COVID Intra-squad. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending the DASH Summer COVID Intra-squad, you voluntarily assume all risks related to exposure to COVID-19.
- USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
- BY ATTENDING OR PARTICIPATING IN THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND IOWA SWIMMING, INC. AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.



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Saturday, May 15, 2021

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Dubuque, IA

25 yd. Course

Order of Events

Warm-up: 1:30-2:10 p.m. / Coaches' Meeting: 1:15 p.m. / Competition: 2:20 p.m.

Girls Events	Age Group	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