

The David Armbruster Invitational

Host: Iowa Flyers Swim Club
May 21-23, 2021

University of Iowa Campus Recreation and Wellness Center, Iowa City, IA

ISI Sanction: IA-21-070

Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI)

Rules: This meet shall be governed by the Rules and Regulations of USA Swimming and the Policies and Procedures of ISI.

Dates: Friday, Saturday, and Sunday, May 21-23, 2021

Times:

	Friday Evening	Sat. and Sun. Morning	Sat. and Sun. Afternoon	Sat. and Sun. Evening
Warm-ups:	4:00 PM	7:00 AM	NOT BEFORE 11:30 AM	NOT BEFORE 4:00 PM
Competition:	5:00 PM	8:00 AM	NOT BEFORE 12:30 PM	NOT BEFORE 5:00 PM

The doors to the CRWC will open at 6:30 AM on Saturday and Sunday.
Doors will open to meet participants at 3:30 PM on Friday.

Site: University of Iowa Campus Recreation and Wellness Center (CRWC)
Address: 309 S. Madison Street, Iowa City, Iowa

University of Iowa Recreational Services COVID-19 Policy: *The guidelines and policies outlined below were developed using information from the CDC, Johnson County Health Department, The University of Iowa Critical Incident Management Team, the University of Iowa Recreational Services and USA Swimming guidelines.*

Everyone entering the Natatorium must wear a mask and they must be worn at all times when not swimming. Gaiter masks are not allowed in the facility.

Once inside the Natatorium, the teams will use the upper bleacher area for their designated seating area. We ask individuals always attempt to maintain a physical distance of at least 6 feet.

Locker rooms will be available for use. However, we encourage athletes to come in their swimsuit and leave in their swimsuit when possible. The public locker rooms are located on the East side, through doors from the Natatorium. The locker room will be open to the general public for the duration of the

competition. Individuals are expected to social distance and wear a mask at all times.

During swimming warm-ups, there will be a limit of 8 swimmers per lane in the Competition Pool, and 4 swimmers per lane in the Diving Well, socially distance throughout the lane. Warm-up swimming will occur in both the competition pool and in the diving well.

Before entering the pool to warm-up, a swimmer will remove their mask and place near the side of the pool. We recommend teams bring Ziploc bags for athletes to place their mask in. The mask will be left at the end of the pool the athlete enters at. When their warm-up is complete and they exit the pool, they MUST put their mask back on.

During the competition, swimmers will place their mask at the starting block and prepare to swim. When finished racing, they will exit the water immediately and place their mask back on. For 50M events, swimmers will place their mask in a Ziploc bag at the start end, complete their race, and exit the pool. A volunteer runner will bring athletes mask to the finish end to ensure athletes can put their mask back on following the race. Swimmers must place their mask back on if proceeding to the warm-down pool, and then remove it again prior to entering the water.

During the event, physical distancing will be practiced at the Meet Management table and in proximity to the starter. No swimmers or divers should approach the Meet Management table, only a coach.

At the conclusion of the events, event winners will be announced. Awards will not be distributed to swimmers at this event. No team gatherings allowed on deck.

Disclaimers:

University of Iowa cannot guarantee an environment free of the risk of transmission of COVID-19. Attendance at the Armbruster Open 2021 includes possible exposure to and illness from infectious diseases including but not limited to COVID-19. In addition, due to the nature of the facilities, services, and programs offered by University of Iowa, University of Iowa cannot ensure individual compliance with CDC recommendations. Individuals are expected to self-monitor their behavior and adhere to CDC recommendations on preventing the spread of COVID-19, including but not limited to physical distancing measures, the wearing of appropriate face coverings, and frequent handwashing. While cleaning efforts, special procedures, and personal discipline may reduce the risk of infection, the risk of serious illness, disability, and even death does exist and cannot be eliminated. All attendees should consult with their personal health care provider before attending this event. By

attending the Armbruster Open 2021, attendees acknowledge and assume all risks related to exposure to COVID-19 or any other communicable disease, condition or malady however defined, and agree to abide by all health and safety rules.

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 [INSERT THE LSC] 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.

Facility:

8-Lane, 50-meter x 25-yard indoor pool ranging in depth from 7–9 feet with 8-foot start end depth and 7-foot turn end depth.

Daktronics Timing System with 96" touch pads on both ends of race course with push-button backup and two manual timers.

8-Lane, 25 yard diving well available for warm-up and cool down.

6" Kiefer Wave-Eater Lane Lines and Kiefer Elite Starting Platforms with individual lane speakers.

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. Coaches MUST display their current USA Swimming coach credentials and sign the Coaches Meet Sign-In (APP-29) to be issued deck credentials. Deck Pass is acceptable proof of USA Swimming Membership.

Warm-ups:

General warmup for each session. If necessary, the host club will assign warmup times according to facility capacity numbers the week of the event. The ISI mandatory warm-up procedure will be followed in accordance with Section I. VII.M. of the ISI Policies and Procedures. All swimmers are to carefully

enter the pool using feet first entry. The pool will be cleared 10 minutes prior to competition.

All swimmers must be under the supervision of a USA Swimming 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 will 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.

Racing Start Certification: All swimmers entered in the meet must be certified by a USA Swimming coach member as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a coach member, 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 to compete
2. Swimmers may enter *no more than three* individual events per session
3. Seed times must be submitted for a 50-meter course. No time entries will not be accepted. If a swimmer does not have a time for an event, use an estimated time.
4. IFLY reserves the right to enter its own athletes who may not have seed times in all events.

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.

Entry Limits: A team's entries will not be split if received together. Individual sessions will be closed based on the number of entries and its associated timeline when reaching its limit and may leave other sessions open for entries if not yet full. The following events have limited entry: 400 free, 400 IM. See meet operations for more information about these two events.

Entry Submission: Entry fees are as follows:

1. Individual events: \$8.00 per event.
2. ISI swimmer surcharge: \$5.00 per swimmer.
4. Manual entries (for teams entering more than five swimmers): \$2.00 per swimmer.
5. Email entries will be accepted.
6. Write a single check or money order or cashier's check for entry and splash fees payable to: **IFLY (Iowa Flyers Swim Club)**.

Electronic entries must be submitted in a format compatible with HY-TEK Meet Manager software. All other entries require manual input and must be submitted on the ISI Meet Entry Form (APP-7).

Submit entries along with the appropriate ISI Financial Sheet (APP-8.x). If submitting electronic entries, also send a hardcopy of the entries with the entry fees and financial sheet.

Entry fees are non-refundable; ISI swimmer surcharge fees will be refunded only if the entire meet is cancelled. Each entry accepted will be confirmed via a return email receipt. *Fee payment must follow all entries by Friday, May 21, 2021.* We request that entry fee payment be made **AFTER** the participants in the limited entry events are confirmed.

MAAPP: All applicable adults participating in or associated with the 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

USA Swimming Outreach Athletes: Outreach Athletes of ISI and USA Swimming may enter the maximum number of individual events for a total entry fee of \$5.00. Teams should contact the Meet Director at if they wish to enter an Outreach Athlete into the meet.

- Entry Dates and Deadlines:**
1. Entries will be accepted beginning on **Tuesday, May 11, 2021 at 10:00 AM CDT.**
 2. Manual entries, along with entry fees and financial sheet, must be received **no later than Friday, May 14, 2021** (7 days prior to the meet).
 3. Electronic entries must be received **no later than Friday, May 14, 2021** (7 days prior to the meet).
 4. Entry fees and financial sheet must be received **no later than 4:30 PM CDT on Friday, May 21, 2019.** Failure to submit the hardcopy and fees by this deadline will result in entries being scratched.
 5. Entries will not be accepted by phone or fax.
 6. Each entry accepted will be confirmed via a return email receipt.
 7. Once entries are accepted, updated times will be accepted until noon CDT on **Tuesday, May 18, 2021.** Any additions/substitutions must be made via email to the entries chair prior to the entry deadline.
 8. Preliminary psych sheets will be available on the IFLY website www.iflyswimclub.com by 6:00 pm, CDT, Monday, May 17, 2021 with final psych sheets posted by noon CDT, Thursday, May 20, 2021. Once the final psych sheet is posted, teams must include fees for those swimmers within the event limit for limited entry events. Those fees are non-refundable. Fees for other swimmers who are seeded in a limited event who were not originally within the event limit are due following positive check-in.

Late Entries: Provided space is available, late entries will be accepted up to the beginning of warm-ups for each session. No additional heats will be created. The late entry fee will be \$14 per individual event. Please contact the meet entry chair to find out if late entries can be accepted. No Late entries for limited events.

Once the meet is declared closed, only athletes already entered in the meet may “late enter” into an event.

Send Entries To: Email to: iflyentries@gmail.com. Express mailing entries NO SIGNATURE REQUIRED.

Meet Director: Nathan Mundt
nathan-mundt@uiowa.edu
319-371-4342

Referee: Jeff Wilkins
wilkinsj@me.com
319-929-5981

Officials: Iowa Flyers Swim Club welcomes any visiting USA Swimming officials who would like to officiate at this meet. If you would be able to officiate, please contact the Referee, Jeff Wilkins, at wilkinsj@me.com or 319-929-5981. The following Sign-up Genius link will be used for organizing meet officials:
<https://m.signupgenius.com/#!/showSignUp/70a0a4ea8aa238-2021>

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 in accordance with Section I.VII.K of the ISI Policies and Procedures. 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.

Scoring: No team scores will be kept at this meet.

Awards: No awards will be given at this meet.

Meet Operation:

1. No Spectators will be permitted. Live stream will be available for all sessions.
2. All events will be timed finals.
3. Events will be pre-seeded except the 400 Free and 400 IM
4. In order to provide a socially distanced environment during this meet, a one-way foot traffic pattern be used for athletes to access the pool deck from the upper level seating area, and then exit the pool deck after the completion of each race.
5. Positive check-in required for the following events:
400 Free and 400 IM. Swimmers failing to check in will be scratched and allowed to re-enter only if there are open lanes in the slowest heats.
6. The host is not responsible for providing rest for swimmers between events. If a swimmer has less than 10 minutes between swims, the swimmer (or swimmer’s coach) should inform the Referee.
7. Events may be combined by both age and gender to facilitate meet operation and separated later.

8. The 400 Free and the 400 IM will be swum fastest to slowest, alternating women and men.
9. The 400 Free and 400 IM will be limited entry events and will be swum as follows:
 - a. The Open 400 Free is limited to 64 total entries. The 32 fastest girls and 32 fastest boys will be entered. Adjustments will be made if there are less than 32 entries in one gender and we will fill those spots with entries from the other gender to have a total of 64 entries.
 - b. The Open 400 IM is limited to 64 total entries. The fastest 32 girls and 32 boys will be entered. Adjustments will be made if there are fewer entries than allowed in one gender and we will fill those spots with entries from the other gender to have a total of 64 entries.
10. Backstroke wedges are not permitted for use in the 12 & Under events.
11. If a swimmer wishes to obtain an official intermediate split time for an event the swimmer (or swimmer's coach) must coordinate it in advance with the Referee and arrange for an additional timer to be present during the swim.
12. Changing on the pool deck and in the athlete seating area are prohibited.
13. Swimmers ages ten 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 is considered "tech" suits is posted on the ISI website.
14. 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.

Scratches: The following scratch rules apply to this meet:

- Deck-seeded events (400 Free and 400 IM): Any swimmer who positively checks in for a deck-seeded event and fails to participate in that event will be barred from his or her next individual event unless the Referee determines the failure to swim was due to extenuating circumstances beyond the swimmers control.

No Tobacco or Alcohol: The use of tobacco products or the consumption of alcohol is not allowed in the swimming venue. The University of Iowa campus is a smoke and tobacco free environment.

Cameras: Use of audio or visual recording devices, including cellphones, is not permitted at any time in changing areas, restrooms, or locker rooms.

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.

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 ISI 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.

Image Release: Participants: (a) consent to be photographed/filmed by any authorized photographer(s) and/or network(s) of ISI and/or the host club under conditions determined by the host club; and (b) 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.

Other information:

1. Electronic results will be posted on the IFLY website.
2. For coaches and athletes who wish to follow the meet wirelessly, free Wifi is available using the "UI-guest" network.
3. Parking is available one block east of the CRWC on Madison Street (Lot 11/Recreation Center Lot) as well as the Old Capital Mall parking ramp one block north on Burlington Street.
4. Food concessions will be available Power Café, which is located on the first floor of the CRWC.
5. Diving boards and platforms are off limits.

Indemnity: It is understood 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.

The David Armbruster Invitational

Friday, May 21, 2021

IA-21-070

Session 1: Friday Evening		
Warm-ups begin NOT BEFORE 4:00 PM —Session begins at 5:00 PM		
1	Open 400 Free	2
3	Open 400 IM	4

Saturday, May 22, 2021

IA-21-070

Session 2: Saturday Morning		
12 & Under Girls & Boys		
Warm-ups begin at 7:00 AM —Session begins at 8:00 AM		
5	12 & U 50 Back	6
7	12 & U 100 Breast	8
9	12 & U 50 Fly	10
11	12 & U 100 Free	12

Session 3: Saturday Afternoon		
13 & Over Girls		
Warm-ups begin NOT BEFORE 11:30 AM —Session begins NOT BEFORE 12:30 PM		
13	Girls 13 & Over 100 Fly	
15	Girls 13 & Over 200 Free	
17	Girls 13 & Over 100 Breast	
19	Girls 13 & Over 50 Free	
21	Girls 13 & Over 200 Back	

Session 4: Saturday Evening 13 & Over Boys

Warm-ups begin NOT BEFORE 4:00 PM — Session begins NOT BEFORE 5:00 PM

	Boys 13 & Over 100 Fly	14
	Boys 13 & Over 200 Free	16
	Boys 13 & Over 100 Breast	18
	Boys 13 & Over 50 Free	20
	Boys 13 & Over 200 Back	22

Sunday, May 23, 2021
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Session 5: Sunday Morning 12 & Under Girls & Boys

Warm-ups begin at 7:00 AM — Session begins at 8:00 AM

23	12 & U 100 Back	24
25	12 & U 50 Breast	26
27	12 & U 50 Free	28
29	12 & U 100 Fly	30

Session 6: Sunday Afternoon 13 & Over Girls

Warm-ups begin NOT BEFORE 11:30 AM — Session begins NOT BEFORE 12:30 PM

31	Girls 13 & Over 200 Breast	
33	Girls 13 & Over 100 Free	
35	Girls 13 & Over 200 Fly	
37	Girls 13 & Over 100 Back	
39	Girls 13 & Over 200 IM	

Session 7: Sunday Evening 13 & Over Boys

Warm-ups begin NOT BEFORE 4:00 PM — Session begins NOT BEFORE 5:00 PM

	Boys 13 & Over 200 Breast	32
	Boys 13 & Over 100 Free	34
	Boys 13 & Over 200 Fly	36
	Boys 13 & Over 100 Back	38
	Boys 13 & Over 200 IM	40