**Sample Intra-Squad Meet Announcement**

**<Date>**

**ISI SANCTION**: IA-YY-XX.

**DATE**: **<Date>**

**TIME**: Warm-ups: **<Time>** Competition: **<Time>**

**LOCATION**: **<Address of Event>**

**ENTRY FEES**: None

**ENTRY DATES**: Entries must be received by <**Name**> no later than **<Time and Date>**.

**FACILITY:** **<Describe facility – must specify depth of pool at start and turn ends>**

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.

**ENTRY REQUIREMENTS**:

1. Swimmers must be members of **<Name of Club>**and in order to compete in this meet.
2. Swimmers may enter no more than **<\_\_\_>** individual events.

**MEET DIRECTOR**: **<Name, email address, Telephone No.>**

**MEET REFEREE**: **<Name, email address, Telephone No.>**

**ADDITIONAL INFORMATION:**

1. No points will be awarded and no awards will be presented to any swimmer at this meet.

Add List of Events

**IMPORTANT INFORMATION:**

1. Sanction and Rules. This meet is held under the sanction of USA Swimming and Iowa Swimming, Inc. (ISI). This meet will be governed by USA Swimming Rules and Regulations and Policies and Procedures of ISI.
2. Eligibility. All swimmers must be registered as athlete members of USA Swimming. Any athlete whose registration and fee has not been received by ISI at least 24 hours before the start of competition will NOT be permitted to swim. No registrations will be accepted at the meet.
3. Time Limits. Pursuant to Article 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.
4. 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 provided to the Meet Referee, who will determine the modifications. The swimmer (or swimmer’s coach) is responsible for providing any equipment or assistants required.
5. Warm-ups. The ISI Mandatory Warm-up Procedure will be followed.
6. Supervision. Swimmers will be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down.
7. 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. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.
8. Scratches. The ISI scratch rule is in effect.
9. Coach requirements. 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.
10. 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. 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 Meet Referee and the Meet Referee’s decision is final. The committee shall act as a review section in case of an emergency hearing.
11. No cameras in locker rooms. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
12. No deck-changing. Deck Changes are prohibited.
13. Proof of Membership. Deck Pass is acceptable proof of membership in USA Swimming. Coaches, Officials and Volunteers must produce proof of membership in USA Swimming immediately upon request by the Referee or his delegate or leave the pool deck.
14. Tobacco and Alcohol. The use of tobacco and alcohol products is not permitted anywhere in the swimming venue.
15. Drones. 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.
16. Liability. It is understood and agreed that USA Swimming and ISI shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.