

**WINTER BLAST INVITATIONAL SWIM MEET
HOLMES JUNIOR HIGH POOL -- CEDAR FALLS, IOWA
25 YARD COURSE
IOWA AGE GROUP OPEN, IOWA AGE GROUP 8 & U OPEN
JANUARY 19 -21, 2007**

IOWA SWIMMING, INC. SANCTION #IA-07-04R

RULES: Current USA Swimming and Iowa Swimming, Inc. (ISI) rules will govern this meet.

DATE: Friday, Saturday, & Sunday - January 19, 20, 21, 2007

TIME: Friday Warm-ups: 5:00 – 5:50 PM Competition: 6:00 PM
Saturday & Sunday AM Warm-ups: 7:15 – 8:05 AM
Competition: 8:15AM
Saturday & Sunday PM Warm-ups: Following AM session, not before 12 noon
Competition: Following warm-ups, not before 1:00 PM
Saturday Finals Warm-ups: 5:00 PM (confirm at coaches
meeting)
Competition: 6:00 PM

Teams will be notified Monday prior to the meet if warm-ups are to be split.

Coaches Meeting: Friday 4:50 PM
Saturday & Sunday AM. 7:05 AM
Saturday & Sunday PM. As needed

SITE: Holmes Junior High School
505 Holmes Drive
Cedar Falls, Iowa 50613

Indoor 25 yd. (with bulkhead), 6 lanes
Water depth: 11 feet at starting end, 4 feet at far end
Back stroke flags at both ends
Non-turbulent lane markers
Permanent starting blocks at one end
Colorado timing system with horn start
2 watches/lane for back-up times

COACHES: Must sign in at meet, possess and visibly wear a current USA Coaches Registration card.

WARM-UPS: ISI Warm-up procedure will be followed, ISI Code Book Sec J. Swimmer(s) without a coach are to report to Meet Referee prior to warm-up for lane assignment.

ENTRY REQUIREMENTS:

- 1) All swimmers must be current USA Swimming registered athletes.
- 2) Contestants must enter the age bracket corresponding to their age as of January 19, 2007.

- 3) A swimmer may enter up to 3 Prelim/Final **or** 4 Timed Final events per day.
- 4) Seed times must be submitted for a 25yd course.
- 5) Entries will be pre-seeded except the 400 IM, 500 Free, and 1000 Free.
- 6) If names are on entry sheets for relays, those names will be on the relay card at the meet.
- 7) Phone entries will not be accepted.
- 8) There will not be a clerk of course.

ENTRY LIMIT: 100 Splashes/lane/session

ENTRY FEES:

- 1) Individual entries are \$2.00 per event for Timed Final events
- 2) Individual entries are \$2.50 per event for Prelim/Final events
- 2) Relays are \$5.00 per relay.
- 3) ISI splash fee is \$3.00 per swimmer.

Entry fees are not refundable. Splash fees will be refunded if the entire meet is canceled.

ENTRY FORMS:

Submit entries on disk in Hy-Tek Commlink II format (generated from Team Manager or Meet Manager). When submitting disk entries, you must provide a printout of your entries for backup and the ISI Financial Sheet. Any team submitting entries on disk will receive the meet results on disk at the end of the meet. All other entries must be submitted on the included entry forms (APP#7) with swimmer's full name, Age, ID number and entry times for each event. A financial summary sheet (APP#8.2) must accompany the entries. All hand entries in excess of 5 swimmers per team will be charged \$2.00 for each swimmer.

ENTRY DEADLINE: Mailed Entries Due Friday, January 12th
 Emailed Entries Due Saturday, January 13^h, with hardcopy and Fees are Due by Tuesday, January 16th.

LATE ENTRIES: Will be accepted prior to warm-ups providing lane available, call meet entries person. Individual entries for Timed Finals are \$4.00, Prelim/Finals are \$5.00, and relays are \$10.00. Late entrants must show current registration card.

SEND ENTRIES TO: Shelley Hackett
 917 Barrington
 Cedar Falls, IA 50613
 319-859-0235
shackett@cfu.net

MEET DIRECTOR:	Mike Peters	Kim Abbas
	1117 Warwick Dr.	2405 Hawthorne
	Cedar Falls, IA 50613	Cedar Falls, Iowa
	319-266-2337	319-266-8330
	keriann@cfu.net	snkabbas@cfu.net

SCORING: There will be no team or individual scoring.

AWARDS: Ribbons will be awarded for top six places in individual events and top three places for relay events. Everyone will receive a participation award.

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.

MEET OPERATION:

- 1) It is not the meet host's responsibility to provide rest for swimmers that enter both 8&U and 10&U events. The same is true for swimmers that enter both Age Group and Senior events.
- 2) **Top 12** finishers for 13-14 and Senior Prelim events advance to finals.
- 3) **Top 6** finishers for 11-12 Prelim events advance to finals.
- 4) All 1000 Free heats will swim in the Saturday morning session.
- 5) Events may be combined to facilitate meet operation and separated later. (The 1000 Free events will be combined all ages, and swum alternating girls/boys, fastest to slowest heats.)
- 6) Positive check-in required for the 400 IM and the 500 Free by 5:15PM on Friday, and for the 1000 Free by 8:15 AM on Saturday and for the 10/U 500 free by the start of the session on Saturday.
- 7) Swimmers in the 1000 Free are requested to supply their own timers and counters.
- 8) All 1000 heats are Timed Finals

SCRATCHES: ISI Scratch Rule is in effect. See ISI Code Book Sec J.
Qualified swimmers who will not compete in Saturday evening finals must scratch within 30 minutes of the official announcement at the designated area beside the Head Table, or be disqualified from the rest of the meet.

NO SMOKING: No smoking in Swimming Venue.

USA SWIMMING

REGISTRATION: Late USA Swimming Registration \$55 for annual or \$32.50 for individual seasonal (payable to ISI) + \$5 Late fee (payable to BLAST) will be accepted. Club and Coach Registrations will not be accepted.

ADAPTED COMPETITIVE SWIMMERS: USA Swimming and ISI encourage adapted competitive swimmers to participate in all sanctioned meets. The "Adapted Competitive Swimmer Information Form" (ISI Code Book App-21) must accompany entries. The form is available from:

ISI Office
2715 Pioneer Court
Davenport, Iowa 52804-1099
1-877-ISI-SWIM

PROGRAMS &

FINAL RESULTS: Programs will be on sale at the meet. Each team will receive a complimentary program. Electronic final results will be provided to teams having an entrant in the meet & posted on the ISI website. Hard copy of results can be requested on Financial sheet (APP#8.2) for \$5.00.

CONCESSIONS: A cafeteria line will be open during the meet offering a wide variety of hot food,

fruits, baked goods, snacks and drinks.

SUPPLIES:

Will be available at the meet with a variety of swimming supplies.

**SPECTATOR
SEATING:**

Spectator seating is available in a balcony above the pool.

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AGE GROUP OPEN, IOWA AGE GROUP 8&U OPEN
FRIDAY JANUARY 19, 2007
IOWA SWIMMING, INC. SANCTION # IA-07-04R**

Warm-ups: 5:00 - 5:50PM

Competition: 6:00PM

Girls	Events	Boys
Event #		Event #
1 TF	11-12 50 Fly	2 TF
3 TF	Senior 400 IM **	4 TF
5 TF	13-14 400 IM **	6 TF
7 TF	11-12 400 IM **	8 TF
9 TF	Senior 200 Breast	10 TF
11 TF	13-14 200 Breast	12 TF
13 TF	11-12 200 Breast	14 TF
15 TF	Senior 500 Free **	16 TF
17 TF	13-14 500 Free **	18 TF
19 TF	11-12 500 Free **	20 TF

** Positive Check-in Required by 5:15 PM

For all Sessions:

TF - Designates Timed Final Event

P - Designates Prelim Final Event

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SATURDAY JANUARY 20, 2007
IOWA SWIMMING, INC. SANCTION #IA-07-04R**

Morning Warm-ups: 7:15 – 8:05 AM

Competition: 8:15 AM

Girls	Event	Boys
Event #		Event #
53 P	11-12 50 Back	54 P
55 P	Senior 200 IM	56 P
57 P	13-14 200 IM	58 P
59 P	11-12 200 IM	60 P
61 P	Senior 100 Free	62 P
63 P	13-14 100 Free	64 P
65 P	11-12 100 Free	66 P
67 P	Senior 100 Fly	68 P
69 P	13-14 100 Fly	70 P
71 P	11-12 100 Fly	72 P
73 P	Senior 200 Back	74 P
75 P	13-14 200 Back	76 P
77 P	11-12 200 Back	78 P
79 TF	Senior 200 Medley Relay #	80 TF
81 TF	11-12 200 Medley Relay	82 TF
21 TF	Senior 1000 Free**	22 TF
23 TF	13-14 1000 Free **	24 TF
25 TF	11-12 1000 Free **	26 TF

Top 6 seeded teams automatically seeded into Evening Finals.

**** Positive Check-in required prior to start of the session (8:15 am).** 1000 Free swum all ages combined, separated for awards, alternating heats fastest to slowest, women and men.

Afternoon Warm-ups:

Noon – 12:50 or immediately following morning session

Competition:

Following warm-ups, but not before 1:00PM

Girls	Event	Boys
Event #		Event #
27 TF	8/U 25 Free	28 TF
29 TF	10/U 50 Free	30 TF
31 TF	8/U 50 Fly	32 TF
33 TF	10/U 100 Fly	34 TF
35 TF	8/U 100 IM	36 TF
37 TF	10/U 100 IM	38 TF
39 TF	8/U 25 Breast	40 TF
41 TF	10/U 50 Breast	42 TF
43 TF	8/U 25 Back	44 TF
45 TF	10/U 100 Back	46 TF
47 TF	8/U 100 Medley Relay	48 TF
49 TF	10/U 200 Medley Relay	50 TF
51 TF	10/U 500 Free **	52 TF

**** Positive Check-in required prior to start of the session (1:00 pm)**

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SUNDAY JANUARY 21, 2007
IOWA SWIMMING, INC. SANCTION #IA-07-04R**

Morning Warm-ups: 7:15 - 8:05 AM

Competition: 8:15 AM

Girls	Event	Boys
Event #		Event #
83 TF	11-12 50 Breast	84 TF
85 TF	Senior 50 Free	86 TF
87 TF	13-14 50 Free	88 TF
89 TF	11-12 50 Free	90 TF
91 TF	Senior 200 Fly	92 TF
93 TF	13-14 200 Fly	94 TF
95 TF	11-12 200 Fly	96 TF
97 TF	Senior 100 Back	98 TF
99 TF	13-14 100 Back	100 TF
101 TF	11-12 100 Back	102 TF
103 TF	Senior 200 Free	104 TF
105 TF	13-14 200 Free	106 TF
107 TF	11-12 200 Free	108 TF
109 TF	Senior 100 Breast	110 TF
111 TF	13-14 100 Breast	112 TF
113 TF	11-12 100 Breast	114 TF
115 TF	Senior 200 Free Relay	116 TF
117 TF	11-12 200 Free Relay	118 TF

Afternoon Warm-ups: Noon – 12:50 or immediately following morning session

Competition: Following warm-ups, but not before 1:00PM

Girls	Event	Boys
Event #		Event #
119 TF	8/U 100 Free	120 TF
121 TF	10/U 200 Free	122 TF
123 TF	8/U 25 Fly	124 TF
125 TF	10/U 50 Fly	126 TF
127 TF	8/U 50 Breast	128 TF
129 TF	10/U 100 Breast	130 TF
131 TF	8/U 50 Back	132 TF
133 TF	10/U 50 Back	134 TF
135 TF	8/U 50 Free	136 TF
137 TF	10/U 100 Free	138 TF
139 TF	8/U 100 Free Relay	140 TF
141 TF	10/U 200 Free Relay	142 TF
143 TF	10/U 200 IM	144 TF