

HARVEST INVITATIONAL
Q - , AGE GROUP AND SENIOR MEET

HOST: Cedar Rapids Aquatic Association.

ISI SANCTION: IA-06-51

RULES:

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

DATE: Saturday, Sunday, November 18-19, 2006

TIME SCHEDULE:

| | | |
|-----------------|--|--------------------|
| Saturday AM | Warm-ups 7:30am | Competition 8:30am |
| Saturday PM | Warm-ups 12:00pm | Competition 1:00pm |
| Sunday AM | Warm-ups 7:30am | Competition 8:30am |
| Sunday PM | Warm-ups 12:00pm | Competition 1:00pm |
| Coaches meeting | Morning session 8:20 am – Afternoon session if needed. | |

SITE:

Kennedy High School
4545 Wenig Rd NE
Cedar Rapids, IA 52402
(See attached map)

FACILITIES:

Twenty five yd, 6 lanes, indoor pool. Non-turbulent lane markers. Colorado Timing System with touch pads and push button back-up system. Horn & strobe starts. Two manual watches on each lane for back-up time & 3 watches on first place lane. Back stroke flags 15 feet from each end of the course. Pool bottom: Lane markers with target at each end of pool. Pool depths range from 12' feet at the starting blocks to 4' feet at the shallow end.

COACHES/COACHES MEETING:

All team coaches must be a current Coach Member of USA Swimming (be CPR, First Aid, and Safety Certified). Only USA Swimming coach members will be permitted on the deck in designated areas. All coaches must sign in and be prepared to show their cards. See TIME SCHEDULE for meeting times.

CONTROLLED WARM-UP:

The ISI controlled warm-up procedure will be followed as appropriate for a 6 lane pool. (See ISI code book Sec. J.) 50% of the warm-up period will be for general warm-up. No diving will be allowed. Racing starts only in designated lanes during second half of warm-up period. Swimmers attending without a USA Swimming coach member must report to the meet referee prior to warm-up for supervised lane warm-up assignment.

ENTRY REQUIRMENTS:

1. All swimmers must be current USA Swimming registered athletes. Late USA Registration at the meet is \$55 registration payable to ISI plus \$5 late fee payable to CRAA. Club and Coach registration are not accepted at the meet.

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2. Contestants must enter the age bracket corresponding to the age as of 11-18-2006.
3. A swimmer may Enter 4 individual events per session, 5 per day maximum. A club/team may enter as many relays per event as they wish designating the relays A,B,C,etc.
4. Seed times must be submitted for 25yd course.
5. Events will be pre-seeded. Late entries will be put in open lanes.
6. There will be a clerk of course for the morning sessions.
7. No phone entries will be accepted.

ENTRY FEES:

An official ISI financial sheet must accompany fees. Fees are as below.

Individual Events - \$2.00 per individual event
Relays - \$5.00 per relay
ISI Splash Fee - \$3.00 per swimmer
Make check payable to CRAA

No entry fees will be refunded. Splash fees will be refunded for inclement weather, in the event an entire meet is canceled.

ENTRY LIMITS:

100 Splashes per lane per session.

ENTRY FORMS:

Submit entries on the enclosed entry forms or on disk Hy-Tek Commlink II format. INCLUDE THE FULL NAMES AND AGES OF RELAY PARTICIPANTS. All entries must include a completed ISI financial sheet (see attached). If you are submitting entries on disk please provide a print out of entries for backup. Any team submitting entries on disk will receive the meet results on disk at the end of the meet. All hand entries in excess of 5 swimmers per team will be charged \$2 for each swimmer.

ENTRY DEADLINE:

All entries, mailed or electronic must be received by Monday, November 13, 2006.

LATE ENTRIES:

Late entries will be accepted up to the beginning of warm ups for each session, if the meet has not exceeded the splash numbers. The late entry fee will be \$4.00 per individual events and \$10.00 for relays. Please call the meet entry chair (James Broghammer) to find out if we can accept more entries.

ENTRIES

Entries must be received by Monday, November 13, 2006. Fed Ex., Express Mail or Ups (no signature required) will be accepted all day. NO FAXED ENTRIES. E-mail entries will be accepted. A hard copy of the meet entries and fees must be received by Friday, November 17th. The entry chair person will confirm e-mail entries that have been received via e- mail.

All entries are to be sent to:
James Broghammer
510 Tory Lane
Marion, Iowa 52302
319-389-6975

Co- Meet Directors:
Michele Saulnier
512 Memorial Dr. SE
Cedar Rapids, IA 52403
319-310-8537

Petra Cote
1650 Emerald Ct.
Robins, IA 52328
319-377-6010

Michele@saulnier.com scott_and_petra@yahoo.com

JBROGHAMMER@pinelakecorn.com

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SCORING: Individual Events: 7-5-4-3-2-1
No points will be awarded in senior age group events
AWARDS: Individual places: 1 through 8 – Ribbons
Relay places: 1 through 3 – Ribbons

Individual High Point trophies for the top three swimmers in the 8 & under, 9-10, 11-12, and 13-14 age groups will be awarded. There will not be high point awards for the senior age groups. **Points awarded to 8 & Under swimmers that are scored while competing in 10 & Under age group events will not count towards 8 & Under High Point Awards.**

MEET OPERATION:

1. The meet will be PRE-SEEDED. Heat sheets will be posted. Each team's coaching staff will also be supplied with a heat sheet.
2. All relay cards will be distributed at the Saturday a.m. coaches meeting. All four swimmers full name, age, and order of swimming must be verified on each card.
3. **8 & Under swimmers that have the 8 & Under Q time in 50 yard for a stroke may not swim the 8 & Under 25 yard event of the same stroke. For example, an 8 & Under Girl who has previously achieved the 8 & Under Q time for the 50 Freestyle before this meet's entry deadline may not swim the 8 & Under 25 Freestyle.**
4. It is not the meet host responsibility to provide rest for swimmers that enter both 8 & Under and 10 & Under or Age Group and Senior events.
5. There will be a clerk of course for the morning sessions.
6. The 11-12, 13-14 and Senior 500 Free and 400 IM events will be swum together fastest to slowest alternating girls/boys but scored separately.

SCRATCHES:

The ISI Scratch Rule is in effect. See ISI Code Book Section J.

MEET COMMITTEE:

A meet committee comprised of the Meet Referee, Meet Director, Coaches' Representatives, 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.

ADAPTED COMPETITIVE SWIMMERS:

USA Swimming and ISI encourage handicapped swimmers to participate in all sanctioned meets. The "Adapted Competitive Swimmer Information Form" APP-21 must accompany entries. The form is available from the ISI website (www.lornet.com/iowaswim) or by contacting the ISI office. Completion of this information form is part of the entry procedure since the host club and meet referee must have necessary information concerning the swimmer. Refer also to USA Swimming Rules and Regulations Article 105.

PROGRAMS AND RESULTS:

Both will be on sale at the meet. A program will be provided for the coach of each team having swimmers entered in the meet. Complimentary final results will be sent to each swim club participating in this meet electronically; a hard copy of the results can be requested on financial sheet and will be mailed to teams for a fee of \$5.00.

SEATING:

An indoor bleacher section is available for viewing competition. There is plenty of room around the pool area for swimmers.

NO SMOKING:

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Smoking is not permitted anywhere on the Kennedy High School property, including the parking lot, outside grounds and inside the buildings.

CONCESSIONS:

Concessions will be provided by the Kennedy Booster Club

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