



**IOWA SWIMMING, INC.
2022 LONG COURSE CHAMPIONSHIPS**

THURSDAY, JULY 21 - SUNDAY, JULY 24

Hosted by

Dubuque Area Swimmin' Hurricanes

Iowa City Eels

Panther Aquatics Club



IOWA SWIMMING, INC.
2022 LONG COURSE CHAMPIONSHIPS
JULY 21 - JULY 24, 2022

Hosted by:

Dubuque Area Swimmin' Hurricanes, Iowa City Eels, Panther Aquatics Club

IASI SANCTION IA-22-084. Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).

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

DATES Thursday, July 21, 2022 - Sunday, July 24, 2022

| TIMES | Prelims | Afternoon | Finals |
|--------------|--------------------|---------------------|--------------------|
| Warm Up: | Not before 6:30 am | Not before 11:30 am | Not before 4:00 pm |
| Competition: | Not before 8:00 am | Not before 12:15 pm | Not before 5:00 pm |

The pool deck will open 30-minutes prior to warm-ups and will close 30-minutes after the conclusion of the last event each day. Athletes must remove all personal items each day. Items left on the pool deck will be collected and placed in lost and found.

TECHNICAL MEETING Wednesday, July 20, 2022 at 6:30 pm via Zoom (teamdash.org)

Zoom link will be sent to all entered teams by Noon on Tuesday, July 19, 2022 and posted on the meet landing page (teamdash.org). Details and information discussed at this meeting will be emailed to all coaches and available from the Meet Referee following the meeting. Coaches are responsible for all information presented and included in this information.

SITE Campus Recreation & Wellness Center (CRWC)
The University of Iowa
309 S. Madison St.
Iowa City, IA 52242

FACILITY The Campus Recreation and Wellness Center features an indoor, 8-lane, 50-meter competition pool, with water depth ranging from 9' to 7'. Water depth at the start end is 9' and 7' at the turn end. 6" Kiefer Wave Eater Lane Lines and Kiefer Elite Starting Platforms with individual lane speakers. Daktronics Timing System with 96" touch pads on both ends of the race course with manual back-up buttons and a scoreboard. An 8-lane, 25-yard diving well is available for warm-up and cool down. The competition concourse has been certified in accordance with Rule 104.2.2C(4) of USA Swimming Rules and Regulations. The certification is on file with USA Swimming.

Athletes, coaches, meet personnel, and officials will be limited to the natatorium and competitive swimming areas in the facility. Accessing other areas of the building without permission is prohibited. Entry into other areas of the facility could result in expulsion from the meet without entry fees or admission reimbursement.

DECK ACCESS

Only athletes, coaches, meet personnel, and officials are permitted on the pool deck. Team areas will be designated for athletes and coaches. Coaches and athletes must remain behind the ropes alongside the competition pool during competition.

Team Banners & Posters: No hanging of team banners or posters is permitted in the CRWC.

COACHES

Sign In. Only currently registered USA Swimming member coaches 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 with USA Swimming. Deck Pass is acceptable proof of USA Swimming membership.

Deck Credentials. Deck credentials must be worn and be visible at all times.

WARM UP

The IASI mandatory warm-up procedure will be followed. The pool will be cleared 10 minutes prior to competition.

SUPERVISION

All athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any athlete without a coach shall report to the Meet Referee prior to their warm-up. The Meet Director or Referee may assist the athlete in making arrangements for such supervision, but it is the athlete's responsibility to ensure such arrangements are made prior to the start of the meet.

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 without the use of the backstroke ledge. 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. Athletes must be current IASI registered athletes.
2. USA Swimming registrations will not be accepted at the meet. Any swimmer not registered at the time of the pre-meet reconciliation must ensure that IASI has received the appropriate application and fees no later than 24 hours prior to the start of competition, otherwise entries will be removed and the swimmer will not be permitted to compete in the meet.
3. All swimmers must be entered into the meet prior to entering the water or

competing in an event. If a swimmer participates in a relay prior to entering the meet, the relay team shall be disqualified, even if proof of registration is provided after the relay has competed.

ENTRY & SEED TIMES

1. Entry times must meet or exceed the Iowa Q-Time standard and must be submitted in the same length course in which they were achieved. Conforming seed times are Long Course Meters. Short Course Meters and Yards are non-conforming times and will be seeded after Long Course Meter times. Converted times are not allowed.
2. An athlete's seed time is the athlete's best time recorded in USA Swimming's database ("SWIMS") achieved in an event since July 24, 2020.
3. Athletes who have a non-conforming time recorded in SWIMS achieved since July 24, 2020, will be seeded at that non-conforming time that is recorded in SWIMS for the length of course in which the entry time was achieved. If an athlete's time is in SWIMS but was achieved before July 24, 2020, the athlete shall be seeded at the slowest qualifying time for the length achieved.
4. If the seed time is not in SWIMS then the athlete shall be seeded at the slowest qualifying time for short course yards. Proof of time is required if the athlete fails to achieve the event's qualifying time at the meet. If proof of time is not provided, a fine of \$100 shall be imposed on the offending athlete's club.
5. Only relays may enter as a "NO TIME" entry.
6. An athlete who has achieved an Iowa Q time standard in either the 800/1000 Free or the 1500/1650 Free may compete in either event or both events even if they have not met the Iowa Q time standard in both events.

ENTRY LIMITS

Athletes 13 & Over. There is no entry limit for individual events. Swimmers may enter as many events as desired, provided a qualifying time in each event has been achieved. Athletes may compete in a maximum of three (3) individual events per day and a maximum of seven (7) individual events for the entire meet. Athletes who are over-entered must scratch any event they do not intend to have counted against the maximum limit before the scratch deadline. Declared False Start and No Shows count against the swimmer's total number of individual events.

Athletes 12 & Under. There is a limit of nine (9) events total for the meet with a maximum of 4 individual events per day if entered exclusively in timed final events or 3 per individual events per day if entered in one or more Senior prelim/final events. Athletes may not over-enter events at this meet.

For all age groups, Time Trials count toward the daily event limit.

RELAY ENTRIES

There is no relay entry limit per individual athlete. Relay entries do not count towards the individual event entry limits per session, per day or for the meet. An athlete may only swim on one relay team per event.

Provided a team has the appropriate number of qualified athletes in at least one individual event, a team may enter no more than three (3) relay teams per gender, per relay event (designated as A, B, C), except a team may enter no more than two (2) 800 Free relays per gender. Each team may only score two relays in each event.

The number of relays allowed per team, per event is determined as follows (relays per number of qualified athletes entered in at least one individual event within a gender specific age group):

- 4 or less athletes = 1 relay
- 5-8 athletes = 2 relays
- 9 or more athletes = 3 relays

ENTRIES

Entries Open: Tuesday, June 28, 2022 at 12:00 pm (Noon)
Entry Deadline: Thursday, July 14, 2022 at 12:00 pm (Noon)

ENTRY SUBMISSION

1. Entries may be submitted by:
 - a. Electronic entry file in a format compatible with Hy-Tek Meet Manager software, or
 - b. Manual entries on the IASI Meet Entry Form (APP-7)
2. If submitting electronic entries, the team must include a copy of the entries and a financial summary in PDF format. No team generated electronic entries will be accepted without these attachments.
3. Send electronic entries by email to Nick Lakin (nicholas.lakin@uni.edu). Receipt will be confirmed by email. Send all printed materials to the Entry Chair at the address listed below. If sent by rush delivery, indicate no signature required. Neither entries nor entry changes will be accepted by phone or fax.
4. All new entries and changes to existing entries (including time updates) made after the entry deadline will be treated as late entries. Relay only athletes who are late entered into the meet will be charged the manual entry surcharge.

EXCEPTION. Entries for new qualifying times achieved at the IASI Silver and 8 & Under Championships meet must be submitted by 12:00 pm (Noon) on Monday, July 18, 2022 via email. New entries under this exception will be charged the standard entry fees.

ENTRY FEES

| | |
|------------------------|------------------------------|
| Individual Events | \$8.00 per event |
| Relay Events | \$12.00 per relay |
| IASI Swimmer Surcharge | \$5.00 per athlete |
| Outreach Swimmers | \$5.00 total fee per athlete |
| Manual Entries | \$2.00 per athlete |

Outreach Athletes. Swimmers qualifying as USA Swimming and IASI Outreach Athletes may enter all individual events for \$5.00 total, including the IASI Swimmer Surcharge. Entries must be submitted by the listed entry deadline. To qualify for the reduced entry fee, teams must provide the total number of Outreach Athletes and their individual entries by 12:00 pm (Noon) on Monday, July 18, 2022. Names of Outreach Athletes must not be provided to host clubs.

Manual Entries. An additional fee of \$2.00 per athlete will be assessed for:

- a. Teams using APP-7 to enter five (5) or more athletes on or before the first day of the meet,
- b. Teams using APP-7 for entries submitted after the first day of the meet, or
- c. For IASI-affiliated unattached athletes who use APP-7 for entry.

Payment Deadline. Entry fees are due 15 minutes before the start of warmups of the first session in which the team is competing. A hard copy of the financial sheet (APP-8) must accompany entry fees.

Payment shall be made by check payable to **Panther Aquatics Club**. The meet host reserves the right to require payment by money order or cashier's check. Entry fees are non-refundable. IASI swimmer surcharge fees will be refunded only if the entire meet is canceled.

LATE ENTRIES

1. Late entry deadline is 6:00 pm on Wednesday, July 20, 2022.
2. Following the deadline, late entries will only be taken on deck. Deck entries must be submitted no later than the scratch deadline of the day prior to the event. Athletes who late enter the meet will be required to provide proof of USA Swimming registration in the Iowa LSC.
3. Late entries in prelim/final events and 12 & Under events, submitted with proof of time, will be seeded with their entry time. All other late entries will be seeded at the slowest non-conforming qualifying time. If necessary, a zero heat will be created.
4. Late entry fees are:

| | |
|-------------------|-------------------|
| Individual Events | \$16.00 per event |
| Relay Events | \$24.00 per relay |

| | | |
|-----------------------------------|--|--|
| PSYCH SHEETS | Psych Sheets will be posted on the IASI website and the meet landing page (teamdash.org) by 10:00 pm on Tuesday, July 19, 2022. | |
| ATHLETES WITH DISABILITIES | Athletes with disabilities are encouraged to compete. There are no qualifying time requirements for such athletes. | |
| | The information Form for Adapted Competitive Athletes (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 athlete (or athletes' coach) is responsible for providing any equipment or assistance required. See Article 105 of USA Swimming Rules. | |
| SEND ENTRIES TO | Send electronic entries by email to the Entry Chair. Receipt will be confirmed by email. | |
| | Mail all printed materials to: UNI Swimming & Diving ATTN: Nick Lakin UNI-Dome, North Dome Offices Cedar Falls, IA 50614-0310 | |
| | If sent by rush delivery, indicate no signature required. | |
| ENTRY CHAIR | Nick Lakin (319) 290-6261 nicholas.lakin@uni.edu | |
| MEET DIRECTOR | Scott Koch (DASH) (563) 599-3418 orion1009@msn.com | Missy Ortman (ICE) (319) 383-6303 mortman@iceels.org |
| | Benjamin Colin (PAC) (563) 564-5548 benjamin.colin@uni.edu | |
| MEET REFEREE | Bill Brown (prelim/final) (817) 879-8775 billbrown1964@gmail.com | Jason Wenger (12 & Under) (563) 608-9028 jwenger74@gmail.com |
| ADMIN REFEREE | Susan Repko (prelim/final) (817) 739-8676 susan.repko@iaswim.org | Doug McCorkle (12 & Under) 515-450-1413 doug.mccorkle@gmail.com |
| OFFICIALS | This will be an Official's Qualifying Meet. Evaluations are available for all N2 positions and N3 ST. You must work at least 4 sessions, and the evaluation sessions (3 for N2, 4 for N3) must be from preliminary and finals sessions. | |

Officials must be signed up by **12:00 pm (Noon), Monday, July 18, 2022**, for those sessions to count towards their club's number of required positions as well as to be guaranteed a meet shirt. An official must work at least five (5) sessions to qualify for a meet shirt.

TIMERS

Teams will be informed of the number of timers needed and sessions to be worked by **8:00 pm on Tuesday, July 19, 2022**. Teams may divide timing assignments among more than one person, provided everyone participating attends the timer's briefing for that session. The timer briefing will be held 25 minutes before the start of the competition for each session.

Additionally, each club (or unattached athlete) must provide one (1) timer for each athlete competing in the 800 Free during Thursday morning preliminaries (Session 1) and for each athlete competing in the 1500 Free during Sunday morning preliminaries (Session 10). Timers will be provided for athletes competing in the 800 Free during Thursday's Finals (Session 3) and in the 1500 Free during Sunday's Finals (Session 12).

LAP COUNTERS

Each athlete competing in the 800 freestyle and 1500 freestyle are responsible for providing their own lap counter, if desired. Lap counting cards will be provided by the host club.

MEET COMMITTEE

A meet committee consisting of the Meet Director, Meet 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 Meet Referee and the decision of the Meet Referee is final.

MEET OPERATIONS

1. Heat sheets will be posted on deck.
2. There will be no athlete check-in required for any preliminary event or timed final event and swimmers shall report directly to the starting blocks.
3. FINA whistle starts and no recall on false starts policy will be used. Flyover starts will be used during all preliminary events and all non-final heats for timed final events.
4. Chase starts may be used during the preliminary events and 12 & Under timed final individual events, at the discretion of the Meet Referee.
5. For 13-14 and Senior, excluding the Senior heats swimming with the evening finals and the fastest 13-14 heats following the preliminary events, should there be greater than eight (8) total heats of 800 Free or four (4) total heats of 1500 Free, those heats of the corresponding event may swim with two swimmers per lane as necessary, at the discretion of the Meet Referee.

6. The single fastest Senior heat per gender of the 800 Free on Thursday and the 1500 Free on Sunday will swim with the evening finals. The single fastest 13-14 heat per gender of the 800 Free on Thursday and the 1500 Free on Sunday will swim as the first two (2) heats following the conclusion of the preliminary events. All remaining heats of the 800 Free on Thursday and the 1500 Free on Sunday will follow as combined 13-14 and Senior, swimming fastest to slowest, alternating between women and men. Scoring will be separated following the events.
7. For 13-14 and Senior relays, 400-meters and shorter, the top sixteen (16) seeded teams will swim in the evening finals while the remaining teams will swim in the morning preliminary session. All relays will be conducted in a timed final format.
8. All heats of the Senior 800 Free Relay will swim with the evening finals, swimming fastest to slowest, alternating women and men. Down seeding is not permitted.
9. The 11-12 800 Free and 1500 Free will swim fastest to slowest, alternating heats girls and boys.
10. For 13-14 prelim/final events, the top eight (8) swimmers from prelims will qualify for the Championship (A) Final, with the next eight (8) swimmers qualifying for the Consolation (B) Final. For Senior events, of 400-meters and shorter, the top eight (8) from prelims will qualify for the Championship (A) Final, the next eight (8) will qualify for the Consolation (B) Final, and the next 8 will qualify for the Bonus (C) Final.
11. Entries for the 800 Free, 1500 Free, and relays 400-meters or shorter, scheduled to swim during the evening finals may down seed to compete during the morning preliminary heats. Intent to down seed must be submitted by the event scratch deadline via the Scratch Box.
12. Swimmers must check-in for Finals no later than ten (10) minutes before the start of their heat as published in the timeline of the session's events. If needed, a final call to check-in will be made.
13. If names are on entry sheets for relays, those names will be on the relay cards at the meet. All relay cards for each day will be distributed before morning warm-ups. All four (4) full athlete names, ages, and order of swimming must be listed on each card and order should be verified by the coach. For relay events at the beginning of a session, relay cards should be submitted at least thirty (30) minutes before the relay event is scheduled to swim. For relay events at the end of a session, relay cards should be submitted at least sixty (60) minutes before the relay event is scheduled to swim. Submission times are based on the published timeline of the session's events. Relay cards are

submitted to the administration table. Any relay that enters the water before a relay card is presented to the administration table will be disqualified. Once cleared by the administration table, teams may change names and/or order of swimmers with the timers prior to the start of the heat.

14. Deck changes are prohibited.
15. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athletes/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and / or spectators are present.

SCRATCHES

1. The Scratch Deadline for an event shall be 6:00 pm of the day prior to the event.
2. If a swimmer has over-entered events and does not scratch down to the maximum allowable number of entries for a session, day and / or meet, then the swimmer shall be scratched from the session's events for the last chronological event to the earliest until the maximum number of allowed events is achieved.
3. Any athlete not reporting for, or not competing in, a preliminary heat shall be disqualified from their next individual event. Declared false starts are considered reporting, but will count toward entry limits for the day and the meet. If the athlete has no remaining events, the team will be fined \$25, payable to **Panther Aquatics Club**.
4. All scratches from finals (Championship, Consolation, & Bonus) must be completed at the scratch table on deck within the prescribed time after the preliminary event.
5. Any athlete who fails to scratch from an event's final (Championship, Consolation, or Bonus) and then fails to compete in that event's finals heat will be barred from further competition in the meet, unless there are circumstances beyond the athletes control preventing them from competing. If the athlete has no remaining events, the team will be fined \$100, payable to **Panther Aquatics Club**.
6. To scratch by phone contact Benjamin Colin by phone at (563) 564-5548 or by email at benjamin.colin@uni.edu. Scratches by email and phone will only be accepted prior to the Wednesday scratch deadline. After this, all scratches must be completed using the scratch box.
7. Scratches submitted by email will be confirmed via email.

TIME TRIALS

Refer to the Time Trials Invitation (IA-22-085) issued in conjunction with this meet announcement.

SCORING

Individual Events

| | | | | | | | | | | | | | | | | |
|--------|----|----|----|----|----|----|----|----|---|----|----|----|----|----|----|----|
| Place | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Points | 20 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 9 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

Relay Events

| | | | | | | | | | | | | | | | | |
|--------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Place | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Points | 40 | 34 | 32 | 30 | 28 | 26 | 24 | 22 | 18 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |

Only two relays per team, per event, per gender may score points.

AWARDS

Individual Events

10 & Under and 11-12 Events

1st - 8th Medals
9th - 16th Ribbons

13-14 and Senior Events

1st - 8th Medals

Relay Events

10 & Under and 11-12 Events

1st - 3rd Medals
4th - 8th Ribbons

13-14 and Senior Events

1st - 3rd Medals

Para Swimmers. For medals and ribbons, para swimmers will be awarded individually based on classification.

High Point. An award will be presented to the top three (3) athletes, male and female, in each age group and Senior. Points will be scored in the age group in which the event was swum.

Team Age Group Awards. A team award will be presented to the team champion of each gender's age group and for the Senior group. Points will be scored in the age group in which the event was swum.

Team Awards. A traveling team trophy will be presented to the team scoring the most points in the 12 & Under division, the 13 & Over division and the Combined Overall division.

IASI Sportsmanship & Spirit Award. IASI will provide and present this award. One coach and one athlete from each team will vote, as well as the Meet Referee.

Criteria to use will be included in the coaches' packet.

AWARDS PRESENTATION

10 & Under and 11-12 Age Groups. Awards for the top eight (8) athletes in individual events and the top three (3) relays in relay events will be presented during an awards ceremony that will be held off the deck of the competition pool, as soon as possible following the completion of each age group's events for that session. The meet will continue to run and will not stop during the presentation of these awards.

The top three individual high point awards and the team high point award for each age group and gender will be presented at the end of each age group's awards presentation held on the last day of the meet. The overall Age Group team champion trophy will also be presented at the end of the 11 & 12 age groups' awards presentation held on the last day of the meet.

13-14 and Senior Age Groups. Awards for the top three (3) place finishers shall be presented immediately following the completion of the championship heat for prelim / final events or the fastest heat for timed finals events, of each event. Awards shall be presented on the pool deck.

The top three (3) individual high point awards; the team high point award for each age group and gender; the overall 13 & Over team champion award; and , the combined team award will be presented at the end of the awards presentation held at the conclusion of the finals sessions on the last day of the meet.

RESULTS

Electronic results will be provided to all teams participating in the meet. Final results will be posted on the IASI website and on the meet landing page (teamdash.org). A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00.

TICKETS & SPECTATOR INFORMATION

Admission is \$5.00 per day. Single day tickets may be purchased using cash only at the entrance to the spectator seating area. All-Session ticket packages consisting of one-pass per day can be purchased through the meet landing page (teamdash.org) for \$20.00. Pre-purchased tickets can be picked up at the ticket table at the entrance to the spectator seating area.

| | |
|------------------|-----------------------------|
| Single Day Pass | \$5.00 (cash only on site) |
| All-Session Pass | \$20.00 (pre-purchase only) |

The spectator seating area will open 30-minutes prior to warm-ups and will close 30-minutes after the conclusion of the last event of the day. Spectators will need to remove all personal items each day. Saving or reserving seats overnight is not permitted. Items left in the spectator seating area will be collected and placed in lost and found.

| | |
|----------------------------------|--|
| CONCESSIONS | Food Concessions will be available near the spectator seating area and from the “CRWC Power Café” which is located on the first floor of the CRWC. |
| APPAREL & MERCHANDISE | Splash Multisport will be on site and will have a variety of swimwear and accessories available for sale at the meet. Meet shirts will be available for pre-purchase on the meet landing page (teamdash.org). |
| MEET PROGRAMS | Programs and heat sheets will be available on the meet landing page (teamdash.org) and available without charge through Meet Mobile. |
| PARKING | Parking is available in the Recreation Center Lot (Lot 11) one block south east of the CRWC at the hourly rate. Additional parking is available in the Old Capitol Town Center Garage one block north on Burlington Street as well as various other city parking facilities. |
| 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 TOBACCO OR ALCOHOL | The use of any tobacco products or the consumption of alcohol is not permitted anywhere in the swimming venue. |
| IMAGE AUTHORIZATION | All participants agree to be filmed and photographed by the official photographer(s) and network(s) of IASI. Participants authorize the use of names, pictures, likenesses, and biographical information before, during, or after the meet to promote competitive swimming. All participants agree not to use awards received in the competition for the purpose of trade or financial gain. |
| DISCLOSURES | <p>It is understood and agreed that USA Swimming and Iowa Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p> <p>All applicable adults participating in or associated with this 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 is a condition of participation in the conduct of this competition.</p> <p>The University of Iowa Recreation Services has taken enhanced health and safety measures for you and your athletes. You must follow all posted instructions while inside CRWC. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious virus that can lead to serious illness and death. According to the Centers for Disease and Prevention, individuals with underlying medical conditions are especially vulnerable to COVID-19. You and your athletes are voluntarily assuming all risks related to exposure to COVID-19.</p> |

USAS, IASI, the University of Iowa, and the host teams (DASH, ICE, PAC) cannot prevent you and your athletes from becoming exposed to, contracting, or spreading COVID-19 while participating in USAS and IASI sanctioned events. It is not possible to prevent the presence of the virus. Therefore, if you choose to participate or permit your swimmer to participate in a USAS or IASI sanctioned event, you may be exposing yourself and your athlete to and increasing you and your athlete's risk of contracting and spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USAS, IASI AND <host team / site> AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE, OR PROPERTY LOSS OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU OR YOUR ATHLETE MY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION AND SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

EVENT ORDER**Session 1 - Thursday Morning Prelims**
July 21, 2022

Warm Up: Not before 6:30 am

Competition: Not before 8:00 am

| Women's Event # | Event | Men's Event # |
|-----------------|--|---------------|
| 23p | 13-14 100 Backstroke | 24p |
| 25p | Senior 100 Backstroke | 26p |
| 27p | 13-14 200 Individual Medley | 28p |
| 29p | Senior 200 Individual Medley | 30p |
| 31p | 13-14 50 Freestyle | 32p |
| 33p | Senior 50 Freestyle | 34p |
| 35t | 13-14 400 Freestyle Relay (non-top 16) | 36t |
| 37t | Senior 400 Freestyle Relay (non-top 16) | 38t |
| 19t | 13-14 800 Freestyle (fastest heat) | 20t |
| 19t & 21t | 13-14 and Senior 800 Freestyle (non-top 8) | 20t & 22t |

Session 2 - Thursday Afternoon Timed Finals
July 21, 2022

Warm Up: Not before 11:30 am

Competition: Not before 12:15 pm

| Girl's Event # | Event | Boy's Event # |
|----------------|-----------------------------|---------------|
| 1 | 11-12 200 Free Relay | 2 |
| 3 | 10 & Under 100 Freestyle | 4 |
| 5 | 11-12 400 Individual Medley | 6 |
| 7 | 11-12 50 Freestyle | 8 |
| 9 | 10 & Under 50 Butterfly | 10 |
| 11 | 11-12 50 Breaststroke | 12 |
| 13 | 10 & Under 400 Freestyle | 14 |
| 15 | 11-12 50 Backstroke | 16 |
| 17 | 11 & 12 800 Freestyle | 18 |

Session 3 - Thursday Evening Finals
July 21, 2022

Warm Up: Not before 4:00 pm

Competition: Not before 5:00 pm

| Women's Event # | Event | Men's Event # |
|-----------------|-------------------------------------|---------------|
| 21t | Senior 800 Freestyle (top 8) | 22t |
| 23f | 13-14 100 Backstroke | 24f |
| 25f | Senior 100 Backstroke | 26f |
| 27f | 13-14 200 Individual Medley | 28f |
| 29f | Senior 200 Individual Medley | 30f |
| 31f | 13-14 50 Freestyle | 32f |
| 33f | Senior 50 Freestyle | 34f |
| 35t | 13-14 400 Freestyle Relay (top 16) | 36t |
| 37t | Senior 400 Freestyle Relay (top 16) | 38t |

Session 4 - Friday Morning Prelims
July 22, 2022

Warm-ups: Not before 6:30 am Competition: Not before 8:00 am

| Women's Event # | Event | Men's Event # |
|-----------------|--------------------------------------|---------------|
| 59t | 13-14 200 Medley Relay (non-top 16) | 60t |
| 61t | Senior 200 Medley Relay (non-top 16) | 62t |
| 63p | 13-14 400 Individual Medley | 64p |
| 65p | Senior 400 Individual Medley | 66p |
| 67p | 13-14 200 Freestyle | 68p |
| 69p | Senior 200 Freestyle | 70p |
| 71p | 13-14 100 Breaststroke | 72p |
| 73p | Senior 100 Breaststroke | 74p |

Session 5 - Friday Afternoon Timed Finals
July 22, 2022

Warm-ups: Not before 11:30 am Competition: Not before 12:15 pm

| Girl's Event # | Event | Boy's Event # |
|----------------|----------------------------|---------------|
| 39 | 11-12 200 Freestyle | 40 |
| 41 | 10 & Under 200 Freestyle | 42 |
| 43 | 11-12 100 Breaststroke | 44 |
| 45 | 10 & Under 50 Breaststroke | 46 |
| 47 | 11-12 100 Backstroke | 48 |
| 49 | 10 & Under 100 Backstroke | 50 |
| 51 | 11-12 100 Butterfly | 52 |
| 53 | 10 & Under 100 Butterfly | 54 |
| 55 | 11-12 400 Medley Relay | 56 |
| 57 | 10 & Under 200 Free Relay | 58 |

Session 6 - Friday Evening Finals
July 22, 2022

Warm-ups: Not before 4:00 pm Competition: Not before 5:00 pm

| Women's Event # | Event | Men's Event # |
|-----------------|------------------------------|---------------|
| 59t | 13-14 200 Medley Relay | 60t |
| 61t | Senior 200 Medley Relay | 62t |
| 63f | 13-14 400 Individual Medley | 64f |
| 65f | Senior 400 Individual Medley | 66f |
| 67f | 13-14 200 Freestyle | 68f |
| 69f | Senior 200 Freestyle | 70f |
| 71f | 13-14 100 Breaststroke | 72f |
| 73f | Senior 100 Breaststroke | 74f |
| 75t | Senior 800 Free Relay | 76t |

Session 7 - Saturday Morning Prelims July 23, 2022

Warm-ups: Not before 6:30 am

Competition: Not before 8:00 am

| Women's Event # | Event | Men's Event # |
|-----------------|--------------------------------------|---------------|
| 97p | 13-14 400 Freestyle | 98p |
| 99p | Senior 400 Freestyle | 100p |
| 101p | 13-14 200 Breaststroke | 102p |
| 103p | Senior 200 Breaststroke | 104p |
| 105p | 13-14 100 Butterfly | 106p |
| 107p | Senior 100 Butterfly | 108p |
| 109t | 13-14 400 Medley Relay (non-top 16) | 110t |
| 111t | Senior 400 Medley Relay (non-top 16) | 112t |

Session 8 - Saturday Afternoon Timed Finals July 23, 2022

Warm-ups: Not before 11:30 am

Competition: Not before 12:15 pm

| Girl's Event # | Event | Boy's Event # |
|----------------|----------------------------------|---------------|
| 77 | 10 & Under 200 Individual Medley | 78 |
| 79 | 11-12 200 Breaststroke | 80 |
| 81 | 10 & Under 50 Freestyle | 82 |
| 83 | 11-12 200 Backstroke | 84 |
| 85 | 10 & Under 50 Backstroke | 86 |
| 87 | 11-12 50 Butterfly | 88 |
| 89 | 10 & Under 100 Breaststroke | 90 |
| 91 | 11-12 400 Freestyle | 92 |
| 93 | 10 & Under 200 Medley Relay | 94 |
| 95 | 11-12 200 Medley Relay | 96 |

Session 9 - Saturday Evening Finals July 23, 2022

Warm-ups: Not before 4:00 pm

Competition: Not before 5:00 pm

| Women's Event # | Event | Men's Event # |
|-----------------|----------------------------------|---------------|
| 97f | 13-14 400 Freestyle | 98f |
| 99f | Senior 400 Freestyle | 100f |
| 101f | 13-14 200 Breaststroke | 102f |
| 103f | Senior 200 Breaststroke | 104f |
| 105f | 13-14 100 Butterfly | 106f |
| 107f | Senior 100 Butterfly | 108f |
| 109t | 13-14 400 Medley Relay (top 16) | 110t |
| 111t | Senior 400 Medley Relay (top 16) | 112t |

Session 10 - Sunday Morning Prelims
July 24, 2022

Warm-ups: Not before 6:30 am Competition: Not before 8:00 am

| Women's Event # | Event | Men's Event # |
|-----------------|---|---------------|
| 127p | 13-14 200 Backstroke | 128p |
| 129p | Senior 200 Backstroke | 130p |
| 131p | 13-14 100 Freestyle | 132p |
| 133p | Senior 100 Freestyle | 134p |
| 135p | 13-14 200 Butterfly | 136p |
| 137p | Senior 200 Butterfly | 138p |
| 139t | 13-14 200 Freestyle Relay (non-top 16) | 140t |
| 141t | Senior 200 Freestyle Relay (non-top 16) | 142t |
| 123t | 13-14 1500 Freestyle (fastest 8) | 124t |
| 123t & 125t | 13-14 and Senior 1500 Freestyle (non-top 8) | 124t & 126t |

Session 11 - Sunday Afternoon Timed Finals
July 24, 2022

Warm-ups: Not before 11:30 am Competition: Not before 12:15 pm

| Girl's Event # | Event | Boy's Event # |
|----------------|-----------------------------|---------------|
| 113 | 11-12 100 Freestyle | 114 |
| | Awards Break | |
| 115 | 11-12 200 Butterfly | 116 |
| | Awards Break | |
| 117 | 11-12 200 Individual Medley | 118 |
| | Awards Break | |
| 119 | 11-12 400 Freestyle Relay | 120 |
| | Awards Break | |
| 121 | 11-12 1500 Freestyle | 122 |

Session 12 - Sunday Evening Finals
July 24, 2022

Warm-ups: Not before 4:00 pm Competition: Not before 5:00 pm

| Women's Event # | Event | Men's Event # |
|-----------------|-------------------------------------|---------------|
| 125t | Senior 1500 Freestyle (top 8) | 126t |
| 127f | 13-14 200 Backstroke | 128f |
| 129f | Senior 200 Backstroke | 130f |
| 131f | 13-14 100 Freestyle | 132f |
| 133f | Senior 100 Freestyle | 134f |
| 135f | 13-14 200 Butterfly | 136f |
| 137f | Senior 200 Butterfly | 138f |
| 139t | 13-14 200 Freestyle Relay (top 16) | 140t |
| 141t | Senior 200 Freestyle Relay (top 16) | 142t |

QUALIFYING STANDARDS

| LCM | SCM | SCY | EVENT | LCM | SCM | SCY |
|----------|--------------|----------|-----------------------|----------|-------------|----------|
| | Girls | | 10 & UNDER | | Boys | |
| 39.89 | 38.89 | 35.19 | 50 Freestyle | 41.59 | 40.09 | 36.29 |
| 1:31.19 | 1:28.39 | 1:19.99 | 100 Freestyle | 1:30.19 | 1:26.99 | 1:18.79 |
| 3:20.99 | 3:15.99 | 2:57.19 | 200 Freestyle | 3:12.09 | 3:05.69 | 2:47.99 |
| 6:51.09 | 6:38.59 | 7:34.89 | 400/500 Freestyle | 6:44.49 | 6:31.19 | 7:26.99 |
| 48.89 | 46.29 | 41.89 | 50 Backstroke | 52.29 | 49.79 | 44.89 |
| 1:45.99 | 1:40.19 | 1:30.69 | 100 Backstroke | 1:43.09 | 1:39.09 | 1:29.29 |
| 53.99 | 52.49 | 47.49 | 50 Breaststroke | 56.49 | 54.49 | 49.39 |
| 1:59.79 | 1:55.99 | 1:44.99 | 100 Breaststroke | 1:55.99 | 1:52.59 | 1:41.69 |
| 47.09 | 46.19 | 41.79 | 50 Butterfly | 48.89 | 47.69 | 43.09 |
| 1:52.99 | 1:49.49 | 1:39.09 | 100 Butterfly | 1:50.79 | 1:48.29 | 1:37.09 |
| 3:43.19 | 3:36.19 | 3:15.59 | 200 I.M. | 3:40.79 | 3:33.49 | 3:13.19 |
| | Girls | | 11 - 12 | | Boys | |
| 34.29 | 33.39 | 29.99 | 50 Freestyle | 34.69 | 33.39 | 29.99 |
| 1:15.09 | 1:12.59 | 1:05.69 | 100 Freestyle | 1:15.49 | 1:12.89 | 1:05.89 |
| 2:42.69 | 2:38.99 | 2:23.29 | 200 Freestyle | 2:44.89 | 2:39.79 | 2:23.49 |
| 5:32.79 | 5:29.09 | 6:14.99 | 400/500 Freestyle | 5:40.79 | 5:39.09 | 6:20.99 |
| 11:57.99 | 11:33.89 | 13:12.89 | 800/1000 Freestyle | 12:15.19 | 11:49.09 | 13:30.19 |
| 23:00.19 | 22:06.09 | 22:13.89 | 1500/1650 Freestyle | 23:25.49 | 22:29.59 | 22:37.49 |
| 40.79 | 39.29 | 34.99 | 50 Backstroke | 40.39 | 38.99 | 34.99 |
| 1:30.99 | 1:26.69 | 1:16.09 | 100 Backstroke | 1:27.99 | 1:23.69 | 1:15.69 |
| 3:09.89 | 3:01.29 | 2:43.99 | 200 Backstroke | 3:05.19 | 2:57.19 | 2:39.69 |
| 45.49 | 44.19 | 39.99 | 50 Breaststroke | 45.19 | 43.69 | 39.49 |
| 1:40.89 | 1:36.59 | 1:27.19 | 100 Breaststroke | 1:38.39 | 1:34.39 | 1:24.49 |
| 3:35.99 | 3:28.39 | 3:06.59 | 200 Breaststroke | 3:28.69 | 3:19.99 | 3:00.19 |
| 38.29 | 37.69 | 33.89 | 50 Butterfly | 38.59 | 37.79 | 34.19 |
| 1:28.49 | 1:26.49 | 1:17.59 | 100 Butterfly | 1:26.29 | 1:24.49 | 1:16.09 |
| 3:10.19 | 3:05.59 | 2:47.19 | 200 Butterfly | 3:06.19 | 3:01.19 | 2:40.79 |
| 3:11.39 | 3:05.39 | 2:47.29 | 200 I.M. | 3:08.49 | 3:01.49 | 2:43.99 |
| 6:48.29 | 6:34.19 | 5:56.79 | 400 I.M. | 6:39.19 | 6:22.79 | 5:46.39 |
| | Girls | | 13 - 14 | | Boys | |
| 30.79 | 29.69 | 26.79 | 50 Freestyle | 29.49 | 28.69 | 25.99 |
| 1:06.69 | 1:04.59 | 58.19 | 100 Freestyle | 1:05.29 | 1:02.29 | 56.39 |
| 2:25.79 | 2:20.79 | 2:06.99 | 200 Freestyle | 2:21.99 | 2:16.69 | 2:03.89 |
| 5:12.99 | 5:00.39 | 5:44.19 | 400/500 Freestyle | 5:07.79 | 4:52.49 | 5:33.89 |
| 10:47.99 | 10:37.49 | 12:07.59 | 800/1000 Freestyle | 10:42.09 | 10:11.39 | 11:37.09 |
| 21:04.79 | 20:17.39 | 20:24.39 | 1500/1650 Freestyle | 20:19.79 | 19:44.09 | 19:50.79 |
| 1:17.59 | 1:12.99 | 1:06.09 | 100 Backstroke | 1:14.39 | 1:11.39 | 1:04.99 |
| 2:48.49 | 2:38.09 | 2:22.99 | 200 Backstroke | 2:49.69 | 2:36.09 | 2:21.99 |
| 1:30.19 | 1:25.79 | 1:17.79 | 100 Breaststroke | 1:26.49 | 1:22.89 | 1:15.59 |
| 3:17.09 | 3:06.09 | 2:48.79 | 200 Breaststroke | 3:11.59 | 3:01.39 | 2:45.39 |
| 1:16.89 | 1:13.99 | 1:07.09 | 100 Butterfly | 1:15.49 | 1:12.59 | 1:06.19 |
| 2:59.49 | 2:53.19 | 2:37.89 | 200 Butterfly | 2:49.19 | 2:41.29 | 2:26.99 |
| 2:50.09 | 2:40.69 | 2:25.29 | 200 I.M. | 2:45.79 | 2:36.09 | 2:21.69 |
| 6:12.49 | 5:50.69 | 5:17.79 | 400 I.M. | 6:04.69 | 5:46.99 | 5:16.19 |
| | Girls | | SENIOR | | Boys | |
| 30.69 | 29.29 | 26.39 | 50 Freestyle | 27.59 | 26.29 | 23.69 |
| 1:06.69 | 1:03.69 | 57.39 | 100 Freestyle | 1:00.49 | 57.59 | 51.89 |
| 2:22.09 | 2:16.59 | 2:03.09 | 200 Freestyle | 2:14.49 | 2:06.39 | 1:53.99 |
| 5:07.29 | 4:58.99 | 5:41.89 | 400/500 Freestyle | 4:46.09 | 4:40.09 | 5:19.99 |
| 10:35.39 | 10:22.09 | 11:50.79 | 800/1000 Freestyle | 10:00.39 | 9:39.89 | 11:02.59 |
| 20:20.49 | 19:40.39 | 19:47.29 | 1500/1650 Freestyle | 18:59.09 | 18:23.89 | 18:30.39 |
| 1:15.99 | 1:10.89 | 1:04.49 | 100 Backstroke | 1:08.89 | 1:04.79 | 58.59 |
| 2:46.89 | 2:37.09 | 2:22.29 | 200 Backstroke | 2:35.19 | 2:27.39 | 2:13.89 |
| 1:25.39 | 1:22.39 | 1:14.49 | 100 Breaststroke | 1:16.99 | 1:13.49 | 1:06.49 |
| 3:13.09 | 3:04.89 | 2:47.99 | 200 Breaststroke | 2:55.49 | 2:45.79 | 2:30.59 |
| 1:13.39 | 1:10.89 | 1:04.09 | 100 Butterfly | 1:06.29 | 1:04.69 | 58.59 |
| 2:48.09 | 2:43.99 | 2:28.99 | 200 Butterfly | 2:34.19 | 2:28.79 | 2:15.19 |
| 2:44.79 | 2:37.19 | 2:22.09 | 200 I.M. | 2:31.39 | 2:24.69 | 2:10.89 |
| 5:49.69 | 5:38.69 | 5:06.49 | 400 I.M. | 5:20.59 | 5:11.69 | 4:42.09 |