



# 2022 Linn-Mar Winter Whiteout

January 9, 2022  
Hosted by Linn-Mar Swim Team

Linn-Mar Community School District Aquatic Center  
3457 North Tenth Street – Marion, IA 52302

IASI SANCTION	IA-22-027 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 swim meet.
DATES:	Sunday, January 9, 2022
TIME:	Sessions <p style="text-align: center;">Sunday Morning Session (8 &amp; Under, 10 &amp; Under, and 11-12)  Warm Up: 8:00-8:50 AM  Meet Begins at 9:00 AM</p> <p style="text-align: center;">Sunday Afternoon Session (13-14 and Senior)  Warm Up: 1:00-1:50 PM  Meet Begins at 2:00 PM</p>
SITE:	Linn-Mar Community School District Aquatic Center 3457 North Tenth Street Marion, Iowa 52302
FACILITY:	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.  The meet will be conducted in a 25 yard pool.  The Linn-Mar Aquatic Center, which opened in the fall of 2013, features the following: <ul style="list-style-type: none"> <li>• An eight-lane Myrtha pool</li> <li>• Twelve-feet deep at the starting end and seven-feet deep at the turn end</li> <li>• Myrtha starting blocks that include wedges and side rails</li> <li>• Finis backstroke wedges</li> <li>• Daktronics Timing System with eight-foot touch pads, two button back up and individual lane speakers</li> <li>• Daktronics Eight-Lane Timing Scoreboard</li> <li>• Stadium seating for 500 spectators</li> <li>• Parking available around the Aquatic Center</li> </ul>
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 and on file. Coaches must produce proof of valid membership upon request by the Meet Referee. The use of Deck Pass is acceptable proof of USA Swimming Membership.
WARM-UPS:	The IASI 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 Meet Referee prior to his or her warm-up. The Meet Director or Meet Referee may assist the



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	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:	<ol style="list-style-type: none"> <li>1. Swimmers must be currently registered as athlete members of USA Swimming in order to compete.</li> <li>2. Swimmers must enter in the age group events corresponding to age as of January 9, 2022.</li> <li>3. Swimmers may enter a maximum of four (4) individual events per day. Swimmers may compete in one (1) relay per day.</li> <li>4. Seed times must be submitted for a 25-yard course (SCY). No Time (NT) entries will be accepted. Converted times are not allowed.</li> </ol>
4-HOUR RULE:	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. Total entries shall not exceed 100 splashes per lane, per session.
ENTRY FEES:	<p><u>Entry fees are as follows:</u></p> <p>For all swimmers other than USA Swimming Outreach Members, the meet fees are the following:  \$25.00 per individual which include the IASI \$5.00 Splash Fee  There is not an entry fee for relay events</p> <p><u>For USA Swimming Outreach Members:</u>  For USA Swimming Outreach Members: The meet participation fee is \$5.00 per swimmer. To protect the individual’s privacy, please DO NOT indicate the names of the Outreach Athletes.</p> <p><u>Handwritten entries:</u> \$2.00 per swimmer if more than five entries</p> <p>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).</p> <p>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.</p> <p>Payment shall be by check or money order made payable to <u>Linn-Mar Community School District</u>.</p>



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	Entry fees are non-refundable; IASI swimmer surcharge fees will be refunded only if the entire meet is canceled.
ENTRY DATES AND DEADLINES:	<ol style="list-style-type: none"> <li>1. Entries will be accepted from teams/athletes in the Iowa LSC beginning at 10:00 a.m., Wednesday, December 15, 2021.</li> <li>2. Entries will be accepted from all teams/athletes at 10:00 a.m., Wednesday, December 22, 2021.</li> <li>3. The meet entry deadline is 8:00 p.m., Tuesday, January 4, 2022.</li> <li>4. Once a team's entries have been accepted by the meet host, that team is considered entered into the meet. A team entering a meet is responsible for entry fees for all swimmers entered into the meet.</li> <li>5. Entries will be confirmed via a return email receipt.</li> <li>6. Entries will NOT be accepted by phone or fax.</li> </ol> <p>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.</p>
LATE ENTRIES:	<p>Provided space is available, late entries will be accepted by email or at the computer table until one hour before the start of each session.</p> <p>If the meet program has not been printed, swimmers shall be seeded into the meet, but will still be charged the late entry fee. If the meet program has been printed, swimmers shall be assigned to an empty lane; no heats will be added.</p> <p>Late entry fees: \$45.00 per individual late entering</p> <p>For questions regarding late entries or to find out if late entries are being accepted, contact the Meet Entries Chairperson.</p>
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 Meet 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:	<p>Send electronic entries by email to the Meet Entries Chairperson:</p> <p>Parker Crow <a href="mailto:pcraw@linnmar.k12.ia.us">pcraw@linnmar.k12.ia.us</a> 319-892-4800</p> <p>Receipt will be confirmed by email.</p> <p>Send all print materials to Parker Crow, 3457 North Tenth Street, Marion, IA 52302. If sent by rush delivery, indicate no signature required.</p>



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MEET DIRECTOR:	Parker Crow 3457 North Tenth Street Marion, IA 52302 pcraw@linnmar.k12.ia.us (319) 892-4800
MEET REFEREE:	TBD
OFFICIALS:	Linn-Mar Swim Team welcomes any visiting USA Swimming officials who would like to officiate at this meet. If you are able to officiate, please contact Parker Crow at <a href="mailto:pcraw@linnmar.k12.ia.us">pcraw@linnmar.k12.ia.us</a> .
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 in accordance with IASI Policies and Procedures, Section I, VII, K. 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. The committee shall act as a review section in case of an emergency hearing.
MEET OPERATION:	<ol style="list-style-type: none"> <li>1. All events will be competed as timed-finals.</li> <li>2. All events will be pre-seeded except for events 41, 42 &amp; 73, which will be deck-seeded.</li> <li>3. Positive check-in is required for the following events: 11-12 500 Freestyle events (events 37 &amp; 38), and the Mixed Senior 1000 Freestyle (event #79). Positive check-in deadline will be 20 minutes after the beginning of warm-ups. Swimmers who fail to check in by the deadline will be scratched. Swimmers who are scratched will be allowed to re-enter only if there are open lanes in the slowest heat.</li> <li>4. Limited entry events: The 11-12 500 Freestyle events (events 37 &amp; 38), and the Mixed Senior 1000 Freestyle (event #79) are all limited entry events. Coaches and/or entry chairs will be notified by 5:00 PM Wednesday, January 5 if there are swimmers entered who are seeded below the cut line.</li> <li>5. Events may be combined to facilitate meet operation and separated later for results and scoring.</li> <li>6. Swimmers competing in the 11-12 500 Free events (events 37 &amp; 38), and the Mixed Senior 1000 Free (event #79) are required to provide their own back-up timers.</li> <li>7. Swimmers competing in the 11-12 500 Free events (events 37 &amp; 38), and the Mixed Senior 1000 Free (event #79) are requested to provide their own lap counters, if needed.</li> <li>8. Swimmers shall report directly to the starting blocks for all events. Swimmers will NOT be checked in by a Clerk of Course.</li> <li>9. The fly over start procedure will be used during all sessions.</li> <li>10. The host is not responsible for providing rest for swimmers entered in consecutive events. If a swimmer has less than 10 minutes between swims, the swimmer (or swimmer’s coach) should inform the Deck Referee.</li> <li>11. Relay cards will be distributed to coaches. Relay cards must be handed to the lane timers before the start of the heat for which the relay has been assigned. If names for the relay events are included in entries, those names will be on the relay card at the meet.</li> </ol>





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	<p>12. Deck changes are prohibited.</p> <p>13. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectators’ areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.</p>
SCORING:	The meet will not be scored.
AWARDS:	<p>For the 8 &amp; Under, 10 &amp; Under, 11-12, and 13-14 Girls and Boys individual events, ribbons will be awarded to the top 20 swimmers.</p> <p>For the 8 &amp; Under, 10 &amp; Under, 11-12, and 13-14 Girls and Boys relay events, ribbons will be awarded to the top 8 relay teams.</p> <p>There will not be any awards presented for the Senior events.</p>
SCRATCHES:	The IASI scratch rule is in effect. See IASI Policies and Procedures, Section I, VII, L.
USA SWIMMING REGISTRATIONS:	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 recon 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:	<p><b>USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED AT ANY TIME IN CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS.</b></p> <p>The use of flash photography at the start of each swimming heat is prohibited.</p> <p>Participants consent to be photographed and filmed by an authorized photographer or network of IASI or the host club under conditions determined by the host club. Participants authorize the use of names, pictures, likeness, and biographical information before, during or after the meet to promote swimming. No awards received in this competition may be used for trade or financial gain.</p>
TOBACCO AND ALCOHOL:	The use of tobacco and alcohol products is strictly prohibited on Linn-Mar school district property.
SEATING:	<p>Individuals arriving at the Aquatic Center will enter the building through the front doors and the lobby of the facility. The stadia will be available for spectator seating.</p> <p>Only swimmers, meet volunteers and coaches will be permitted to go downstairs to the pool level. Spectators will not be allowed downstairs.</p>



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	Coaches, officials, volunteers and other adults are not allowed in the locker rooms. Coaches and meet personnel must use either the family changing rooms located on the pool level or use the public restrooms located on the first-floor lobby entrance.
MEET CONDUCT:	Attending clubs, swimmers and spectators are the guests of Linn-Mar Community School District. Any report of inappropriate behavior will be dealt with immediately. Linn-Mar School District reserves the right to remove any offending individuals or groups.
ADDITIONAL INFORMATION:	<ol style="list-style-type: none"> <li>1. Program: Programs will be available for \$5.00. Each team will receive a copy of the program in the coach’s packet. Each volunteer official will receive a complimentary program.</li> <li>2. Results: Electronic results will be provided to all teams participating in the meet.</li> <li>3. Concessions: There will be a concession stand offering hot and cold food selections, along with drinks and snacks. A hospitality room will be available for coaches, officials and volunteers.</li> <li>4. Spectator information: No admission charge for spectators. Free parking is available.</li> </ol>
MAAPP:	All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of 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.
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.
COVID PROTOCOLS:	<ol style="list-style-type: none"> <li>1. Linn-Mar School District has taken enhanced health and safety measures – for all guests, volunteers, students and athletes. Everyone must follow all posted instructions while attending this meet.</li> <li>2. 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 2021 Linn-Mar December Invitational, you voluntarily assume all risks related to exposure to COVID-19.</li> <li>3. USAS, IASI and LMST 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 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.</li> <li>4. 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,</li> </ol>



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	FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
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## Sunday Morning Session – January 11, 2022

8 & Under, 10 & Under, 11-12 Age Groups

Warm Up Time: 8:00-8:40 AM	Meet Start Time: 8:50 AM
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Girls Event Number	Event	Boys Event Number
1	10 & Under 200 Freestyle Relay	2
3	11-12 200 Free Relay	4
5	11-12 50 Backstroke	6
7	10 & Under 50 Backstroke	8
9	8 & Under 25 Backstroke	10
11	11-12 50 Breaststroke	12
13	10 & Under 50 Breaststroke	14
15	8 & Under 25 Breaststroke	16
17	11-12 50 Freestyle	18
19	10 & Under 50 Freestyle	20
21	8 & Under 25 Freestyle	22
23	11-12 50 Butterfly	24
25	10 & Under 50 Butterfly	26
27	8 & Under 25 Butterfly	28
29	11-12 100 IM	30
31	10 & Under 100 IM	32
33	11-12 100 Freestyle	34
35	10 & Under 100 Freestyle	36
37	11-12 500 Freestyle*	38

*\* For Events 41 & 42, positive check-in required. These events will be seeded fastest to slowest and limited to the fastest 24 entries. Swimmers are requested to provide their own lap counters and timers.*





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## Sunday Afternoon Session – January 9, 2022

### 13-14 and Senior Age Groups

Warm Up Time: Not before 1:00 PM      Meet Start Time: Not before 2:00 PM

Girls Event Number	Event	Boys Event Number
39	13-14 200 Freestyle	40
41	Senior 200 Freestyle	42
43	13-14 100 Backstroke	44
45	Senior 100 Backstroke	46
47	13-14 100 Breaststroke	48
49	Senior 100 Breaststroke	50
51	13-14 200 Butterfly	52
53	Senior 200 Butterfly	54
55	13-14 50 Freestyle	56
57	Senior 50 Freestyle	58
59	13-14 200 Backstroke	60
61	Senior 200 Backstroke	62
63	13-14 200 Breaststroke	64
65	Senior 200 Breaststroke	66
67	13-14 100 Butterfly	68
69	Senior 100 Butterfly	70
71	13-14 100 Freestyle	72
73	Senior 100 Freestyle	74
75	13-14 200 IM	76
77	Senior 200 IM	78
79	Mixed Senior 1000 Free**	

**\*\* For Event 73, positive check-in required. This event will be seeded fastest to slowest and limited to the fastest 32 entries. Swimmers are requested to provide their own lap counters and timers.**