

Blizzard Blast - Rams Swim Club - Open Invitational at the Wellmark YMCA - January 7 & 8, 2023

IASI SANCTION: IA-23-026 Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).

RULES: Current USA Swimming technical and administrative rules and IASI policies and procedures, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

DATES: Saturday & Sunday, January 7th & 8th, 2023

TIME: All swimmers, officials and coaches must enter the building using the lower level Grand Avenue entrance which opens at 1:30 PM on Saturday and 7:30 AM on Sunday.

Session	Age Group	Warm-Ups	Competition
#1 Sat PM	10 & Under	2:00 PM-2:50 PM	3:00 PM South Pool
#2 Sat PM	11 & Older	2:00 PM-2:50 PM	3:00 PM North Pool
#3 Sun AM	10 & Under	8:00 AM-8:50 AM	9:00 AM South Pool
#4 Sun AM	11 & Older	8:00 AM-8:50 AM	9:00 AM North Pool

Coaches meeting will be 15 minutes prior to warm-ups. Officials meeting will be one hour prior to competition in the wet classroom. Pool will close 10 minutes prior to competition.

SITE: Wellmark YMCA - 501 Grand Avenue - Des Moines, IA 50309 (Live Stream www.dsmytv.com)

FACILITY: Pool: Indoor, 25 yards with 20 lanes and a movable bulkhead allowing for multiple configurations when running short course competition(s). Water Depth: The pool has a depth range of 10 feet 8 inches to 7 feet. Lane width: 8 feet 3 inches.

Pool configuration and number of lanes will be determined once entries have been received.

The timing system is Colorado. Each lane will use a primary system of a touchpad with a backup button and at least one stopwatch. The primary timing will be touch pads. The admin referee has the right but not the obligation to adjust the times after viewing the replay if feasible and obvious and/or requested by the swimmer’s coach. The competition course has been certified in accordance with USA Swimming Rule 104.2.2C(4). A copy of such 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 and on file. Deck Pass is an acceptable proof of USA Swimming membership. Coaches must present their credentials immediately upon request of the referee designee or leave the pool deck.

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 Referee may 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.

Facility rules require a 3 point, feet first, sit and slide entry for lanes designated for circle swim during warm-up and warm-down. Entry and exit instructions will be given by the supervising coach.

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 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.
2. Swimmers must enter in the age group events corresponding to age as of January 7, 2023.
3. Swimmers may enter no more than **4 individual events and 1 relay per session/day**.
4. Seed times must be submitted for a 25 yard course. Converted times are not allowed. No Time (NT) entries will be accepted.

ENTRY LIMITS: Any combination of events may be limited to ensure timely completion of a session. Teams will be notified by email in the event a swimmer is affected by limits prior to the meet. Relays may be scratched if the timeline exceeds 4 hours.

1. 400 IM limited to 1 heat for 11/12 (session 4 event 60) & 2 heats for 13&O (session 5 event 61).
2. 500 Freestyle limited to 2 heats for 9/10 (session 1 event 15), 4 heats for 11/12 (session 4 event 71), & 4 heats for 13&O (session 4 event 72).
3. 1000 Freestyle limited to 4 heats for 13&O (session 2 event 34)

ENTRY SUBMISSION:

Entry fees are as follows:

1. Flat fee of \$56. This includes the IASI \$6 swimmer surcharge fee, online heat sheets through Meet Mobile, and facility fee.
2. Outreach swimmers who qualify for LSC Outreach benefits may enter the maximum number of individual events for a title fee of \$5.00, including the IASI swimmer surcharge fee.
3. Handwritten entries: additional \$5 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 to the host club as this is a flat fee entry invitational. 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 **Rams Swim Club**. 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 canceled.

ENTRY DATES AND DEADLINES:

1. Entries will be accepted only from IASI teams and teams in attendance in 2020 - 2021 [BT-MW, SCM-MW] beginning at **5:00 PM, Wednesday, December 14, 2022**.
2. All other entries will be accepted beginning at **6:00 PM, Wednesday, December 21, 2022**.
3. Meet entry deadline is **5:00 PM, on Wednesday, December 28, 2022**.
4. Handwritten entries, along with entry fees, additional \$5 per swimmer and financial sheet, must be received no later than **10:00 AM, on Monday, December 26, 2022**. 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, January 3, 2023**, 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.

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. Provided space is available, late entries will be accepted by email until noon Tuesday, January 3, 2023.
2. Only swimmers already entered in the meet that have not reached their session limit will be able to enter late after Wednesday, January 4, 2023.
3. If the meet program has not been posted, swimmers shall be seeded into the meet, but will still be charged the late entry fee. If the meet program has been posted, swimmers shall be assigned to an empty lane, no heats will be added.

Late entry fee:

Flat fee of \$66. This includes the IASI \$6 swimmer surcharge fee, online heat sheets through Meet Mobile, and facility fee.

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 rscmeetdirector@gmail.com Send all print materials to:
Kimberly Gleason - 1322 9th Ave SE - Altoona IA, 50009

MEET DIRECTORS: Kimberly Gleason - (515) 306-4648 - rscmeetdirector@gmail.com

REFEREE: Kerry Barnes - (319) 573-9393 - mothr4@aol.com

OFFICIALS:

Rams Swim Club welcomes any visiting USA Swimming officials who would like to officiate at this meet. Apprentice sessions can also be provided if scheduling allows. If you are able to officiate, please contact the meet 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. Events will be PRE-SEEDED, **FASTEST to SLOWEST**, with the exception of races with a distance greater than 400 yards. Those will be deck seeded following positive check-in. NO DECK entries will be allowed.

2. Positive check-in is required for events longer than 400 yards.
 - Positive check-in will close 30 minutes before the start of each session.
 - Swimmers failing to check in by the deadline will be scratched. Swimmers who are scratched will be allowed to re-enter only if there are empty lanes available.
 - Swimmers who are a no-show for their event and completed the positive check-in, will be assessed a \$10 fee if an alternate does not fill the lane and/or creates an additional heat on the session timeline.
3. 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.
4. Fly over starts may be used.
5. Swimmers in all events shall report directly to the starting blocks. Swimmers will not be checked in by a clerk of course.
6. Warm-up/warm-down lanes are NOT available for athletes in session 1 & 3. The 11&over sessions (2 & 4) will have access to the program pool.
7. The host is not responsible for providing rest for swimmers entered into consecutive events. If a swimmer has less than 10 minutes between swims, the swimmer or swimmer's coach may request (to the referee) a down-seed to a slower heat if available to allow more rest.
8. All events will be swum mixed gender and separated for awards, if applicable. **Relays must have two boys and two girls per relay.** Exhibition relays will not be allowed.
9. Deck changes are prohibited.
10. Banners, signs, or posters are not allowed to be adhered, displayed or affixed anywhere in the facility.
11. Glass containers of any kind are not permitted in the aquatic center (including spectator seating) at any time.
12. Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattached.
13. 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.

AWARDS:

The meet will not be scored and no points will be awarded. Ribbons for 1st - 6th place for individual events and 1st-3rd in relays; 10&unders in sessions 1 and 3. Awards will be separated by age group (8&U and 9&10) and by registered gender. Awards will be sent to the coaches after the meet is complete.

SCRATCHES:

The IASI scratch rule is in effect. With the exception of positive check-in events, there is no penalty for no-shows, but swimmers are encouraged to declare a false start to the referee if they do not intend to swim an entered event. No shows and DFS are considered entries for entry limits.

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 will not be permitted to compete.

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:

Wellmark YMCA is a smoke-free environment. No smoking or use of tobacco products (including vapes), or the consumption of alcohol is permitted in the venue.

MEDICAL SUPERVISION:

Lifeguards on duty and will supervise all warm-up, competition, and warm-down swimming and must be present whenever the pool deck is open. AED devices are available on premises. All facility staff are Red Cross trained in CPR for the Emergency Response Personnel. Emergency buttons located near the pool which summon additional emergency response including the Des Moines Fire Department medical responders.

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.

MEET CONDUCT: Attending clubs, swimmers, and spectators are guests of the Wellmark YMCA. Any report of inappropriate behavior will be dealt with immediately. RSC/Wellmark YMCA Staff reserve the right to remove any offending individuals or groups. Any swimmer found swimming under the bulkhead will be ejected from the facility and be barred for the remainder of the meet.

Clubs will be financially responsible for any damages to the premises caused by their club, swimmers, and/or parents/spectators.

ADDITIONAL INFORMATION:

1. Meet Program: No meet programs will be sold at the meet. Programs may be printed from the meet website, www.ramsswimmingia.com under Hosted Meets, Blizzard Blast, or found on Meet Mobile. Heat sheets (limited number) will be available for sale at the concession stand.
2. 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 IASI Financial Sheet for an additional \$5.00.
3. Concessions: There will be a concession stand offering meal and snack options and drinks. Coaches and officials will be provided with hospitality.
4. Swim Merchandise: Elsmore will be on the site vendor. Meet shirt pre-order link is located on our website. A limited number of shirts will be available at the meet. Link to pre-order <https://elsmoreswim.com/teams/iowa/clubs/blizzard-blast-apparel.html>
5. Seating/Spectator Information: There is a \$2 charge per person per day admission fee for all ages. Strollers/wagons/bag chairs are not allowed. ADA seating is available and limited. It is first come, first serve seating. Free wi-fi is available.
6. Deck: Only registered athletes for the session taking place, officials and meet personnel will be allowed on deck. Each team will be provided with a seating area either on the pool deck or overflow area in the spectator seating.

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.

INDEMNITY:

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

Session #1: Saturday Late Afternoon, January 7, 2023

TIMED FINALS

Warm-Ups: 2:00 PM, Competition: 3:00 PM

* limited entries & positive check-in

Mixed Event #	Event
1	8&U 100 FLY
2	9/10 200 FLY
3	8&U 200 FREE
4	10&U 200 MEDLEY RELAY
5	8&U 25 FLY
6	9/10 50 FLY
7	8&U 100 IM
8	9/10 100 IM
9	8&U 50 BACK
10	9/10 100 BACK
11	8&U 50 BREAST
12	9/10 100 BREAST
13	8&U 25 FREE
14	9/10 50 FREE
15	9/10 500 FREE*

Session #2: Saturday Late Afternoon, January 7, 2023

TIMED FINALS

Warm-Ups not before 2:00 PM, Competition 3:00 PM

* limited entries & positive check-in

Mixed Event #	Event
16	11/12 200 FLY
17	11/12 200 FREE
18	11/12 200 MEDLEY RELAY
19	13&O 200 MEDLEY RELAY
20	11/12 50 FLY
21	13/14 100 FLY
22	15&O 100 FLY
23	11/12 200 IM
24	13/14 200 IM
25	15&O 200 IM
26	11/12 100 BACK
27	13/14 100 BACK
28	15&O 100 BACK
29	11/12 100 BREAST
30	13&O 200 BREAST
31	11/12 50 FREE
32	13/14 100 FREE
33	15&O 100 FREE
34	13&O 1000 FREE*

Session #3: Sunday Morning, January 8, 2023

TIMED FINALS

Warm-Ups: 8:00 AM, Competition: 9:00 AM

* limited entries & positive check-in

Mixed Event #	Event
35	9/10 200 FREE
36	10&U 200 FREE RELAY
37	8&U 25 BACK
38	9/10 200 BACK
39	8&U 50 FLY
40	9/10 100 FLY
41	8&U 100 BACK
42	8&U 25 BREAST
43	9/10 50 BREAST
44	8&U 100 FREE
45	10&U 200 IM
46	8&U 50 BACK
47	9/10 50 BACK
48	8&U 100 BREAST
49	9/10 200 BREAST
50	8&U 50 FREE
51	9/10 100 FREE

Session #4: Sunday Morning, January 8, 2023

TIMED FINALS

Warm-Ups not before 8:00 AM, Competition 9:00 AM

* limited entries & positive check-in

Mixed Event #	Event
52	11/12 200 FREE
53	13/14 200 FREE
54	15&O 200 FREE
55	11/12 200 FREE RELAY
56	13&O 200 FREE RELAY
57	11/12 100 FLY
58	13&O 200 FLY
59	11/12 50 BREAST
60	11/12 400 IM*
61	13&O 400 IM*
62	11/12 200 BACK
63	13/14 200 BACK
64	15&O 200 BACK
65	11/12 200 BREAST
66	13/14 100 BREAST
67	15&O 100 BREAST
68	11/12 100 FREE
69	13/14 50 FREE
70	15&O 50 FREE
71	11/12 500 FREE*
72	13&O 500 FREE*