

AMES CYCLONE AQUATICS CLUB  
AUTUMN OPENER  
October 14 & 15, 2006

ISI SANCTION: IA-06-50

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

DATES: Saturday, October 14<sup>th</sup> and Sunday, October 15<sup>th</sup> 2006

TIME:	<u>Saturday</u>	<u>Sunday</u>
Warm-ups:	8:30 am	9:00 am
Coaches Meeting:	9:20 am	9:50 am
Competition:	9:30 am	10:00 am

If warm-ups are to be split, teams will be notified by the Monday before the meet which warm-up period they are in.

SITE: Ames High School Pool  
1921 Ames High Dr. Ames, IA 50010  
Indoor pool with six 25 yard lanes.  
Water Depth: 4 1/2 ft. at shallowest start and turn.  
12 1/2 ft. at deepest start and turn.  
Colorado Timing System with 2 watch back-ups.

COACHES: Must possess and visibly wear a current USA Swimming Coaches Registration Card. Only USA Swimming coach member will be permitted on the deck in designated areas. All coaches must sign an ISI Coaches Meet Sign In sheet (APP-29) to verify that 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. Swimmer(s) without a coach are to report to the Meet Referee prior to warm-up for lane assignment.

ENTRY REQUIREMENTS:

- 1) All swimmers must be current registered athletes.
- 2) Contestants must enter the age bracket corresponding to age as of October 14, 2006.
- 3) A swimmer may enter up to four individual events per day.
- 4) Seed times must be submitted for a 25-yard course.
- 5) Events will be pre-seeded, except 500, 1000, 1650 Free and 400IM events which will be deck seeded. See meet operation for check-in requirements.
- 6) There will be a Clerk of Course for 12 and Unders, Saturday only.
- 7) If names are on entry sheets for relays, those names will be on the relays card at the meet.
- 8) Phone entries or changes will not be accepted.

ENTRY LIMITS: 100 Splashes/lane/session.

ENTRY FEES: 1) Individual events are \$2.00 per event.

Relays are \$5.00 per relay.

- 2) ISI Splash Fee is \$3.00 per swimmer.
- 3) Write single check for entry and splash fees payable to ACAC.
- 4) 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 8.1 Financial Sheet

Or

Submit entries on disk in Hy-Tek comlink II format (generated from Team Manager or Meet Manager). When submitting disk entries, please 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.

Teams submitting hand entries will be charged \$2.00 per swimmer if there are more than 5 swimmers.

**ENTRY DEADLINE:**

Entries must be received no later than October 4<sup>th</sup>, 2006. E-mail entries must be received by noon on October 7<sup>th</sup>, 2006, with Hardcopy and Fees due by October 10<sup>th</sup>.

**LATE ENTRIES**

Late entries will not be accepted.

**SEND ENTRIES TO:**

Aron Nakama, 614 Garden Road, Ames, IA 50010. E-Mail – aron@swimacac.com. Express mailing entries NO SIGNATURE REQUIRED will be accepted all day.

**MEET DIRECTOR:**

Cynthia Quant, 2114 Hughes Ave., Ames, IA 50014

**AWARDS:**

Ribbons will be awarded for first through sixth place for individual events, and first through third for relays. There will be also be an award for heat winners.

**MEET OPERATION:**

- 1) Positive check in is required for 500 free and 1000 Free on Saturday by 8:30 am. Positive check in required for 500 Free, 400 IM and 1650 Free on Sunday by 9:00 am.
- 2) Events may be combined to facilitate meet operation and separated later. On Saturday, the 1000 freestyle, On Sunday, 1650 Free will be swum from fastest to slowest – alternating women to men.
- 3) Swimmers are requested to provide their own timers and counters for the 1000 freestyle.
- 4) It is not the meet host's responsibility to provide rest for swimmers who enter both 8 & Under and 10 & Under events.

**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 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.

- SCRATCHES:** ISI Scratch Rule is in effect. See ISI Code Book Section J.
- NO SMOKING:** No smoking in the swimming venue.
- USA REGISTRATION:** Late USA Registration at the meet is \$55 registration (payable to ISI) + \$5 late fee (payable to ACAC). Club and Coach registrations are not accepted.
- 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 from the ISI office. 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. Refer also to USA Swimming Rules and Regulations Article 105.
- OTHER  
INFORMATION:** 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 & may be requested on financial sheet. Concessions will be available. Swimming apparel will be available through Action Accents.

**AMES CYCLONE AQUATICS CLUB  
AUTUMN OPENER**

**SATURDAY OCTOBER 14, 2006  
Ames High School Pool 25 Yard  
Course**

**Sanction # SC-  
SESSION 1**

**Warm-ups 8:30am      Competition  
9:30am**

			12 & Under		
1	10 & U	200 Free		2	
3	11-12	500 Free		4	
5	8 & U	100 Medley Relay		6	
7	10 & U	200 Medley Relay		8	
9	11-12	200 Medley Relay		10	
11	8 & U	25 Free		12	
13	10 & U	50 Free		14	
15	11-12	50 Free		16	
17	8 & U	25 Breast		18	
19	10 & U	50 Breast		20	
21	11-12	50 Breast		22	
23	8 & U	100 IM		24	
25	10 & U	100 IM		26	
27	11-12	100 IM		28	
29	8 & U	25 Back		30	
31	10 & U	50 Back		32	
33	11-12	50 Back		34	
35	8 & U	50 Free		36	
37	10 & U	100 Free		38	
39	11-12	100 Free		40	
41	8 & U	25 Fly		42	
43	10 & U	50 Fly		44	
45	11-12	50 Fly		46	
47	8 & U	100 Free Relay		48	
49	10 & U	200 Free Relay		50	
51	11-12	200 Free Relay		52	
53	10 & U	500 Free		54	
55	11-12	1000 Free		56	

**AMES CYCLONE AQUATICS CLUB  
AUTUMN OPENER  
SUNDAY OCTOBER 15, 2006  
Ames High School Pool 25 Yard Course  
Sanction # SC-  
SESSION 2  
Warm-ups 9:00am Competition  
10:00am**

11 & Over		
Event		
57	500 Free	58
59	200 IM	60
61	100 Back	62
63	50 Free	64
65	200 Free	66
67	200 Breast	68
69	100 Fly	70
71	400 IM	72
73	200 Back	74
75	100 Free	76
77	200 Fly	78
79	100 Breast	80
81	1650 Free	82