

2021 CIA BEAT THE HEAT

meet hosted by Central Iowa Aquatics

CIA and the Wellmark YMCA have taken enhanced health and safety measures - for you, our other guests, volunteers, and our athletes. You must follow all posted instructions while attending Beat the Heat, June 25-27, 2021. 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 CIA Beat the Heat, you voluntarily assume all risks related to exposure to COVID-19.

By submitting your entries, you are confirming that the coaches attending the meet have reviewed and shared with the team - The Return to Competition Plan located on the YMCA website (www.dsmymarlins.com)

IASI SANCTION: IA-21-082
Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).

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

COVID-19 team protocols will be in place for this meet including but not limited to: separate pool entrance and exit, member screening questions, social distancing, face masks, limited locker room access (arriving and leaving in swim attire is strongly encouraged), personal space on the pool deck, and designated lane & starting positions for warm-ups.

Face masks are required on deck and in spectator seating. Shields and goggles are NOT face masks.

DATES: Friday, June 25, Saturday, June 26 & Sunday, June 27, 2021

All meet participants must enter the building using the lower level Grand Avenue entrance. Spectators will enter on the second level skywalk entrance to the pool.

	<u>Sessions</u>	<u>Warm-ups</u>	<u>Competition</u>
1.	Friday (1500 Free)	11:00am	12:00pm
2.	Friday (Open Distance)	Not Before 4:00pm	Not Before 5:00pm
3.	Saturday AM	7:00am	8:00am

4. Saturday PM	Not Before 12:30pm	Not Before 1:30pm
5. Sunday AM	7:00am	8:00am
6. Sunday PM	Not Before 12:30pm	Not Before 1:30pm

*Teams will be notified by Wednesday, June 23rd if warm-ups are to be split. Final meet timeline will be posted on CIA's website by Thursday, June 24th.

Final times of sessions will be determined after all entries have been received. Precise timelines will be distributed to teams once all entries are received. Coaches will distribute instructions for check-in and warm-up assignments by noon on Thursday prior to the meet.

Coaches meeting at 10:45am Friday morning on site and via Zoom for coaches not attending Friday sessions. Additional coaches meetings will be 15 minutes prior to each session's warm-ups, if needed.

Officials meetings will be one hour prior to competition for each session.

SITE:

Wellmark YMCA, 501 Grand Avenue, Des Moines, IA 50309

FACILITY:

The Prairie Meadows Pool (competition pool) is an 8 lane 50 meter long course pool with one moveable bulkhead or multiple configurations when running short course competition(s). Water depth of the pool ranges from 10 feet 8 inches to 7 feet (minimum 5 feet required at start end). Lane width is 8 feet 3 inches. Colorado electronic timing systems will be used in all configurations. 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. The 4 lane, 25 yard program pool will be open during competition for warm-down for only swimmers in that session.

SPECTATORS:

It is anticipated that a limited number of spectators will be allowed at the meet. However, this may change due to capacity limits in the facility due to COVID-19 protocols. Teams will be notified by Thursday, June 17th with information regarding spectators. Seating will be available prior to the start of the meet based on the number of athletes a team has per session. Face masks and screening questions apply.

If spectators are allowed:

- Spectator fee of \$3.00 per session. Exact change is appreciated and will expedite entrance.
- Ticket sales for each session will be available at the time of the warm-up for that session.
- The entrance will be on the second level skywalk entrance to the pool

- Bleacher sections will be available and clearly marked where people can sit. Only officials, coaches, meet personnel, and athletes are permitted on deck. Team areas will be designated for athletes and coaches. Coaches, competitors, and spectators, will be limited to the natatorium and competitive swimming areas. Please do not enter other areas of the building without permission. If athletes or spectators enter other areas of the building without permission, they could be expelled from the meet and escorted out of the venue. In this case, entry fees and admission expenses will not be reimbursed.

Live-streaming will be available at DSMYTV.COM. Please refer to “The Return to Competition Plan for the Wellmark YMCA” on the DSMY website: www.dsmymarlins.com.

The pool and spectator area will be closed 15 minutes after the conclusion of the last event of each session. Spectators will need to remove all personal items in between sessions in the venue’s bleachers. Items left in the spectator area will be collected and placed in the lost and found. This includes bleacher seat-backs, towels, and blankets.

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. 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 their delegate or leave the pool deck.

Social distance guidelines may limit the number of coaches to a percentage of swimmers in each session. These will be distributed after the entry deadline.

WARM-UPS:

The IASI mandatory warm-up procedures will be followed in accordance with Section 1, V11, M of the IASI Policies and Procedures. 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 Referee prior to warm-up. The Referee will assist the swimmer in making such 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.

If there are no longer any swimmers warming up, the Meet Referee may exercise at his or her sole discretion to declare the pool closed prior to the scheduled end of warm up. Under such circumstances, competition may begin ahead of schedule following the required 10 minutes of clear pool.

Coaches will be informed by Thursday, June 17 of the warm-up procedures.

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:

Swimmers must be currently registered as athlete members of USA Swimming. Swimmers must enter in the age group events corresponding to age as of June 25, 2021. Swimmers (all ages) may enter no more than **4** individual events on Saturday and Sunday Distance Events on Friday will be limited to **2** events. Seed times must be submitted for a 50 meter course (LCM). No Time (NT) entries will be accepted. Converted times are not allowed.

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. Teams will not be split, if received together, even if it causes us to exceed the entry limit.

Any combination of events may be limited to ensure the timely completion of a session. Teams will be notified by email if swimmers are affected by limits prior to the meet.

ENTRY SUBMISSION:

Entry fees are as follows:

- Individual events are \$8.00 per event
- IASI swimmer surcharge: \$5.00 per swimmer.
- Facility Fee: \$5.00 per swimmer
- The entry fee for each outreach swimmer is \$5.00 and covers IASI surcharge, facility fee, and all individual events swum by an outreach swimmer.
- Handwritten entries must be submitted on the ISI Meet Entry Form (APP-7): additional \$5.00 per swimmer.

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

Submit entries along with the appropriate IASI Financial Sheet (APP-8.2). If submitting electronic entries, also send a hardcopy of the entry

report along with the entry fees report and required 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 and verified by the IASI Administrative office. 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 **Central Iowa Aquatics, ATTN: Cam Naylor**. All entry fees, including IASI swimmer surcharge fee and facility 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:

By submitting your entries, you are confirming that the coaches attending the meet have reviewed and shared with the team- The Return to Competition Plan located on the DMSY website.

Entries will be accepted from ISI clubs and non-ISI member clubs that attended the meet in 2019 beginning at **9:00pm, Wednesday, May 26, 2021**. All other entries will be accepted beginning at **9:00 pm, Wednesday, June 2, 2021**

The meet entry deadline is **9:00pm** on **Monday, June 14, 2021**.

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.

Once a team's entries are accepted into the meet, they are considered financially responsible for all accepted entries.

A hardcopy of the entries, along with entry fees and financial sheet, must be received by **Friday, June 18, 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.

Entries will be confirmed via a return email receipt.

Entries will NOT be accepted by phone or fax.

LATE ENTRIES:

Provided space is available, late entries will be accepted by email until 6:00 pm, Wednesday, June 16, 2021.

Only swimmers already entered in the meet that have not reached their session limit of 4 events will be able to enter events late after Wednesday, June 16, 2021.

Late entry fee: \$12.00 per event

If the meet program has not been printed, swimmers shall be seeded into the meet. After the meet has reached capacity, no additional heats will be added for late entries. Late entries after this deadline will be added only if empty lanes are available in existing heats

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

**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 assistance required. See Article 105 of USA Swimming Rules and Regulations.

SEND ENTRIES TO:

Send electronic entries by email to ciaentrychair@centraliowaaquatics.org
Send all print materials to the Entry Chair. If sent by rush delivery, indicate no signature required.

ENTRY CHAIR

Cam Naylor
ciaentrychair@centraliowaaquatics.org
515-494-6541 cell
Mailing Address:
Cam Naylor
5424 NW 90th St.
Johnston, IA 50131

MEET DIRECTOR

Cam Naylor
515-494-6541

ASST MEET DIRECTOR

Andrea Matheson
meetdirector@centraliowaaquatics.org
515-321-2173

MEET REFEREE:

Art Dinkin
art.dinkin@dmymca.org
515-201-7591

OFFICIALS:

CIA welcomes any visiting USA Swimming officials who would like to officiate at this meet. If you are able to officiate, please see sign up details on the CIA website under the CIA Meets tab or on the Iowa Swimming website. Contact the Meet Referee with any questions or to set up apprentice requests.

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

***In the event that there are more swimmers entered in a session than the allotted number allows, CIA reserves the right to split the session to accommodate teams and athletes. Teams will be notified no later than June 17, 2021 if a split will need to be made. ***

1. All events will be pre-seeded
2. Positive check-in is required for 1500 Freestyle, 400 IM, 400 Freestyle, and 800 Freestyle
3. Positive check-in deadline is 30 minutes prior to the start of competition.
4. Positive check-in events may be reseeded after the positive check-in deadline if a heat can be eliminated or the referee deems it necessary.
5. Swimmers failing to check in by the deadline will be scratched and their sport offered to any alternates. Swimmers who are scratched will be allowed to reenter only if there are empty lanes available in the slowest heat.
6. No heats will be added to accommodate a swimmer failing to check in by the deadline, including any heat eliminated after reseeding the event.
7. All timed final events will be swum Fastest to Slowest.
8. It is the responsibility of each athlete to be aware of his/her event number, heat number, lane assignment, and to report to the correct starting block on time to swim the event.
9. Results for individual events will be separated by gender and age for scoring. Events swum on Friday will NOT count towards High Point awards. Only Saturday and Sunday events.
10. The host is not responsible for 10 minutes rest between consecutive events. Swimmer or swimmer's coach may request a down-seed to a slower heat if available to allow more rest.
11. Timeline intervals may be adjusted by at the discretion of the referee.
12. 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>
13. Deck Changes are prohibited. Locker rooms will have limited availability. Swimmers are strongly encouraged to arrive and leave the facility in their swim gear. The family changing rooms will be available for swimmer use only. Coaches, officials, and other meet volunteers must use the public restrooms by the vending machines.
14. Banners, signs or posters are not allowed to be adhered, displayed or affixed anywhere in the aquatic center facility.
15. Glass containers of any kind are not permitted in the aquatic center (including spectator seating) at any time.
16. 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 unattended.
17. 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:

Individual events are scored as follows:

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points:	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

AWARDS:

Awards will be awarded for 12&Under Swimmers for events swum on Friday, Saturday and Sunday. 1st-8th place for individual events.

1st thru 3rd - Medals

4th thru 8th - Ribbons

Individual High Point Trophies will be awarded to the Top 3 male/female swimmers in each age division (8&Under, 9-10, 11-12, 13-14, 15& Older).

Only events swum on Saturday and Sunday will count in the high point calculations.

SCRATCHES:

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. The ISI scratch rule is in effect. Fees will be charged once the team entries have been submitted to the Entry Chair.

USA 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.

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 ISI 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 the guests of CIA and the Wellmark YMCA. Any report of inappropriate behavior will be dealt with immediately. CIA / 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 damage to the premises caused by their club, swimmers and/or parents & spectators.

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 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.

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 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, FORESEEN OR UNFORSEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION

MEET VOLUNTEERS: **Swimmers participating in the 1500 must provide their own counter and timer. Only swimmers, coaches, and officials participating in the meet who have deck access may be a counter or a timer for the 1500 unless prior arrangements are made with the Meet Referee no later than Thursday, June 23, 2021.** Volunteers from CIA will provide timers for the remaining sessions. Volunteer positions may be shared with visiting teams as spectator seating is limited. Volunteer sign-up for visiting teams will be available on the CIA website under the CIA meets events tab. These positions will be in the aquatic center venue and will not require a spectator fee.

PROGRAM & RESULTS: Programs will not be sold at the meet. Programs will be uploaded to the CIA website www.centraliowaaquatics.org under CIA Meets<Beat

the Heat by 6pm on Thursday of the meet weekend and uploaded to Meet Mobile prior to each session starting.

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.

CONCESSIONS: There will be a limited concession stand offering light snack options and cold drinks. A hospitality room will be available for coaches and officials.

SWIM APPAREL Elsmore Swim Shop will be on site and will be offering a variety of swimming apparel & equipment.

PARKING: Parking information: Parking meters charge from 9am to 9pm Monday thru Saturday. The 5th & Keo Parking Garage is closest to the facility and provides Skywalk access. Parking is free on Sunday, except when special events occur in the downtown area.

HOTEL BLOCKS: Hotel block information is available on the CIA website www.centraliowaaquatics.org under CIA Meets<Beat the Heat

Session 1: Friday Afternoon 1500s, June 25, 2021

**Warm-ups Not before 11:00AM
Competition Not Before 12:00PM**

EVENT #	Order of Events	EVENT #
1	Mixed Open 1500 Free	

Session 2: Friday Distance, June 25, 2021

**Warm-ups Not before 4:00PM
Competition Not Before 5:00PM**

EVENT #	Order of Events	EVENT #
2	Mixed Open 400 IM	
3	Mixed Open 400 Free	

12 & Under Session 3: Saturday Morning, June 26, 2021

Warm-ups begin at 7:00AM
Competition starts at 8:00AM

EVENT #	Order of Events	EVENT#
5	12 & Under 200 IM	6
7	12 & Under 100 Free	8
9	12 & Under 200 Breast	10
11	12 & Under 50 Back	12
13	12 & Under 100 Fly	14
15	12 & Under 100 Back	16
17	12 & Under 50 Breast	18

13 & Older Session 4: Saturday Afternoon, June 26, 2021

Warm-ups Not Before 12:30 PM
Competition starts Not Before 1:30 PM

Women EVENT #	Order of Events	Men EVENT #
19	13 & Older 200 Free	20
21	13 & Older 100 Breast	22
23	13 & Older 50 Fly	24
25	13 & Older 200 Back	26
27	13 & Older 100 Fly	28
29	13 & Older 50 Breast	30

12 & Under Session 5: Sunday Morning, June 27, 2021

Warm-ups begin at 7:00 AM
Competition starts at 8:00 AM

Girls EVENT #	Order of Events	Boys EVENT #
31	12 & Under 200 Free	32
33	12 & Under 50 Fly	34
35	12 & Under 200 Back	36
37	12 & Under 100 Breast	38
39	12 & Under 50 Free	40
41	12 & Under 200 Fly	42

13 & Older Session 6: Sunday Afternoon, June 27, 2021

Warm-ups begin at 12:30 PM

Competition starts Not Before 1:30 PM

Women	Order of Events	Men
EVENT #		EVENT #
43	13 & Older 200 IM	44
45	13 & Older 50 Back	46
47	13 & Older 100 Free	48
49	13 & Older 200 Breast	50
51	13 & Older 50 Free	52
53	13 & Older 200 Fly	54
55	13 & Older 100 Back	56