

IOWA SWIMMING, INC.
2012 EAST REGIONAL FINALS

February 11th-12th, 2012 : Sanction# IA-12-30

Hosted by Bettendorf-Pleasant Valley Aquatics : 25-yard Course

- ISI SANCTION:** IA-12-30 : Held under the sanction of USA Swimming and Iowa Swimming, Inc.
- RULES:** Current USA Swimming and Iowa Swimming, Inc. rules will govern this meet.
- DATES:** Saturday February 11th & Sunday, February 12th, 2012.
- MEET CLASSIFICATION:** This is a **CLOSED** meet to only Iowa Swimming Inc., registered swimmers. Swimmers must have NOT achieved an Iowa "Q" time standard (SCY, SCM, LCM) in an event, in order to compete in that event.
- TIME:**
- | | <u>Morning Session</u> | <u>Afternoon Session</u> |
|------------------|------------------------|--------------------------|
| Coaches Meeting: | 8:00 a.m. | If needed |
| Warm-ups: | *8:15 – 8:55 a.m. | *Not before 11:30 a.m. |
| Competition: | 9:00 a.m. | Not before 12:30 a.m. |
- * If warm-ups are split, due to a large number of entrants, the morning warm-up will be earlier. Teams will be notified by the Tuesday before the start of meet if warm-ups are to be split. Reminder that coaches meeting is not held until warm-ups are completed & pool is cleared.
- SITE:** Bettendorf High School, 3333 18th Street, Bettendorf, IA 52722 Indoor, 25yard, 6 lanes. Water Depth: Starting End, 60"; Turning End, 48". International Timing System (IST) with touch pads and printout. Secondary back up with one-button system, manual/electronic with two watches on each lane and a 3rd watch on the first place swimmer. Horn start. Hy-Tek Meet Manager software with IST interface.
- COACHES:** Must possess and visibly wear a 2012 coach's registration card. Only USA Swimming coach Members will be permitted on the deck in designated areas. All coaches must show current coach membership card and sign ISI Coaches Sign-in Sheet (APP-29) to verify all certifications are current and on file with ISI office.
- WARM-UPS:** ISI Warm-up procedure will be followed. See ISI Code Book Section J. All swimmers are to carefully enter the pool using a feet first, three point entry. Athletes must be under the supervision of a USA Swimming member coach during warm-up, competition and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. The pool will be cleared 10 minutes prior to competition.
- RACING START CERTIFICATION:** 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. 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 REQUIREMENT:**
- 1) All swimmers must be 2012 Iowa USA Swimming registered athletes.
 - 2) Contestants must enter the age bracket corresponding to age as of February 11th, 2012.
 - 3) A swimmer MAY NOT enter an event in which they have an ISI State "Q" time (SCY, SCM, or LCM). However, swimmers who will age up to a new age group between Regionals and the ISI State Championships will be able to swim in the age group corresponding to their age on the first day of Regionals in those events offered in their current age group in which they do not have ISI Q times for their new age group, even if they have Q times in those events for their current age group. Swimmers who swim events under this clause will not be eligible for awards. This rule will not change the current ISI rule regarding relay competition.
 - 4) For 8 & Under relays, only swimmers with B & C classification in 25 events may compete on relay team. In all other age group relays, a swimmer who has an Iowa Swimming "Q" time in the 50 yard or metric distance of a stroke, MAY NOT swim that leg in a 200 relay, nor may a 13 & Over swimmer who has a "Q" time in the 100 yd. Or metric distances of Backstroke, Breaststroke, or Butterfly swim that leg in a 200 Medley Relay.
 - 5) A swimmer may enter up to 4 individual events per day.
 - 6) Seed times must be submitted for a 25-yard course. No Time (NT) entries will be accepted.
 - 7) A club/team may enter as many relays per event as they wish designating relays A, B, C, etc.
- ENTRY FEES:**
- 1) Individual events: \$3.25 per event.
 - 2) Relays are \$8.00 per relay.
 - 3) ISI Splash Fee is \$3.00.
 - 4) Teams submitting hand entries will be charged \$2.00 per swimmer if there are more than 5 swimmers.
 - 5) Write single check for entry and splash fees payable to **BETTENDORF-PLEASANT VALLEY AQUATICS**.
 - 6) Entry fees are not refundable. Splash fees will be refunded if the entire meet is cancelled.
- ENTRY FORMS:** Use forms: ISI APP-7 Entry form
ISI APP 8.3 Financial Sheet (see attached) **Or**
Submit entries electronically in Hy-Tek, Team Unify, or other Meet Manager software format readable by Meet manager will be accepted. When submitting electronic entries, you must provide a printout of entries from backup and the ISI Financial Sheet. Any team submitting entries electronically will receive the meet results on disk or

IOWA SWIMMING, INC.
2012 EAST REGIONAL FINALS

February 11th-12th, 2012 : Sanction# IA-12-30

Hosted by Bettendorf-Pleasant Valley Aquatics : 25-yard Course

electronically at the end of the meet. NOTE: Phone & Fax entries cannot be accepted.

ENTRIES:

- 1) Entries will be accepted beginning January 30th.
- 2) Entries will be confirmed via a return e-mail receipt.
- 3) Hard copy of entries, financial sheet and fees must follow all entries by Wednesday, February 8th.
- 4) No phone or fax entries will be accepted.

ENTRY DEADLINE:

- 1) Hand written or emailed non-Hy-Tek is Wednesday, February 1st, 2012. Teams entering by this method must email or phone updates from February 4th & 5th, 2012, weekend meets by noon, Monday, February 6th, 2012. These changes can only be for those swimmers who have already been entered in the meet, but need to change events due to a "Q" achievement in originally entered event(s). All new swimmers, not originally entered, will be assessed the Late Entry fee(s).
- 2) The meet entry deadline for emailed, electronic entries (Hy-Tek cfile) is Noon, Monday, February 6th, 2012. The entry fees & hardcopy are due by Wednesday, February 8th, 2012. Any changes made after Noon, Monday, February 6th, 2012, will be considered Late Entries.

LATE ENTRIES:

- Late entries will be accepted in person up to one hour before the start of each session. Late entries will also be accepted by emailing no later than 5:00pm Thursday, February 9th the meet entry person. Late email entries will be confirmed via a return e-mail receipt.
1. If the meet program has not been printed, the swimmer shall be seeded into the meet, but will still be responsible for the Late Entry Fees.
 2. If the program has been printed, late entries shall be accepted, but these entries shall be seeded with the meet event entry time or NT and shall swim in heat one of the event. A zero heat will be created, if necessary.
 3. Late Entry Fees: Individual events \$6.50 per event and Relay events \$16.00 per relay.
 4. Late entry swimmers will be required to show proof of current membership.

SEND ENTRIES TO:

James Campbell Email : campbelljamesa@mchsi.com
2729 Rosehill Avenue Phone: 563-370-6598
Bettendorf, IA 52722
Express mailing entries NO SIGNATURE REQUIRED will be accepted all day.

CO-MEET DIRECTORS:

Paul Murphy Email : swimdownhill@aol.com
563-445-0242

AND
Dave Burke Email : djburke@mchsi.com

SCORING:

No individual or team scores will be kept.

AWARDS:

Individual events: 1st – 3rd Medals. 4th – 8th, Ribbons.
Relay Events: 1st – 3rd Ribbons.
No high point awards will be given.

ISI Sportsmanship-Spirit Award – ISI will provide and present this award. One coach and one athlete from each team will vote; in addition the meet referee will cast a vote. Criteria to use will be included in the coaches' packet.

MEET OPERATION:

- 1) Events will be pre-seeded, except for the 1000 & 1650 Freestyle, which will be decked seeded.
- 2) There will be a clerk of course for the morning sessions only.
- 3) If names are on entry sheets for relays, those names will be on the relay cards at the meet.
- 4) Swimmers must check-in for the following events: 1000 & 1650yd Free by 2:00pm or 30 minutes prior to start of event, whichever is earlier on Sunday at timing system desk on pool deck.
- 5) Swimmers failing to check in will be allowed to swim only if there are open lanes in the slower heats.
- 6) It is not the meet hosts responsibility to provide rest for swimmers that enter both 8 & Under and 10&Under or Age Group and Senior events. (At the discretion of the Referee, at least 15 minutes rest shall occur between swims for the same individual)
- 7) Events may be combined to facilitate meet operation and separated later.
- 8) The 13-14 and 15&Over 1000/1650 Free will be seeded together, but separated for awards. The events will be swum from fastest to slowest, alternating women/men.
- 9) Eligible athletes (those meeting the entry criteria) may compete in either the 1000 or 1650 Freestyle, NOT both. If a swimmer needs to swim both, in attempting to reach an ISI 'Q' time, said swimmer will need to take an intermediate split in the 1650.

MEET COMMITTEE:

A meet committee comprised of the Meet Referee, Meet Director, Coach Representative, Athlete Representative and one (1) 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 judgment decisions as those are under the jurisdiction of the Meet Referee. This committee shall act as a review section in the need of an emergency meeting.

IOWA SWIMMING, INC.
2012 EAST REGIONAL FINALS
February 11th-12th, 2012 : Sanction# IA-12-30
Hosted by Bettendorf-Pleasant Valley Aquatics : 25-yard Course

- TIMERS & OFFICIALS:** Clubs and unattached swimmers participating in this meet must provide **50%** timers/officials on a prorated basis according to their number of entries. A list of assignments will be posted on wall in pool area behind blocks. A list of timers and officials' assignments will be posted in the spectator's area and by the check-in table. If you can officiate, please contact – Kirstin Oppel at oppelk@hotmail.com.
- SCRATCHES:** ISI Scratch Rule is in effect. See ISI Code Book Section J.
- NO SMOKING:** Smoking is NOT ALLOWED in the Bettendorf High School facilities or on the BHS properties.
- AUDIO/VISUAL RECORDING DEVICES:** USE OF AUDIO OR VISUAL RECORDING DEVICES INCLUDING CELL PHONE, IS NOT PERMITTED IN CHANGING AREAS, REST ROOMS OR LOCKER ROOMS.
- USA REGISTRATION:** There will be NO USA Swimming registration at the meet (swimmers, non-athletes, or clubs).
- ADAPTED COMPETITIVE SWIMMERS:** USA Swimming and ISI encourage adapted competitive swimmers to participate in all sanctioned meets. The "Adapted Competitive: Swimmer Information Form" form APP-21 must accompany entries. The form is also available on the ISI website (www.isiswim.org) or from the ISI office, email: isiswim@aol.com, phone: 1-877-474-7946, or mail: 2715 Pioneer Ct, Davenport, IA 52804-1099. Completion of this information form is part of the entry procedure since the host club and meet referee must have all necessary information concerning the swimmer.
- PROGRAMS & FINAL RESULTS:** Programs & final results will be sold at the meet.
Each USA Swimming team entered will receive a copy of the program.
Electronic results will be provided to all teams participating in the meet & posted on the ISI website. A hard copy of final results will be mailed for a fee of \$5.00, when requested on financial sheet.
- OTHER INFORMATION:** Concessions will be available.
Vendors - Splash Multisport will be selling swimwear, goggles, etc.
Spectator seating available in pool balcony.
Spectators will not be allowed on the pool deck.
A diving well located at the deep end of the pool will be available for warm-up and cool downs.

IOWA SWIMMING, INC.
2012 EAST REGIONAL FINALS
 February 11th-12th, 2012 : Sanction# IA-12-30
 Hosted by Bettendorf-Pleasant Valley Aquatics : 25-yard Course

Session I – Saturday AM, February 11th, 2012

Coaches Meeting : 8:00am

Warm-ups : 8:15 - 8:55am

Competition : 9:00am

<i>Girls</i>		<i>Event Description</i>		<i>Boys</i>	
<i>Event #</i>	<i>Max Time</i>			<i>Max Time</i>	<i>Event #</i>
1	35.10	10 & U	50 Free	35.20	2
3	18.90	8 & U	25 Free BC	18.50	4
5	1:30.90	10 & U	100 Back	1:32.10	6
7	52.30	8 & U	50 Back	52.50	8
9	43.00	10 & U	50 Fly	42.00	10
11	21.90	8 & U	25 Fly BC	21.90	12
13	1:44.00	10 & U	100 Breast	1:43.70	14
15	57.70	8 & U	50 Breast	55.50	16
17	2:57.70	10 & U	200 Free	2:50.90	18
19	1:36.60	8 & U	100 Free	1:34.40	20
21	1:29.10	10 & U	100 IM	1:31.20	22
23		10 & U	200 Medley Relay		24
25		8 & U	100 Medley Relay		26

Session II – Saturday PM, February 11th, 2012

Warm-ups : Immediately following the morning session, but not before 11:30am

Competition : Not before 12:30pm

<i>Girls</i>		<i>Event Description</i>		<i>Boys</i>	
<i>Event #</i>	<i>Max Time</i>			<i>Max Time</i>	<i>Event #</i>
27	2:48.90	11 - 12	200 Back	2:45.60	28
29	2:38.40	13 - 14	200 Back	2:29.80	30
31	2:29.90	15 & O	200 Back	2:17.90	32
33	1:26.70	11 - 12	100 Breast	1:25.10	34
35	1:21.70	13 - 14	100 Breast	1:15.90	36
37	34.60	11 - 12	50 Back	35.40	38
39	1:15.70	15 & O	100 Breast	1:08.90	40
41	2:51.80	11 - 12	200 Fly	2:48.30	42
43	2:41.00	13 - 14	200 Fly	2:32.00	44
45	2:30.50	15 & O	200 Fly	2:19.00	46
47	2:44.20	11 - 12	200 IM	2:44.20	48
49	2:32.00	13 - 14	200 IM	2:21.70	50
51	2:27.00	15 & O	200 IM	2:15.10	52
53	1:05.70	11 - 12	100 Free	1:05.30	54
55	1:02.20	13 - 14	100 Free	57.40	56
57	39.80	11 - 12	50 Breast	39.50	58
59	1:00.80	15 & O	100 Free	55.20	60
61		11 - 12	200 Medley Relay		62
63		13 - 14	200 Medley Relay		64
65		Open	200 Medley Relay		66
Break – Warm-up/cool down - 15 minutes minimum					
67	6:28.60	11 - 12	500 Free	6:23.70	68
69	5:56.60	13 - 14	500 Free	5:38.60	70
71	5:47.40	15 & O	500 Free	5:24.30	72

IOWA SWIMMING, INC.
2012 EAST REGIONAL FINALS
 February 11th-12th, 2012 : Sanction# IA-12-30
 Hosted by Bettendorf-Pleasant Valley Aquatics : 25-yard Course

Session III – Sunday AM, February 12th, 2012

Coaches Meeting : 8:00am

Warm-ups : 8:15 - 8:55am

Competition : 9:00am

<i>Girls</i>		<i>Event Description</i>		<i>Boys</i>	
<i>Event #</i>	<i>Max Time</i>			<i>Max Time</i>	<i>Event #</i>
73	3:19.40	10 & U	200 IM	3:18.10	74
75	1:43.20	8 & U	100 IM	1:42.30	76
77	41.20	10 & U	50 Back	43.70	78
79	22.90	8 & U	25 Back BC	22.90	80
81	1:42.10	10 & U	100 Fly	1:40.40	82
83	50.20	8 & U	50 Fly	50.00	84
85	47.00	10 & U	50 Breast	47.90	86
87	25.20	8 & U	25 Breast BC	24.30	88
89	1:19.10	10 & U	100 Free	1:20.00	90
91	43.30	8 & U	50 Free	42.30	92
93		10 & U	200 Free Relay		94
95		8 & U	100 Free Relay		96
97	7:39.50	10 & U	500 Free	7:35.20	98

Session IV – Sunday PM, February 12th, 2012

Warm-ups : Immediately following the morning session, but not before 11:30am

Competition : Not before 12:30pm

<i>Girls</i>		<i>Event Description</i>		<i>Boys</i>	
<i>Event #</i>	<i>Max Time</i>			<i>Max Time</i>	<i>Events #</i>
99	30.10	11-12	50 Free	29.80	100
101	28.70	13-14	50 Free	26.60	102
103	28.00	15&O	50 Free	25.30	104
105	5:53.70	11-12	400 IM	5:46.10	106
107	5:34.50	13-14	400 IM	5:16.20	108
109	5:22.80	15&O	400 IM	4:59.80	110
111	1:17.30	11-12	100 Back	1:16.50	112
113	1:11.40	13-14	100 Back	1:07.60	114
115	33.80	11-12	50 Fly	34.10	116
117	1:06.60	15&O	100 Back	1:01.10	118
119	2:25.70	11-12	200 Free	2:23.40	120
121	2:13.80	13-14	200 Free	2:06.60	122
123	2:10.40	15&O	200 Free	2:00.10	124
125	1:17.50	11-12	100 Fly	1:16.00	126
127	1:11.40	13-14	100 Fly	1:06.20	128
129	1:06.30	15&O	100 Fly	1:00.10	130
131	3:11.70	11-12	200 Breast	3:07.30	132
133	3:00.70	13-14	200 Breast	2:49.40	134
135	1:17.00	11-12	100 IM	1:15.40	136
137	2:49.60	15&O	200 Breast	2:36.40	138
139		11-12	200 Free Relay		140
141		13-14	200 Free Relay		142
143		Open	200 Free Relay		144
Break - Warm-up/cool down 10 minutes minimum					
145	13:32.00	11-12	1000 Free*	13:22.70	146
147	12:45.60	13-14	1000 Free**	12:12.70	148
149	12:25.70	15&O	1000 Free**	11:40.20	150
151	22:47.40	11-12	1650 Free*	22:30.50	152
153	21:15.39	13-14	1650 Free**	20:16.00	154
155	20:48.90	15&O	1650 Free**	19:35.00	156

*/** Positive check-in required for the 1000 & 1650 freestyles by 2:00pm or 30 minutes prior to start of event, whichever is earlier.

** 13-14 & 15&O 1000 & 1650 freestyle will swim combined, fastest to slowest, alternating women/men.

FINANCIAL SHEET - REGIONALS, AGE GROUP CHAMPS, SENIOR CHAMPS & LONG COURSE CHAMPS

MEET NAME: 2012 IOWA SWIMMING, INC. EAST REGIONAL FINALS DATE: 02/(11-12)/2012

SANCTION#: IA - 12 - 30

TEAM NAME: _____ CLUB CODE: _____

COACHES ATTENDING MEET: _____

ENTRY CONTACT: _____

ADDRESS: _____
Street Address City State Zip code

PHONE: Home _____ Work _____ EMAIL: _____

ENTRY FEES	NUMBER	FEE	TOTAL \$
INDIVIDUAL ENTRIES			
PRELIMS / FINALS			
TIMED FINALS		\$ 3.25	
LATE PRELIMS			
LATE TIMED FINALS		\$ 6.50	
RELAY ENTRIES		\$ 8.00	
LATE RELAY ENTRIES		\$ 16.00	
SWIMMERS (Splash Fee)		\$ 3.00	
SWIMMERS (Facility Fee)			
TOTAL FEES:			
MAKE CHECKS PAYABLE TO:			
“ BETTENDORF PLEASANT VALLEY AQUATICS ”			

* FINAL RESULTS – Final results will be provided in electronic format & available on the ISI website, unless hard copy is requested along with fees. Mail final results to:
