



2021 BLST Distance Challenge

December 19, 2021

Holmes Junior High, Cedar Falls, IA,
25yd Senior Open

IASI SANCTION: IA-22-023
Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).

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

DATES: **Sunday, December 19, 2021**

TIME:

<u>Sessions</u>	<u>Warm-Ups</u>	<u>Competition</u>	<u>Coaches Meeting</u>
Sunday Morning	8:00AM	9:00AM	If Needed

Teams will be notified of their designated warm-up sessions via email by **Tuesday, December 14, 2021.**

SITE: Holmes Junior High
505 Holmes Drive
Cedar Falls, IA 50613

FACILITY: Indoor, six (6) lane, twenty-five (25) yard course Water Depth: The water depth is twelve (12) feet at the starting end Four (4) feet at the turn end. Turn end is a bulkhead with water on the opposite side. DAK 2000 timing system with touch pads and push button back up, with a minimum of one Dolphin Wireless Timing System watch 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 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.

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 Meet Director or Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements 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. Swimmers must be currently registered as athlete members of USA Swimming in order to compete in this meet.
2. Swimmers entered may enter no more than three (3) individual events.
3. Seed times must be submitted for a SCY. Converted times are not allowed.
4. NTs will be accepted.

ENTRY LIMITS: Pursuant to Article 205.3.1F of USA Swimming Rules and Regulations, the program for athletes 12 years and younger (except championship meets) shall be planned to be completed in four hours or less for each session.

ENTRY SUBMISSION: Entry fees are as follows:

1. Individual events: \$6.00 per event
2. Program Fee: \$5.00 per swimmer
3. IASI 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.
5. Handwritten entries: \$2.00 per swimmer.

Electronic entries must be submitted in a format compatible with Hy-Tek Meet Manager software. Handwritten entries must be submitted on the IASI Meet Entry Form (APP-7).

Submit entries along with the appropriate IASI 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 BLST. All entry fees, including IASI 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; IASI 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 from non-IASI teams that attended last year beginning **Monday, November 29, 2021**.
2. Entries will be accepted from all teams/athletes on **Friday, December 3, 2021**.
3. Electronic entries must be received no later **Sunday, December 12, 2021**.
4. Handwritten entries, along with entry fees, additional \$2 per swimmer and financial sheet, must be received no later than **Tuesday, December 14, 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 **Tuesday, December 14, 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 IASI meet contacts as well as any non-IASI teams with entries already accepted.

LATE ENTRIES:

1. Late entries will be accepted by email until **Sunday, December 19, 2021, at 8:00am.**

Late entry fees:

Individual events: \$12.00 per event.

The program fee and IASI surcharge is the same for late entries as it is for entries received prior to entry deadline.

For questions regarding late entries or to find out if late entries are being accepted, contact the Meet Director.

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 mwoltz7@gmail.com. Send all print materials to Melissa Woltz, 3222 Pendleton Dr., Cedar Falls, IA 50613, 602-799-6944. If sent by rush delivery, indicate no signature required.

MEET DIRECTORS:

Melissa Woltz
602-799-6944
mwoltz7@gmail.com

REFEREE:

Robert Fry, robertfry@cfu.net, 319-529-7310

OFFICIALS:

BLST welcomes any visiting USA Swimming officials who would like to officiate at this meet. If you are able to officiate, please contact the Referee.

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. All events will require positive check-in and swum fastest to slowest alternating girls and boys heats.
2. Swimmers in all events shall report directly to the starting blocks. There will not be a clerk of course.
3. Events may be combined to facilitate meet operation and separated later for results.
4. The host is not responsible for providing rest for swimmers between events. If a swimmer has less than ten (10) minutes between swims, the swimmer (or swimmer's coach) should inform the Deck Referee.
5. Effective September 1, 2020, swimmers ages twelve 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 considered to be "Tech" suits is posted on the USA Swimming website:
<https://www.usaswimming.org/news/2019/09/12/tech-suit-restriction-for-12-and-under-swimmers>
6. Deck Changes are prohibited.
7. 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 delegate or leave the pool deck.
8. 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.

SCORING:

No scoring.

AWARDS:

None.

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 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 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. Programs will be available electronically only.
2. Results: Electronic results will be provided to all teams participating in the meet. A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00.
3. Concessions will be available during the meet offering an array of "athlete-friendly" beverages and snacks.
4. A list of lodging accommodations is attached.

5. Spectator seating is available in the balcony above the pool.

INDEMNITY:

It is understood and agreed that USA Swimming and IASI shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

MAAPP:

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 policy is a condition of participation in the conduct of this competition.

COVID PROTOCOLS:

1. BLST has taken enhanced health and safety measures for you and your athletes. You must follow all posted instructions while inside Holmes Jr. High. 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.
2. USAS, IASI and BLST cannot prevent you and your athlete from becoming exposed to, contracting, or spreading COVID-19 while participating in USAS and IASI sanctioned events. It is not possible to prevent against 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
3. 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 BLST 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 MAY 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.



BLST Distance Challenge
Holmes Junior High, Cedar Falls, IA,
December 19, 2021

Session 1: Sunday Morning		
Warm-ups: 8:00AM		Competition: 9:00M
Girls	Event	Boys
1 TF	Open 400 IM	2 TF
3 TF	Open 500 Free	4 TF
5 TF	Open 1000 Free	6 TF
7 TF	Open 1650 Free	8 TF

** Positive check-in will be required for ALL events by 8:30am.*

*** Timers will be provided, but swimmer must provide a person to be their lap counter (if desired)*

**** All events will be swum fastest to slowest alternating girls and boys.*

