

Des Moines Swimming Federation Invitational Swim Meet
Dowling High School, West Des Moines, Iowa (25 yds)
November 10, 11 & 12, 2006

MEET CLASSIFICATION:

OPEN for 12 years old and Under; Q+ for 13 and over.

USA SWIMMING SANCTION NUMBER:

ISI Sanction number is IA-06-53.

RULES:

Current USA Swimming Rules and Iowa Swimming, Inc. rules will govern this meet.

DATES:

Friday, Saturday and Sunday, November 10, 11, 12, 2006.

TIME:

Friday session: warm-ups at 3:30 p.m., competition start at 5:00 p.m.

Saturday and Sunday mornings: warm-ups at 7:00 a.m., competition not before 8:00 a.m.

Saturday and Sunday afternoons: warm-ups immediately following the conclusion of the morning session but not before 11:30 a.m. Competition not before 12:30 pm.

Coaches' Meeting: If needed, 15 minutes prior to the start of all sessions.

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

WARM-UPS:

The ISI warm-up procedure will be followed. No diving will be allowed during general warm-up. Swimmers without a coach are to report to the Meet Referee prior to warm-up for lane assignments. See ISI Codebook section J.

SITE:

Dowling High School, 1400 Buffalo Road, West Des Moines, Iowa.

- 1) Indoor, 25 yards, 6 lanes.
- 2) Water depth 12 feet 6 inches at starting end.
- 3) Turn Depth- 3 feet, 10 inches
- 4) Timing System: Daktronics electronic timing system with horn start, touch pads and push button backup system. Secondary timing of at least one digital watch on each lane.

NO SMOKING:

No smoking will be permitted on the Dowling property.

COACHES:

Must possess and visibly wear a current USA Swimming Coach's Registration Card. All coaches participating in this meet must sign an ISI Coaches Meet Sign In sheet (APP 29) to verify that all certifications are current and on file with LSC office.

ENTRY REQUIREMENTS:

- 1) All swimmers must be current USA Swimming registered athletes.
- 2) Contestants must enter the age bracket corresponding to age as of November 10, 2006.
- 3) A swimmer may enter up to 4 individual events per day.
- 4) Seed times must be submitted for a 25-yard course.
- 5) All events are pre-seeded except those scheduled for Friday sessions and the relays.
- 6) There will be a Clerk of Course for the check-in Friday only.
- 7) Phone entries or changes will **NOT** be accepted.
- 8) 500 freestyle, 400 IM and 1650 freestyle are limited entry events.
- 9) 1650 freestyle event participants are requested to provide their own timers and counters.

Note: The host team reserves the right to enter its own swimmers in any event. In limited entry events, the host team reserves the right to fill empty lanes with its own swimmers.

USA SWIMMING REGISTRATION:

USA Swimming registration at the meet is \$55.00 (annual) or \$32.50(individual season 150 days), payable to ISI, plus a \$5.00 late fee to DMSF. Club and coach's registrations are not accepted.

ENTRY LIMITS:

100 splashes per lane per session. **Only one additional change will be allowed to original entry and must be received prior to the deadline. No entries will be accepted without fees included. Teams will not be split if all entries are received together.** The ISI 4-hour rule applies.

Entries will be accepted in order received at the address given until the splash limitation has been reached. **FAX ENTRIES WILL NOT BE ACCEPTED.** Entries will be marked as to date and time received to determine the order of acceptance. In the event multiple entries are received, the order of acceptance will be:

- 1) Team within our LSC.
- 2) Earliest postmark date.
- 3) Team which participated in 2005.

After the splash limitation has been reached, no additions or changes to accepted entries will be allowed. Teams may call the meet director to verify acceptance. **DMSF EXPECTS THIS MEET TO FILL QUICKLY. TEAMS ARE ENCOURAGED TO ENTER EARLY.**

ENTRY FEES:

- 1) Individual final events are \$2.00/event. Relays are \$5.00 per relay.
- 2) ISI splash fee is \$3.00/swimmer.
- 3) Make checks payable to DMSF for all fees. Payment for fees must accompany the entries.

RECERTIFICATION:

On Saturday, November 11, 2006 there will be an officials' recertification clinic between the morning and afternoon session.

ENTRY FORMS:

- 1) The ISI financial summary sheet (App. 8.1) can be found at the ISI website (www.lornet.com/lowaSwim).
- 2) DMSF has the ComLink program for Meet Manager. Electronic entries are encouraged with a hard copy of the entries due by Wednesday, November 8th.

LIMITED ENTRY EVENTS:

- 1) The 500 freestyle and 400 IM will be limited to the fastest 18 entrants in each event. The 1650 freestyle will be limited to the fastest 12 entrants in each event.
- 2) Proof of time **may be** required by meet officials. Please have proof of times available upon request. Acceptable proofs are meet results. When proof of time is requested and not provided swimmer will be scratched. If a swimmer fails to make the minimum qualifying time and cannot provide proof of time, a \$10.00 fine will be assessed.
- 3) Verification on position in the limited entry events may be made by calling the meet director after November 6, 2006.
- 4) Alternate events will not be provided for swimmers failing to make the cut in the limited entry events.
- 5) Refunds are available for swimmers who do not make the cut.

ENTRY DEADLINE:

Entries must be received by **5:00 p.m.**, Friday, November 3, 2006. Fed EX, Express Mail or UPS entries will be accepted all day (no signature required) **FAX ENTRIES WILL NOT BE ACCEPTED.** Email entries will be accepted until noon Saturday, November 4, 2006. Hard copy and fees for email entries are due Wednesday, November 8th. The entry chair person will confirm e-mail entries have been received via e-mail. All hand entries in excess of 5 swimmers will be charged \$2.00 for each swimmer.

LATE ENTRIES:

No late entries will be accepted.

SEND ENTRIES TO THE ENTRY CHAIR:

Kelly Berard, 15089 Beechwood Avenue, Clive, IA 50325; phone 515-707-0605.

E-mail: meetentries@desmoinesswim.com

MEET DIRECTOR:

Sue Wenthe, 4204 Oakwood Lane, West Des Moines, IA 50265; phone 515-226-8814.

AWARDS:

Individual event awards for 12 and under swimmers will be given for 1-6 places; relays' awards for 1-3 places.

MEET COMMITTEE:

A meet committee comprised of the meet referee, meet director, a coach's representative, an athlete representative, and one acting-at-large official will be established to receive and act upon any administrative protests filed at the meet. The committee will not act upon judgement 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) **Positive check-in is required for all Friday events by 4:30 p.m.**
- 2) It is not the meet host's responsibility to provide rest for swimmers who enter both 8 & under and 10 & under events. The same holds true for those who enter age group and senior events.
- 3) Events may be combined to facilitate meet operation and separated later.
- 4) Swimmers are to report directly behind their blocks for their events.
- 5) The 1650 freestyle, 500 freestyle and 400 IM heats will be swum from fastest to slowest, alternating women to men.

SCRATCHES:

The ISI Scratch Rule is in effect.

ADAPTED COMPETITIVE SWIMMERS:

The Adapted Competitive Swimmer form must accompany entries. Information for adapted competitive swimmers is available from the ISI Office, 2715 Pioneer Ct. Davenport, IA 52804-1099; phone 563-391-5832 or 1-877-ISI-SWIM; email ISISWIM@aol.com.

JUDY HOFFMAN MEMORIAL AWARD

The Judy Hoffman Memorial Award has been established in memory of Judy Hoffman, President of Iowa Swimming, Inc. until her untimely death in March, 1978. This award will be presented to a Des Moines area competitive swimmer at the spring Iowa Banquet from a list of nominations by member ISI clubs and unattached ISI members. For further information concerning this award, contact the ISI Office, 2715 Pioneer Ct, Davenport, IA 52804-1099, phone 1-877-ISI-SWIM. Contributions to the Memorial Fund are greatly appreciated and may be made through officials of DMSF.

PROGRAMS/FINAL RESULTS:

- 1) Programs for the entire meet will be for sale at \$8.00.
- 2) Final Results will be available for \$5.00.
- 3) Club teams will receive a complimentary program upon coach signing in. Teams will receive electronic results, and meet results will also be posted on the ISI website. If teams request a hard copy, a fee of \$5.00 will be charged. This may be requested on financial sheet APP 8.1 with entries.

SALES:

There will be swimming merchandise available for sale.

DIRECTIONS:

Take the 8th Street exit (West Des Moines) off of I-235. Go north on 8th Street, ¼ mile. Go west on Buffalo Road (Commercial Federal Bank on NW corner of 8th & Buffalo Road). Go south into the entrance of the Dowling Complex. Pool entrance is at south end of u-shaped driveway.

REFRESHMENTS:

There will be a concession stand on the premises.

DMSF INVITATIONAL SWIM MEET
DOWLING POOL (25 YARDS) WEST DES MOINES, IA
NOVEMBER 10, 11, 12, 2006 SANCTION NUMBER IA-06-53

GIRLS	QUALIFYING				QUALIFYING		BOYS
EVENT #	TIMES	AGE	DISTANCE	EVENT	TIMES	EVENT #	
Friday November 10, 2006 * Warm-up 3:30 PM * Meet Starts 5:00 PM							
1	N/A	SENIOR	800 YD	FR. RELAY	N/A	2	
3	----	10 & U	200 YD	IM	----	4	
5	----	11 - 12	200 YD	IM	----	6	
7*	5:48.39	SENIOR	500 YD	FREE	5:25.29	8*	
9*	5:52.99	13 - 14	500 YD	FREE	5:39.39	10*	
11*	----	11 - 12	500 YD	FREE	----	12*	
13*	5:27.19	SENIOR	400 YD	IM	5:01.19	14*	
15*	5:32.89	13 - 14	400 YD	IM	5:14.99	16*	
17**	20:48:89	SENIOR	1650 YD	FREE	19:34:99	18**	

*The 500 freestyle and 400 IM will be limited to the fastest 18 entrants in each event.

** The 1650 freestyle will be limited to the fastest 12 entrants in each event.

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GIRLS	QUALIFYING			QUALIFYING			BOYS
EVENT #	TIMES	AGE	DISTANCE	EVENT	TIMES	EVENT #	
Saturday Morning, November 11, 2006 * Warm-up 7:00 AM * Meet Starts 8:00 AM							
19	----	8 & U	50 YD	FLY	----	20	
21	----	10 & U	50 YD	FLY	----	22	
23	----	11 - 12	50 YD	FLY	----	24	
25	----	10 & U	100 YD	BACK	----	26	
27	----	11 - 12	100 YD	BACK	----	28	
29	----	8 & U	100 YD	IM	----	30	
31	----	10 & U	100 YD	IM	----	32	
33	----	11 - 12	100 YD	IM	----	34	
35	----	8 & U	50 YD	BREAST	----	36	
37	----	10 & U	50 YD	BREAST	----	38	
39	----	11 - 12	50 YD	BREAST	----	40	
41	----	10 & U	200 YD	FREE	----	42	
43	----	11 - 12	200 YD	FREE	----	44	
45	N/A	8 & U	200 YD	FR. RELAY	N/A	46	
47	N/A	10 & U	200 YD	FR. RELAY	N/A	48	
49	N/A	11 - 12	200 YD	FR. RELAY	N/A	50	

GIRLS	QUALIFYING			QUALIFYING			BOYS
EVENT #	TIMES	AGE	DISTANCE	EVENT	TIMES	EVENT #	
Saturday Afternoon November 11, 2006							
Warm-up Minimum 50 Minutes * Meet will not start Prior to 1 hour after start of warm-ups							
51	2:39.59	13 - 14	200 YD	BACK	2:31.09	52	
53	2:31.99	SENIOR	200 YD	BACK	2:18.19	54	
55	28.69	13 - 14	50 YD	FREE	26.59	56	
57	28.19	SENIOR	50 YD	FREE	25.39	58	
59	3:01.99	13 - 14	200 YD	BREAST	2:49.39	60	
61	2:51.59	SENIOR	200 YD	BREAST	2:36.39	62	
63	1:10.99	13 - 14	100 YD	FLY	1:06.09	64	
65	1:06.89	SENIOR	100 YD	FLY	1:00.49	66	
67	2:14.19	13 - 14	200 YD	FREE	2:05.79	68	
69	2:11.49	SENIOR	200 YD	FREE	2:00.79	70	
71	N/A	13 - 14	400 YD	MED. RELAY	N/A	72	
73	N/A	SENIOR	400 YD	MED. RELAY	N/A	74	

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EVENT #	TIMES	AGE	DISTANCE	EVENT	TIMES	EVENT #	
Sunday Morning, November 12, 2006 * Warm-up 7:00 AM * Meet Starts 8:00 AM							
75	----	8 & U	50 YD	FREE	----	76	
77	----	10 & U	50 YD	FREE	----	78	
79	----	11 - 12	50 YD	FREE	----	80	
81	----	10 & U	100 YD	FLY	----	82	
83	----	11 - 12	100 YD	FLY	----	84	
85	----	8 & U	50 YD	BACK	----	86	
87	----	10 & U	50 YD	BACK	----	88	
89	----	11 - 12	50 YD	BACK	----	90	
91	----	10 & U	100 YD	BREAST	----	92	
93	----	11 - 12	100 YD	BREAST	----	94	
95	----	8 & U	100 YD	FREE	----	96	
97	----	10 & U	100 YD	FREE	----	98	
99	----	11 - 12	100 YD	FREE	----	100	
101	N/A	8 & U	200 YD	MED. RELAY	N/A	102	
103	N/A	10 & U	200 YD	MED. RELAY	N/A	104	
105	N/A	11 - 12	200 YD	MED. RELAY	N/A	106	

GIRLS	QUALIFYING			QUALIFYING			BOYS
EVENT #	TIMES	AGE	DISTANCE	EVENT	TIMES	EVENT #	
Sunday Afternoon November 12, 2006							
Warm-up Minimum 50 Minutes * Meet will not start Prior to 1 hour after start of warm-ups							
107	2:31.29	13 - 14	200 YD	IM	2:21.89	108	
109	2:28.39	SENIOR	200 YD	IM	2:15.69	110	
111	1:21.29	13 - 14	100 YD	BREAST	1:15.39	112	
113	1:16.39	SENIOR	100 YD	BREAST	1:09.19	114	
115	2:40.99	13 - 14	200 YD	FLY	2:32.59	116	
117	2:32.69	SENIOR	200 YD	FLY	2:19.19	118	
119	1:02.19	13 - 14	100 YD	FREE	58.09	120	
121	1:01.09	SENIOR	100 YD	FREE	55.39	122	
123	1:11.59	13 - 14	100 YD	BACK	1:07.59	124	
125	1:07.69	SENIOR	100 YD	BACK	1:01.29	126	
127	N/A	13 - 14	400 YD	FR. RELAY	N/A	128	
129	N/A	SENIOR	400 YD	FR. RELAY	N/A	130	

