

2021 IA L4A Spring Into Summer Meet

May 8, 2021

- IASI SANCTION: IA-21-XX
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 8th, 2021**
- TEAMS INVITED: This is a closed meet. The only teams invited to this meet are DMET, RCA and L4A.
- TIME: 1 Session
Warm-Up: **9:00 am**
Start: **10:00 am**
- Teams will be notified of their designated warm-up sessions via email by Friday, May 7th.
- Coaches meeting at 0845, if needed.
- SITE: **Bettendorf High School**
3333 18th St. Bettendorf, IA 52722
- FACILITY: 6 Lane, 25-yard pool; 5 feet deep at starting end; 4 feet deep at turning end. **Colorado Timing System** will be used with touch pads, back-up buttons, and manual watches.
- The competition course has been certified in accordance with Rule 104.2.2C(4) of USA Swimming Rules and Regulations. A copy of the 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) to verify that all certifications are current.
- WARM-UPS: The IASI mandatory warm-up procedure will be followed.
- 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 and members of DMET, RCA and L4A in order to compete in this meet.
 2. Swimmers may enter no more than **4** individual events per session.
 3. Seed times must be submitted for a **SCY**-course.
- ENTRY LIMITS: Pursuant to Article 205.3.1F of USA Swimming Rules and Regulations, the program of for athletes 12 years and younger (except championship meets) shall be planned to be completed in four hours or less for each session. This meet has a max limit of 60 swimmers.

- ENTRY SUBMISSION: Entry fees are as follows:
1. Individual events: \$5 per event.
 2. Facility Fee: \$5 per swimmer.
 3. ISI swimmer surcharge: \$5.00 per swimmer. The surcharge is not assessed to outreach swimmers.
 4. The entry fee for each outreach swimmer is \$5.00 and covers all events swum by an outreach swimmer.

Electronic entries must be submitted in a format compatible with Hy-Tek Meet Manager software.

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 **Lane Four Aquatics**. 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 beginning at **Monday, April 26th at 0900**.
 2. Electronic entries must be received no later **Monday, May 3rd at 1200**. Hard copy of entries, financial sheet, and fees are due by **Saturday, May 8th** at the start of the meet.

LATE ENTRIES: Late entries will be charged **\$10** per event and will be accepted up to **Wednesday, May 5th at 1200**. New swimmers entering the meet must show proof of current USA Swimming membership.

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 **stone.jodie@ymail.com**. Receipt will be confirmed by email. Send all print materials to **Jodie Stone, 3889 Grayhawk Ct. Bettendorf, IA 52722**. If sent by rush delivery, indicate no signature required.

MEET DIRECTOR: **Jodie Stone**
319.290.5638
stone.jodie@ymail.com

REFEREE: **Kirstin Oppel**
563.340.1399
oppelk@hotmail.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 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. **Masks must be worn for the entirety of the meet with the exception of the start of the swimmers race.**
2. All events will be pre-seeded.
3. All events 500 yards or longer will be swum fastest to slowest.
4. Events may be combined to facilitate meet operation and separated later for results.
5. Swimmers shall report directly to the ready area located in the hall just outside the turn end of the pool deck prior to their event. More instructions will be provided to coaches prior to the start of the meet. The next heat will be called behind the blocks from the ready wall (by the dive well, it will be marked) when the finished heat is released by the Deck Ref. At the conclusion of each heat, the swimmers will swim to the turn end and exit the pool.
6. Warm-up / Cool-down will be available in the dive well. All swimmers must enter from the dive block side and exit from the diving board side, max of 12 (subject to change) swimmers at a time. No congregating at the ends, swimmers must be continually swimming.
7. Breaks will not be added for swimmers in back to back events. The swimmer or swimmer's coach may request a down-seed to a slower heat if available to allow more rest.
8. Effective September 1, 2020, swimmers ages twelve 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 are considered "Tech" suits is posted on the ISI Website.
9. **Glass containers are not permitted on the pool deck or in the swimmer crash areas.**
10. Deck changing is prohibited. Locker rooms will be available. Swimmers must maintain social distancing and wear their masks the entire time they are in the locker room and must leave as soon as they have changed. Showers are not allowed.
11. Operation of a drone, or any other flying apparatus, is prohibited over the pools, athlete/coach areas, spectator areas any time athletes, coaches, officials and/or spectators are present.
12. **FIREARMS/WEAPONS ARE NOT ALLOWED ON SCHOOL PROPERTY**

SCORING:

This meet will not be scored.

AWARDS:

This meet will have no awards. Heat winners will earn prizes.

SCRATCHES:

The IASI scratch rule is in effect.

**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 IASI 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, TOBACCO OR FIREARMS: The use of any tobacco or alcohol products is prohibited in the swimming venue. Firearms are not allowed on school property.

IMAGE RELEASE: Participants consent to be photographed/filmed by any authorized photographer(s) and/or network(s) of IASI 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 provided to all participating teams to put on their websites. Each team will receive a printed copy of the program in the coaches' packet. Each volunteer official will receive a complimentary program.
2. Livestreaming: This meet will be livestreamed, that information will be shared with the coaches of the visiting teams prior to the start of the meet.
3. Results: Electronic results will be provided to all teams participating in the meet. Final Results will also be posted on IASI website. A hardcopy of the final results may be requested on the ISI Financial Sheet for an additional \$5.00.
4. Concessions: No concessions will be provided.
5. **1 spectator per swimmer will be allowed at this meet.** The spectator area is located above the pool.
6. Any inappropriate behavior or failure to comply with COVID-19 safety protocols will be dealt with immediately.

INDEMNITY: 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.

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 individuals with underlying medical conditions are especially vulnerable.

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 THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND IASI 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 THEREWITH.

	Event	
1	8&U 25 Free	2
3	12&U 50 Free	4
5	Open 50 Free	6
7	8&U 25 Back	8
9	12&U 50 Back	10
11	Open 100 Back	12
13	Open 200 Free	14
15	8&U 25 Fly	16
17	12&U 50 Fly	18
19	Open 100 Fly	20
21	Open 200 Back	22
23	8&U 25 Breast	24
25	12&U 50 Breast	26
27	Open 100 Breast	28
29	Open 200 Fly	30
31	12&U 100 IM	32
33	Open 200 Breast	34
35	Open 500 Free	36
37	Open 200 IM	38