



IOWA SWIMMING INC.

2021 SHORT COURSE CHAMPIONSHIPS

Wellmark YMCA, Des Moines, Iowa

Hosted by Central Iowa Aquatics

The meet host and the Wellmark YMCA have taken enhanced health and safety measures – for you, guests, volunteers, and athletes. You must follow all posted instructions while attending this championship meet. 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 IASI Short Course Championships, 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.

SANCTION & RULES

Sanction #IA-21-042R (OQM # 21-0015). Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI). Current USA Swimming technical and administrative rules and IASI Policies and Procedures as modified by this meet announcement will govern this meet.

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.

EVERY athlete must be a USA Swimming athlete member, as confirmed by the Pre-Meet Recon. NO athletes are allowed to enter the meet once the Registration Recon has been performed unless cleared by IASI staff. There will be no deck entries of new competitors.



SCHEDULE

Preliminary sessions will be split to ensure the available facility capacity is not exceeded. Teams will be assigned to a Group or Cohort to balance the average number of swimmers in each preliminary session. The groups will be assigned to a Preliminary Session for each day. Check in and Warm-Up times for each of the preliminary sessions will be published with the Group Assignments.

Session	Virtual Coaches Meeting	Check In	Warm-Ups	Competition
Session I - Thu 02/25/21 PM	TBD – Zoom Meeting	3:40 PM	4:00 PM	5:00 PM
Session II – Fri 02/26/21 Prelims Note – multiple Preliminary Sessions		6:40 AM	7:00 AM	8:00 AM
Session III – Fri 02/26/21 Finals		4:40 PM	5:00 PM	6:00 PM
Session IV – Sat 02/27/21 Prelims Note – multiple Preliminary Sessions		6:40 AM	7:00 AM	8:20 AM
Session V – Sat 02/27/21 Finals		4:40 PM	5:00 PM	6:00 PM
Session VI – Sun 02/28/21 Prelims Note – multiple Preliminary Sessions		6:40 AM	7:00 AM	8:00 AM
Session VII – Sun 02/28/21 Finals		Not before 4:40 PM	Not before 5:00 PM	Not before 6:00 PM

Teams will be notified by Wednesday February 24, 2021 of their Preliminary Session assignments for each day.

The pool deck and spectator area will be closed 15 minutes after the conclusion of the last event of each final preliminary and finals session. Athletes and spectators will need to remove all personal items in between sessions. Items left on the pool deck or in the spectator viewing area will be collected and placed in the lost and found.

SITE

Wellmark YMCA, 501 Grand Avenue, Des Moines, IA 50309 www.dmymca.org

The Prairie Meadows Pool (competition pool) is a 20 lane 25-yard short course pool with one moveable bulkhead allowing for an 8 lane 50-meter-long course pool 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 104.2.2C (4). A copy of such certification is on file with USA Swimming. The competition pool will be the south pool with 8 lanes running west-east.



COACHES

Sign-in: Only currently registered USA Swimming coach members who have athletes participating in the meet will be permitted on deck in designated areas. Each team will be allowed a maximum of two certified coaches on deck for each session in which their team competes. Each coach must sign the Coaches Meet Sign-In (APP-29) to verify that all certifications are current and on file. Deck Pass is acceptable proof of membership in USA Swimming.

Coaches Meeting: The coaches' meeting will be held virtually via a Zoom meeting on the Wednesday evening before the meet. Each team is responsible for its attendance at this meeting and for knowing the procedures and rules discussed during the meeting. Meeting information will be provided to the clubs after receipt of entries.

Deck Credentials: Deck credentials must be worn and be clearly visible to the Referee or their designee at all times. 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 procedure as modified for this meet will be followed. The pool will be cleared 10 minutes prior to competition. Prior to warm-ups, coaches will need to turn in their team warm-up assignments to the Clerk of Course. All swimmers will be assigned a designated lane and starting point as described in the facilities' Return to Competition Plan for the Wellmark YMCA on the facility website. Warm up pool entry for the South Pool will be from the starting block end of the pool in a staggered formation, North pool will enter at the scoreboard side (not the bulkhead). Swimmers may not congregate behind the lanes to enter for warmup (i.e. coaches send one swimmer at a time per lane to get in their position in the pool and then send the next swimmer. Do not send the entire lane of swimmers at one time.). The first half of each session will be allocated to circle swim only warm-ups (No starts or one-way swim lanes). At the designated half-way point of warm-ups, even lanes in both the North and South pool can open for Starts and one-way swims with the odd lanes to the right serving as socially distance return lanes. South Pool lanes 2,4,6 and 8 will be starting blocks allowed to open for starts and one-way swims. Lanes 1,3,5,7 will be socially distanced lines for the starting blocks. North Pool lanes 2,4,6,8 will be starting blocks allowed to open for starts and one-way swims. Lanes 1,3,5,7 will be socially distanced lines for the starting blocks. The final 10 minutes of the designated warm-up – all remaining lanes will open for starts. Once the pool is cleared or the maximum warm-up time for the session is reached, the pool will be cleared to prepare for competition.

All swimmers must be under the supervision of a USA Swimming member-coach from their respective team or as assigned during warm-up, competition, and warm-down. 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.

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 START CERTIFICATION

Any athlete 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 athlete or the athlete's legal guardian to ensure compliance with this requirement.

ENTRY REQUIREMENTS

1. This is a Closed USA Swimming sanctioned swim meet open only to 2021 IASI registered athletes. 2. No USA Swimming registrations will be accepted at the meet. Any athlete who is not registered at the time of pre-meet reconciliation must ensure that IASI has received the appropriate application and fees no less than 24 hours prior to the start of competition. Failure to do so will result in the athlete's entries being scratched and the athlete will not be permitted on the pool deck or allowed to compete in the meet.
3. No athlete may enter the water or compete in an event before being entered into the meet.

ENTRY & SEED TIMES

1. Entry times must meet or exceed the 2020/21 Iowa Q time standard and must be submitted in the same length course in which they were achieved. Conforming seed times are short course yard times. Long and short course meter times are non-conforming times and will be seeded after short course yard seed times. Converted times are not allowed.
2. An athlete's seed time is the athlete's best time recorded in USA Swimming's Database ("SWIMS") achieved in an event since February 19, 2019.
3. Athletes who have a non-conforming time recorded in SWIMS achieved since February 19, 2019 will be seeded at that non-conforming time that is recorded in SWIMS for the length of course in which the entry time was achieved. If an athlete's time is in SWIMS but was achieved before February 21, 2018 the athlete shall be seeded at the slowest qualifying time for the length achieved.
4. If the seed time is not in SWIMS then the athlete shall be seeded at the slowest qualifying time for short course meters. Proof of time is required if the athlete fails to achieve the event's qualifying time at the meet.
5. A swimmer is entitled to enter at least three events if he or she has at least one qualifying time – up to 2 bonus events may be entered to meet that minimum number of events. Bonus entries will be seeded at the slowest non-conforming qualifying time for that event.

ENTRY LIMITS

There is no entry limit for individual events. Athletes may enter as many individual events as they wish, provided they have a qualifying time in each event. Athletes may compete in a maximum of three individual events per day and a maximum of nine individual events for the entire meet. Athletes who are over-entered must scratch any event they do not wish to have counted against their maximums before the scratch deadline. See below for more details on scratching events. Declared False Starts and "No Shows" count against the total number of events.



An athlete who has achieved an Iowa Q time standard in either the 1000 free or the 1650 free may compete in either event or both events even if they have not met the Iowa Q time standard in both events.

RELAYS

There will be no relay events at this meet.

ENTRY SUBMISSION & DEADLINE

1. Entries will be accepted beginning at noon on January 26, 2021. See below for acceptable methods of entry submission. The entry chair will confirm via email that entries have been accepted or rejected.
2. Entries may be submitted:
 - a. by generating their own electronic file in a format compliant with Hy-Tek MeetManager
 - b. by using APP-7 for manual entries.
3. Team generated electronic entry submission:
 - a. If submitting team generated electronic entries, the team must include a copy of the entries and a financial summary in PDF format. No team generated electronic entries will be accepted without these attachments.
 - b. Send electronic entries by email to [the Entry Chair](#) Receipt will be confirmed by email. Send all printed materials to Cam Naylor, 5424NW 90thSt., Johnston, IA 50131. If sent by rush delivery, indicate no signature required. If sent by rush delivery, indicate no signature required.
4. The deadline for submitting entries, regardless of the entry method, is noon on February 19, 2021. All new entries received as well as all changes made to existing entries after the entry deadline will be treated as late entries except for new qualifying events achieved at the 2021 IASI Age Group Championships – which will be accepted up till noon on February 23rd.

ENTRY FEES

Entry fees are as follows:

<i>Individual event:</i>	\$8.00 per event
<i>Heat sheet and Program surcharge:</i>	\$5.00 per athlete
<i>IASI athlete surcharge:</i>	\$5.00 per athlete
<i>Manual entry surcharge:</i>	\$2.00 per athlete
<i>Outreach athletes:</i>	\$5.00 per athlete



OUTREACH ATHLETES

Athletes registered as USA Swimming and IASI Outreach Athletes may enter all individual events for only \$5.00, which includes the IASI Athlete Surcharge. The total number of outreach athletes and the total number of their individual entries must be submitted to [the Entry Chair](#) by noon on Monday February 22, 2021. The names of the outreach athletes are not to be provided to the host club. All entries not accounted for by this deadline will be billed at regular rates.

MANUAL ENTRIES

An additional fee of \$2.00 per athlete will be assessed for:

- Teams using APP-7 to enter more than five athletes or
- Teams using APP-7 for entries submitted after February 22, 2021 or
- For IASI-affiliated unattached athletes who use APP-7 for entry.

PAYMENT DEADLINE

Entry fees are due by the start of warmups of the first session in which the team has athletes. A hard copy of the financial sheet (App. 8-4) must accompany entry fees.

Payment shall be by check made payable to Central Iowa Aquatics. All entry fees, including IASI athlete surcharges, should be combined on one check. Central Iowa Aquatics reserves the right to require payment by money order or cashier's check. Entry fees are non-refundable; IASI athlete surcharge fees will be refunded only if the entire meet is cancelled.

LATE ENTRIES

1. Late entries will be accepted by email to [the Entry Chair](#) until 6:00 pm on Wednesday, February 24, 2021. After this time, late entries will only be taken on deck. Deck entries must be submitted no later than the scratch deadline of the day prior to the entry event. Only athletes already entered in the meet may late enter additional events.
2. Late entries submitted with proof of time will be seeded with their entry time. All other late entries will be seeded at the slowest non-conforming qualifying time.
3. Late entry fees (facility and heat sheet/program surcharges apply):

<i>Individual event:</i>	\$16.00 per event
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ATHLETES WITH DISABILITIES

Athletes with disabilities are encouraged to compete. The Information Form for Adapted Competitive Athletes (APP-21) indicating limitations and requested modifications should be completed and attached to the meet entries. The Referee will determine modifications. The athlete (or athlete's coach) is responsible for providing any equipment or assistance required. See Article 105 of USA Swimming Rules and Regulations.



MEET PERSONNEL

ENTRY CHAIR:

Cameron Naylor. ciaentrychair@centraliowaaquatics.org 515.494.6541

MEET REFEREE:

Frank Feilmeyer frank@feilmeyer.com 515.291.1403

ADMINISTRATIVE REFEREE:

Art Dinkin Arthur.dinkin@dmymca.org

MEET DIRECTOR:

Andrea Matheson. meetdirector@centraliowaaquatics.org 515.321.2173

SAFETY DIRECTOR:

Mandy Parton mandy.parton@dmymca.org 515.471.8511

OFFICIALS

This meet will be an Official's Qualifying Meet (OQM 21-0015). Officials sign-ups are available at the Iowa Officials Website. Evaluations are available for recertification at all N2 positions and for N3 Stroke and Turn, Chief Judge and Deck Referee. The official must work at least 4 sessions to be eligible, including at least one preliminary and one finals session. Indicate the desired evaluation on the signup sheet.

The officials meeting will be conducted virtually prior to the meet. Officials will be required to be at the pool by the start of warmups for the session in which they have signed up unless otherwise notified.

TIMERS

Due to limits on spectator seating, teams are encouraged to provide volunteer timers for the meet. Further information will be provided by February 18, 2021. Visiting teams are required to provide at least 50% of timers for each session. These positions will be in the aquatic center venue and will not require a spectator fee.

MEET COMMITTEE

A meet committee composed of the Referee, Meet Director, a coach representative, an athlete representative and one certified official acting at large will be established to receive and act upon any administrative protest filed at the meet. The committee will not act upon protests against judgment decisions as those are under the jurisdiction of the Referee and the Referee's decision is final.



MEET OPERATION

- Heat sheets will be posted online and available at specific locations around the facility. ● It is the responsibility of each athlete to be aware of his/her event number, heat number, and lane assignment and to report to the correct heat holding area on time to swim the event. ● There will be no athlete check-in required for any preliminary or final event – timed final events require positive check-in by the session's scratch deadline. A swimmer failing to check-in for a timed final event but who desires to compete will be seeded in an open lane if one is available. Swimmers who have not scratched from preliminary or final events will be expected to swim. There will be no check in procedure for the championship and consolation finals.
- FINA whistle starts and no recall on false starts policy will be used.
- All preliminary events will be circle seeded and will swim Slowest to Fastest. ● All timed final events will swim Fastest to Slowest – alternating Women/Men heats. Timed final event heats may be combined at the discretion of the referee.
- All events will be in the South Pool in an 8 lane configuration with starting blocks on the west side of the pool. Swimmers will have a 25-yard cool down to exit the pool after their race at the turn (east) side of the pool.
- Ties for preliminary events will be resolved by coin toss.
- All individual events, except the 1000 free and 1650 free, will have consolation final, and a championship final in the evening. The top eight athletes will qualify for the championship final, with the next eight qualifying for consolation final.
- The single fastest women's heat and the single fastest men's heat of the 1650 will swim with evening finals. The remainder of the heats for the 1650 will swim prior to the start of the finals session (potentially in two pools) such that the last heat swims prior to the warmup session for Sunday. The seeding for both sessions will be listed in the heat sheets for the preliminary session. Athletes in the 1650 freestyle may down-seed to the preliminary session, provided the request is made prior to the positive check in deadline for that event.
- As of September 1, 2020, swimmers aged twelve years old and younger shall not compete while wearing "Tech" suits. Lists of suits that are considered acceptable and those that are not are posted on the [USA Swimming website](#).
- Locker rooms will not be available. Swimmers must arrive and leave the facility in their swim gear. The Program pool bathroom and 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.
- Banners, signs or posters are not allowed to be adhered, displayed or affixed anywhere in the aquatic center facility.
- Glass containers of any kind are not permitted in the aquatic center (including spectator seating) at any time.
- 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.
- Operation of a drone or any other flying apparatus, is prohibited over the pools, athletes/coaches areas, spectator areas any time athletes, coaches, officials, and/or spectators are present. ● Deck Changing is not permitted.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
- The use of tobacco and alcohol products is not permitted anywhere in the swimming venue. ● Attending clubs, swimmers, and spectators are the guests of the meet host and the Wellmark YMCA. Any report of inappropriate behavior will be dealt with immediately. The meet host and 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.



SCRATCHES

The IASI scratch rule is in effect as modified below:

- Positive Check-In for the 1000 freestyle on Thursday is due by 7:30 pm Wednesday February 24th 2021.
- Scratches or Positive Check-In for subsequent day's events are due by 6:00 pm the evening before the event.
- All scratches made before Thursday, February 24, 2021 must be done via email. Beginning on Thursday, a virtual scratch site will be available on the IASI meet website.
- All scratches from finals (championship and consolation) will be handled by WhatsApp within the prescribed time for each event after the final preliminary session for that event.
- Any athlete not reporting for, or not competing in a preliminary heat from which they are entered and not scratched shall be disqualified from their next individual event. If the athlete has no remaining events, the team will be fined \$25 payable to the host club.
- Any athlete not reporting for, or not competing in a finals heat in which they qualify and not scratched shall be disqualified from the remainder of their events. If the athlete has no remaining events, the team will be fined \$100 payable to the host club.
- Declared false starts are considered reporting and will count towards entry limits for the meet and the day.

TIME TRIALS

There will be no Time Trials conducted at this meet.

SCORING

					Individual Events											
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 AND PRESENTATIONS

Individual Awards : 1st through 3rd - 2.5" medals 4th through 8th - 1.5" medals

High Point : An award will be presented to the top three athletes, male and female. **Team High Point** : One team award will be presented to the male and female for the team scoring the most points. A traveling trophy will be presented to the highest scoring club team.

IASI Sportsmanship – Spirit Awards : IASI will provide and present this award. One coach and one athlete from each team will vote, in addition the Referee will cast a vote. Criteria to use will be included in the coaches' packet.

Winners of each final event will be announced as the swimmers exit the water after the Championship final. Medals for 1st through 3rd places will then be available for the swimmers to pick up at specified locations in the facility. Winners of the 1000 Freestyle events will be announced immediately prior to the start of the Friday evening session.

The high point awards and the team awards will be announced at the end of the final session on Sunday and forwarded to the respective winners.

IMAGE AUTHORIZATION AND RELEASE

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of IASI and the meet host under the conditions authored by meet host, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in Iowa Swimming competitions to promote such competitions. All participants agree not to use medals or photos, or portraits or films with the medals, which are received for performances in this competition, for the purpose of trade or financial gain.

PSYCH SHEETS AND PROGRAMS

Psych sheets will be posted on the IASI website by 10:00 PM, Tuesday, February 23, 2021 as well as the meet host website. Programs and Heat Sheets will be available electronically and available for download from the same websites. Live-streaming will be available at www.dsmytv.com.

FINAL RESULTS

All teams will receive an email containing an attached PDF and digital version (compatible with Meet manager, TeamUnify, etc.) of final results. Final results will not be mailed to participating teams unless the team requests them at the time of entry or during the meet. There will be a \$10.00 charge due in advance for each request of mailed final results.

SPECTATOR SEATING & PARKING

Seating: There will be limited spectator seating. Seating will be made 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. Admission will be \$3 per person. Free wi-fi is available. Please refer to "The Return to Competition Plan for the Wellmark YMCA" on www.dsmymarlins.com.

Deck: Only registered swimmers, coaches and meet personnel will be allowed on deck. Each swimmer will be provided with a socially distanced area either on the pool deck or overflow area in spectator seating.



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.

OTHER INFORMATION

Concessions: Limited concessions to meet the needs of athletes and their guests.

Vendor: Splash Multisport will be onsite and will have a variety of swimwear and accessories available for sale at the meet. You can visit them at www.splashmulti.com.

INDEMNITY

It is understood and agreed that USA Swimming, IASI, the meet facility and meet host shall be free and held harmless from any liabilities or claims for damages arising by reason of injury 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, IOWA SWIMMING, INC, THE WELLMARK YMCA AND CENTRAL IOWA AQUATICS. 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.



Session I - Timed Finals - Thursday, February 25, 2021

Warm Ups: 4:00pm		Competition: 5:00pm
<u>WOMEN'S</u>	<u>EVENT</u>	<u>MEN'S</u>
1TF	1000 Free	2TF

Session II - Preliminaries - Friday, February 26, 2021 – Note Preliminaries will be split by team groups.

1 st Prelim Warm Ups: 7:00am		1 st Prelim Competition: 8:00am
<u>WOMEN'S</u>	<u>EVENT</u>	<u>MEN'S</u>
3P	50 Fly	4P
5P	100 Breast	6P
7P	200 Free	8P
9P	100 Fly	10P
11P	400 IM	12P
13P	50 Breast	14P

Session III - Finals - Friday, February 26, 2021

Warm Ups: 5:00pm		Competition: 6:00pm
<u>WOMEN'S</u>	<u>EVENT</u>	<u>MEN'S</u>
3F	50 Fly	4F
5F	100 Breast	6F
7F	200 Free	8F
9F	100 Fly	10F
11F	400 IM	12F
13F	50 Breast	14F



Session IV - Preliminaries - Saturday, February 27, 2021 Note Preliminaries will be split by team groups.

1 st Prelim Warm Ups: 7:00am		1 st Prelim Competition: 8:20am
<u>WOMEN'S</u>	<u>EVENT</u>	<u>MEN'S</u>
15P	50 Back	16P
17P	500 Free	18P
19P	200 Breast	20P
21P	100 Back	22P
23P	200 Fly	24P
25P	50 Free	26P

Session V - Finals - Saturday, February 27, 2021

Warm Ups: 5:00pm		Competition: 6:00pm
<u>WOMEN'S</u>	<u>EVENT</u>	<u>MEN'S</u>
15F	50 Back	16F
17F	500 Free	18F
19F	200 Breast	20F
21F	100 Back	22F
23F	200 Fly	24F
25F	50 Free	26F



Session VI - Preliminaries - Sunday, February 28, 2021 Note Preliminaries will be split by team groups.

1 st Prelim Warm Ups: 7:00am		1 st Prelim Competition: 8:00am
<u>WOMEN'S</u>	<u>EVENT</u>	<u>MEN'S</u>
29P	100 IM	30P
31P	200 Back	32P
33P	100 Free	34P
35P	200 IM	36P
	<i>Separate Session</i>	
27TF	1650 Free – may use two pools	28TF

Session VII - Finals - Sunday, February 28, 2021

Warm Ups: no earlier than 5:00pm		Competition: no later than 6:00pm
<u>WOMEN'S</u>	<u>EVENT / DESCRIPTION</u>	<u>MEN'S</u>
27TF	1650 Free	88TF
29F	100 IM	30F
31F	200 Back	32F
33F	100 Free	34F
35F	200 IM	36F



QUALIFYING STANDARDS

2020/2021 Iowa Swimming Qualifying Time	SCY		LCM		SCM	
Event	Senior Girls	Senior Boys	Senior Girls	Senior Boys	Senior Girls	Senior Boys
50 Free	00:26.39	00:23.69	00:30.69	00:27.59	00:29.29	00:26.29
100 Free	00:57.19	00:51.89	01:06.69	01:00.49	01:03.49	00:57.59
200 Free	02:03.09	01:53.99	02:22.09	02:14.49	02:16.59	02:06.39
500 Free	05:40.39	05:19.39	05:07.29	04:46.09	04:57.49	04:39.49
1000 Free	11:50.79	11:02.59	10:35.39	10:00.39	10:22.09	09:39.89
1650 Free	19:47.29	18:30.39	20:20.49	18:59.09	19:40.39	18:23.89
50 Back	Qualify for 100 Back					
100 Back	01:03.39	00:58.59	01:15.99	01:08.89	01:10.19	01:04.79
200 Back	02:21.59	02:13.89	02:46.89	02:35.19	02:36.39	02:27.39
50 Breast	Qualify for 100 Breast					
100 Breast	01:14.49	01:06.49	01:25.39	01:16.99	01:22.39	01:13.49
200 Breast	02:47.99	02:30.59	03:13.09	02:55.49	03:04.89	02:45.79
50 Butterfly	Qualify for 100 Butterfly					
100 Butterfly	01:03.79	00:58.59	01:13.39	01:06.29	01:10.59	01:04.69
200 Butterfly	02:28.99	02:15.19	02:48.09	02:34.19	02:43.99	02:28.79
100 IM	Qualify for 200 IM					
200 IM	02:21.79	02:10.89	02:44.79	02:31.39	02:36.89	02:24.69
400 IM	05:06.49	04:42.09	05:49.69	05:20.59	05:38.69	05:11.69

Note: To enter the 50 Back, Breast and Butterfly and/or the 100 IM the swimmer must have a qualifying time for the 100 Back, Breast, Butterfly and 200 IM respectively and that (qualifying) time is entered for the seed time. The 50 Back, Breast, Butterfly and 100 IM will be seeded according to the seed times of the qualifying events. (e.g. a swimmer who wishes to enter the 50 back must have the 100 back q time, and enters the 100 back time as the entry time for the 50 back. The 50 back event is then seeded after scratches based on the 100 back times).