

2022 CIA BEAT THE HEAT

meet hosted by Central Iowa Aquatics

Central Iowa Aquatics 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 24-26, 2022. 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 2022 CIA Beat the Heat, you voluntarily assume all risks related to exposure to COVID-19.

IASI SANCTION: IA-22-060
Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).

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

DATES: Friday, June 24 through Sunday, June 26, 2022

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 Afternoon (1500 Free)	11:00am	12:00pm
2.	Friday Evening (Fast 50’s)	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 Tuesday, June 21st if warm-ups are to be split. Final meet timeline will be posted on CIA’s website by Thursday, June 23rd.

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 meetings will be held at 10:45am Friday morning, 3:45pm Friday evening, and 6:45am Saturday morning. 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: 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.

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) and 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.

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.

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 in order to compete.
2. Swimmers may enter no more than 4 individual events per session and no more than 5 individual events and 1 relay event per day. Individuals swimming the 1500 Free in Session 1 will be allowed to swim all 4 events in Session 2.
3. Seed times must be submitted for a 50-meter course. No Time (NT) entries will be accepted. Converted times are not allowed.
4. For Session 2 Fast 50's, a swimmer will maintain the classification (BB, B, IA, Q, A, AA, AAA, AAAA) achieved in a 25 yard or 25 meter pool for an event and may submit the minimum LCM time of their classification for that event as a seed time. For example, if a swimmer has an "A" time in a 25 yard pool, but has not swum the event in a 50 meter pool, then the minimum 50 meter "A" time can be submitted as the swimmer's entry time for that event.

ENTRY LIMITS:

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
- Relays: \$16.00 per relay.
- IASI swimmer surcharge: \$5.00 per swimmer.
- Facility Fee: \$10.00 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.
- Entries must be submitted in electronic format (Hy-Tek or Team Unify meet entry file).

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**. 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:

1. Entries will be accepted from IASI clubs and non-IASI member clubs that attended the meet in 2021 beginning at **12:00pm, Wednesday, May 25, 2022.**
2. All other entries will be accepted beginning at **12:00 pm, Wednesday, June 1, 2022.**
3. The meet entry deadline is **12:00pm on Friday, June 10, 2022.**
4. 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 17, 2022** 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 12:00 pm, Wednesday, June 15, 2022.

Late entry fees: Individual Events are \$12.00 per event, relays are \$20.00 per event.

If the meet program has not been finalized, 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 Jill Sanchez, 3915 150th St., Urbandale, IA 50323.

ENTRY CHAIR

Molly Hancock
Email: ciaentrychair@centraliowaaquatics.org
Mobile: (608) 209-7144

MEET DIRECTOR

Jill Sanchez
Email: meetdirector@centraliowaaquatics.org
Mobile: (319) 430-6627

MEET REFEREE:

Art Dinkin
art.dinkin@dmymca.org
Mobile: (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, 2022 if a split will need to be made. ***

1. All events will be pre-seeded.
2. Positive check-in requirements:
 - a. Positive check-in is required for 1500 Freestyle, 400 Individual Medley, 400 Freestyle, and 800 Freestyle.
 - b. Positive check-in deadline is 30 minutes prior to the start of competition.
 - c. 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.
 - d. Swimmers failing to check-in by the deadline will be scratched and their spot offered to any alternates. Swimmers who are scratched will be

- allowed to reenter only if there are empty lanes available in the slowest heat.
- e. No heats will be added to accommodate a swimmer failing to check-in by the deadline, including any heat eliminated after reseeding the event.
 3. All events will be swum Fastest to Slowest.
 4. 12 & Under swimmers are not allowed to enter both the 400 and 800 Freestyle on Sunday. 400 splits may be taken during the 800 Free.
 5. 8 & Under swimmers are only allowed to compete in the following:
 - a. 50's of all 4 strokes
 - b. 100's of all 4 strokes
 - c. 200 Freestyle, 200 Individual Medley
 6. Swimmers participating in the 1500 freestyle in Session 1 must provide their own timer. Timers will be provided for all other events and sessions.
 7. 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.
 8. Swimmers in all events shall report directly to the starting blocks. Swimmers will NOT be checked in by a Clerk of Course.
 9. Fly over starts may be used at the discretion of the Referee.
 10. 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 are included in scores for High Point awards.
 11. 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 Referee.
 12. Timeline intervals may be adjusted at the discretion of the Referee.
 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:

Relay events and Friday's events will not be scored or count towards High Point.

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 Saturday and Sunday. Medals for 1st-3rd place, and ribbons for 4th-8th place individual events. Medals for 1st-3rd place relays.
- 1st Place Medals** will be awarded for the high point winner, both male and female, of Session 2's *Friday Night 50's* for all age groups. (8 & Under, 9-10, 11-12, 13-14, 15 & Over).
- Individual High Point Trophies** will be awarded to the Top 3 male and female swimmers in each age division (8 & Under, 9-10, 11-12, 13-14, 15 & Over). 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 IASI 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 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.
- 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 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 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 (if desired) 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, 2022. Volunteers from CIA will provide timers for the remaining sessions. Volunteer positions may be shared with visiting teams. If determined necessary, volunteer sign-up for visiting teams will be available on the CIA website under the CIA meets events tab.

PROGRAM & RESULTS: Psych sheets and Heat Sheets will be uploaded to the CIA website www.centraliowaaquatics.org under CIA Meets<Beat the Heat. Heat Sheets will also be 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 ISSI 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.

Session 1: Friday Afternoon 1500s, June 24, 2022

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

EVENT #	Order of Events	EVENT #
1	11 & Over 1500 Free	2

Session 2: Friday Fast 50's, June 24, 2022

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

EVENT #	Order of Events	EVENT #
3	12 & Under Mixed 50 Freestyle	
4	13 & Over Mixed 50 Freestyle	
5	12 & Under Mixed 50 Butterfly	
6	13 & Over Mixed 50 Butterfly	
7	12 & Under Mixed 50 Breaststroke	
8	13 & Over Mixed 50 Breaststroke	
9	12 & Under Mixed 50 Backstroke	
10	13 & Over Mixed 50 Backstroke	

12 & Under Session 3: Saturday Morning, June 25, 2022

Warm-ups begin at 7:00AM

Competition starts at 8:00AM

EVENT #	Order of Events	EVENT#
11	12 & Under 200 Freestyle	12
13	12 & Under 50 Butterfly	14
15	12 & Under 200 Backstroke	16
17	12 & Under 100 Breaststroke	18
19	12 & Under 50 Backstroke	20
21	12 & Under 200 Butterfly	22
23	12 & Under 100 Freestyle	24
25	11-12 400 Individual Medley	26
27	12 & Under 200 Medley Relay	28

13 & Older Session 4: Saturday Afternoon, June 25, 2022

Warm-ups Not Before 12:30 PM

Competition starts Not Before 1:30 PM

Women EVENT #	Order of Events	Men EVENT #
29	13 & Over 200 Individual Medley	30
31	13 & Over 100 Freestyle	32
33	13 & Over 200 Breaststroke	34
35	13 & Over 100 Backstroke	36
37	13 & Over 100 Butterfly	38
39	13 & Over 400 Freestyle	40
41	13 & Over 400 Medley Relay	42
43	13 & Over 800 Freestyle	44

12 & Under Session 5: Sunday Morning, June 26, 2022

Warm-ups begin at 7:00 AM

Competition starts at 8:00 AM

Girls EVENT #	Order of Events	Boys EVENT #
45	12 & Under 200 Individual Medley	46
47	12 & Under 50 Freestyle	48
49	12 & Under 200 Breaststroke	50
51	12 & Under 100 Backstroke	52
53	12 & Under 50 Breaststroke	54
55	12 & Under 100 Butterfly	56
57	12 & Under 400 Freestyle	58
59	12 & Under 200 Freestyle Relay	60
61	11-12 800 Freestyle	62

13 & Older Session 6: Sunday Afternoon, June 26, 2022

Warm-ups begin at 12:30 PM

Competition starts Not Before 1:30 PM

Women EVENT #	Order of Events	Men EVENT #
63	13 & Over 400 Individual Medley	64
65	13 & Over 200 Freestyle	66
67	13 & Over 100 Breaststroke	68
69	13 & Over 200 Backstroke	70
71	13 & Over 50 Freestyle	72
73	13 & Over 200 Butterfly	74
75	13 & Over 400 Freestyle Relay	76