

2019 JUNE LCM INVITATIONAL

Hosted by the DSMY Marlins

ISI SANCTION: IA-19-68
Held under the sanction of USA Swimming and Iowa Swimming, Inc. (ISI).

RULES: Current USA Swimming and ISI technical and administrative rules will govern this meet.

DATES: Friday, June 21, Saturday, June 22 & Sunday, June 23, 2019

TIME: The Skywalk entrance to the MidAmerican Energy Company Aquatic Center will open at 6:30am on Friday, Saturday and Sunday. All meet spectators and participants should use this entrance.

<u>Sessions</u>	<u>Warm-Ups</u>	<u>Competition</u>
1, 4, 7 - Morning (13&O Prelims)	7:00am – 8:20am	8:30am
2, 5, 8 - Afternoon (12&U TF)	Not before 11:00am	Not before 12:00pm
3, 6, 9 - Evening (13&O Finals)	Not before 4:00pm	Not before 5:00pm

Depending on entries, if warm-ups need to be split or chase starts will be necessary to fit to a timeline, teams will be notified by 12:00 Noon on Tuesday, June 18, 2019.

Coaches meetings at 6:45am Friday and as needed.

SITE: Wellmark YMCA
501 Grand Avenue
Des Moines, IA 50309
www.dmymca.org
www.dsmymarlins.com

FACILITY: The Prairie Meadows Pool (competition pool) is a 20 lane 25-yard short course pool with one moveable bulkhead allowing for an 8 lane 50-meter long course pool or multiple configurations when running short course competition(s). Water depth of the pool ranges from 10 feet 8 inches to 7 feet (minimum 5 feet required at start end). Lane width is 8 feet 3 inches. Colorado electronic timing systems will be used in all configurations.

The 4 lane, 25 yard program pool will be available for warm-up and warm-down throughout the day and specifically for general warm-up for 8&U swimmers during the designated warm-up time for the 12&U sessions. The program pool will be open during competition for warm-down for only swimmers in that session.

The competition course has been certified in accordance with Rule 104.2.2C(4) of USA Swimming Rules and Regulations. A copy of the certification is on file with USA Swimming.

COACHES: Only currently registered USA Swimming coach members will be permitted on deck in designated areas. Each coach must sign the Coaches Meet Sign-In (APP-29) to verify that all certifications are current.

Deck Pass is acceptable proof of membership in USA Swimming. Coaches and Officials must produce proof of membership in USA Swimming immediately upon request by the Referee or their delegate or leave the pool deck.

WARM-UPS:

The ISI mandatory warm-up procedure will be followed.

All swimmers must be under the supervision of a USA Swimming member-coach during warm-up, competition and warm-down. Any swimmer without a coach shall report to the Referee prior to his or her warm-up. The Referee will assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to ensure such arrangements are made prior to the start of the meet.

Facility rules require a 3 point, feet first, sit and slide entry for lanes designated for circle swim during warm-up and warm-down at the starting (south) end.

RACING STARTS:

All swimmers 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 REQUIREMENTS:

1. Swimmers must be currently registered as athlete members of USA Swimming.
2. Swimmers must enter in the age group events corresponding to age as of June 21, 2019.
3. Swimmers may enter no more than 4 individual Timed Final events per day for 12&U swimmers and no more than 3 Prelim/Finals events per day for 13&O swimmers. All Swimmers are limited to a maximum of 9 events for entire meet.
4. Seed times must be submitted for a 50-meter course. No Time (NT) entries will be allowed. Converted times are not allowed.
5. However, a swimmer still maintains the classification (BB, B, IA Q, A, AA, AAA, AAAA) achieved in a 25-yard or 25-meter pool for an event and may submit the minimum LCM time of their classification for that event as a seed time. For example, if a swimmer has an "A" time in a 25 yard pool but has not swum the event in a 50 meter pool, then the minimum 50 meter "A" time may be submitted as the swimmer's entry time for that event.

ENTRY LIMITS:

Pursuant to Article 205.3.1F of USA Swimming Rules and Regulations, the program of for athletes 12 years and younger (except championship meets) shall be planned to be completed in four hours or less for each session.

Any combination of events may be limited to ensure the timely completion of a session. Teams will be notified by email if swimmers are affected by limits prior to the meet.

ENTRY SUBMISSION:

Entry fees are as follows:

- Individual events: \$8.00 per event.
- ISI swimmer surcharge: \$5.00 per swimmer.
- Program fee: \$5.00 per swimmer.
- Outreach swimmers: \$5.00 (includes all fees).
- Handwritten entries: \$5.00 per swimmer.

Electronic entries must be submitted in a format compatible with Hy-Tek Meet Manager software. Handwritten entries must be submitted on the ISI Meet Entry Form (APP-7).

Submit entries along with the appropriate ISI Financial Sheet (APP-8.2). If submitting electronic entries, also send a hardcopy of the entries with the entry fees and financial sheet.

Clubs entering outreach swimmers should only provide the number of outreach swimmers and the number of events being swum by the outreach swimmers to the host club. The names of the outreach swimmers are not to be provided to the host club.

Payment shall be by check or money order made payable to **Greater Des Moines YMCA**. All entry fees, including ISI swimmer surcharge fee, should be combined on one check. The host club reserves the right to require payment by money order or cashier's check. Entry fees are non-refundable; ISI swimmer surcharge fees will be refunded only if the entire meet is cancelled.

ENTRY DATES AND DEADLINES:

1. Entries will be accepted from teams/athletes in the Iowa LSC beginning at 10:00am on Tuesday, May 21, 2019.
2. Entries will be accepted from all teams/athletes at 10:00am on Tuesday, May 28, 2019.
3. Electronic entries must be received no later 12:00 Noon on Monday, June 17, 2019.
4. Handwritten entries, along with entry fees, additional \$5 per swimmer and financial sheet, must be received no later than Thursday, June 13, 2019. Handwritten entries will not be entered in the meet until full payment is received.
5. Once a team's entries have been accepted by the meet host, that team is considered entered into the meet. The host team is not permitted to rescind a team's entries once the meet host sends the email confirmation that the team is entered into the meet. Changes or scratches in a team's entries prior to the meet deadline do not relieve a team of the responsibility to pay for confirmed entries.
6. Once entries are accepted only time updates will be allowed for teams with electronic entries. No time updates will be accepted for handwritten entries. Any additions/substitutions must be made via email to the Meet Director prior to the entry deadline.
7. A hardcopy of the entries, along with entry fees and financial sheet, must be received by 12:00 noon on Wednesday, June 19, 2019 unless prior arrangements have been agreed to in writing. *Failure to meet this deadline will result in swimmers remaining in the meet but all confirmed entries will be billed at the late entry fee.* Any unpaid balance remaining at the start of competition for the final session will be assessed an additional 10% late fee.
8. Entries will be confirmed via a return email receipt.
9. Entries will NOT be accepted by phone or fax.

Entries will be accepted in the order received. Once the meet reaches capacity, the host team will inform ISI meet contacts as well as any non-ISI teams with entries already accepted.

LATE ENTRIES:

1. Provided space is available, late entries will be accepted by email until **12:00noon on Thursday, June 20, 2019**. After that time, they will only be accepted on deck up to a half hour prior to the start of each session.
2. Only swimmers already entered in the meet that have not reached their session limit will be able to late enter after 12:00 Noon, Tuesday June 18, 2019.
3. If the meet program has not been printed, swimmers shall be seeded into the meet, but will still be charged the late entry fee. If the meet program has been printed, swimmers shall be assigned to an empty lane, no heats will be added.

Late entry fees:
Individual events: \$15.00 per event.

For questions regarding late entries or to find out if late entries are being accepted, contact the Meet Director.

SWIMMERS WITH DISABILITIES:

Swimmers with disabilities are encouraged to compete. The Information Form for Adapted Competitive Swimmers (APP-21) indicating limitations and requested modifications should be completed and attached to the meet entries. Modifications will be determined by the Referee. The swimmer (or swimmer's coach) is responsible for providing any equipment or assistants required. See Article 105 of USA Swimming Rules and Regulations.

MEET ENTRIES:

Send electronic entries by email to john.vanmeter@dmyymca.org

John Van Meter 515-471-8560 pool
john.vanmeter@dmyymca.org 515-745-3283 cell

Send all print materials to:

Mailing Address: Wellmark YMCA (checks payable to: **Greater Des Moines YMCA**)
Attn: John Van Meter
501 Grand Ave
Des Moines, IA 50309

If sent by rush delivery, indicate no signature required.

MEET DIRECTORS:

John Van Meter 515-471-8560 john.vanmeter@dmyymca.org Art Dinkin 515-201-7591
adinkin@dvfin.com

SAFETY DIRECTOR:

Frankie Hanson 515-471-8546
frankie.hanson@dmyymca.org

MEET REFEREE:

TBD

OFFICIALS:

DSMY welcomes any visiting USA Swimming officials who would like to officiate at this meet. If you are able to officiate, please see sign up details on the DSMY website under the Hosted Events/May Invite tabs. www.dsmymarlins.com. Contact the Meet Director with any questions or to set up apprentice requests.

MEET COMMITTEE:

A meet committee consisting of the Meet Director, Referee, a coach representative, an athlete representative, and a certified official acting at large will be established prior to the start of competition. The committee shall serve as the meet jury to consider any administrative protests filed at the meet. Protests against judgment decisions can only be considered by the Referee and the Referee's decision is final.

MEET OPERATION:

1. All events
 - Meet will be seeded after the SCR deadline.
 - Initial entry limits on distance events, if timeline allows, meet host may add more full heats:
 - 800 Free – top 32 seed times of each gender.
 - 400 IM – top 48 seed times of each gender.
 - 400 Free – top 48 seed times of each gender.
2. All Timed Final events will swim **Fastest to Slowest**.

3. All Prelim/Final events will be swum Slowest to Fastest with the 3 fastest Prelim heats circle seeded, if more than 40 swimmers, then 4 heats will be circle seeded.
4. Results for combined events will be separated by age group and gender for scoring.
5. 13&O Prelim Sessions will be seeded and swim together. The top 16 swimmers in the 13-14 age group will qualify to swim in Finals. Top 24 swimmers in the 15&O age group will swim in Finals with exception of the 400 Free and 400 IM- will only be the top 16 in the Finals. 800 Free will be a Timed Finals event with the top 8 seed times swimming in the finals.
6. Swimmers in all Timed Final and Consolation Final events shall report directly to the starting blocks.
7. All A finalists must check in at the ready area at the south end of the pool prior to the start of the B final in the event they are competing. For events without a B final, A finalists must check in prior to being paraded to the starting blocks.
8. Fly over starts and/or chase starts may be used at the discretion of the referee. If chase starts are used, odd heats will start at the south end, even heats will start on the north end (off bulk head).
9. **Effective April 1, 2018, Swimmers ages ten and younger shall not compete while wearing "Tech" suits**, even when competing in Senior or Open events or Time Trials. A list of suits that considered to be "Tech" suits is posted on the ISI website.
10. Deck Changes are prohibited.
11. Banners, signs or posters are not allowed to be adhered, displayed or affixed anywhere in the aquatic center facility.
12. Glass containers of any kind are not permitted in the aquatic center at any time.
13. Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
14. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

SCORING:

Individual events are scored as follows:

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points:	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

AWARDS:

Medals will be awarded for 1st – 3rd place of each age group (10&U, 11-12, 13-14, 15&O)

Ribbons will be awarded for 4th – 8th place for individual events for the 12&Unders. **A really cool prize yet to be determined** will be awarded to the top scoring male and female swimmer from each age group.

Speedo “Hot Heat” prizes will also be awarded- randomly picked.

SCRATCHES:

1. There is no penalty for failing to compete in a preliminary heat, except an individual event in which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmers three-event/day and nine-event/meet limit. A swimmer qualifying for an A, B, or C Final who fails to compete shall be barred from the next event or pay a \$50.00 penalty reinstatement fee.
2. The scratch deadline for each day is as follows:
 Friday’s events - 6:00pm Thursday by email.
 Saturday’s events – by beginning of Friday’s Finals at Scratch Table.

- Sunday's Events – by beginning of Saturday's Finals at Scratch Table.
3. Scratches by email will only be accepted prior to the Friday scratch deadline. After this, all scratches must be completed using the Scratch Table
 4. Scratches submitted by e-mail will be confirmed by e-mail.
 5. Finals Events:
 - a. A swimmer qualifying for a consolation or championship final will have 30 minutes after the announcement of the preliminary results for that race in which to scratch or declare intent to scratch pending another race.
 - b. A swimmer who declares intent to scratch must declare their final intentions within 30 minutes following the announcement of the preliminary results for their last individual preliminary event of the session.
 - c. After the scratch deadline, Finals qualifiers will be posted with results.
 - d. Failure to compete:
 - i. All swimmers not planning to attend Finals should scratch their events to avoid being scratched into finals.
 - ii. If a swimmer qualifies for a Final and does not scratch and fails to compete in the Final, the swimmer will not be allowed to compete in their next scheduled individual event.
 - iii. If a swimmer qualifies for a Final and does not scratch and fails to compete in the Final on the last night of the meet for which the swimmer is entered, **the swimmer's team will be assessed a \$25 fine payable to DSMY.**
 - e. No penalty shall apply for failure to withdraw or compete in an individual event if this is determined by the Referee to be caused by circumstances beyond the control of the swimmer.

**USA SWIMMING
REGISTRATION:**

No USA Swimming registrations will be accepted at the meet. Any swimmer who is not a currently registered athlete member at the time of pre-meet reconciliation must ensure that ISI has received the appropriate application and fees at least 24 hours prior to the start of competition. Failure to do so will result in the swimmer's entries being scratched and the swimmer barred from entering the pool.

CAMERAS:

USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED AT ANY TIME IN CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS.

**NO ALCOHOL OR
TOBACCO:**

The use of any tobacco or alcohol products is prohibited in the swimming venue.

IMAGE RELEASE:

Participants consent to be photographed/filmed by any authorized photographer(s) and/or network(s) of ISI and/or the host club under conditions determined by the host club, and authorize the use of names, pictures, likenesses, and biographical information before, during or after the event to promote swimming. No awards received in this competition may be used for trade or financial gain.

MEET CONDUCT:

Attending clubs, swimmers, and spectators are the guests of the Wellmark YMCA. Any report of inappropriate behavior will be dealt with immediately. DSMY /

Wellmark YMCA Staff reserve the right to remove any offending individuals or groups. **Any swimmer found swimming under the bulkhead will be ejected from the facility and be barred for the remainder of the meet.**

Clubs will be financially responsible for any damage to the premises caused by their club, swimmers and/or parents & spectators.

ADDITIONAL
INFORMATION:

1. Program: Programs/heat sheets will be uploaded to the DSMY website www.dsmymarlins.com after the scratch deadline for Friday's events on Thursday and uploaded to Meet Mobile prior to each session starting. A limited number of heat sheets will be available for purchase at the concession stand for \$1.00 per session.
2. Results: Electronic results will be provided to all teams participating in the meet. Final Results will also be posted on ISI website. A hardcopy of the final results may be requested on the ISI Financial Sheet for an additional \$5.00.
3. Concessions: There will be a small stand offering drinks and snacks. Fuel'd Café is onsite in the Wellmark YMCA lobby. DSMY doesn't have control of their hours of operation or menu. A hospitality room will be available for coaches and officials.
4. Swim apparel/merchandise: Elsmore Swim Shop will be on site and will be offering a variety of swimming apparel & equipment.
5. Seating/Spectator Information: No admission charge for spectators. The MidAmerican Energy Company Aquatic Center provides seating for 1,200 spectators. Free wi-fi is available.
6. Deck: Only registered swimmers, coaches and meet personnel will be allowed on deck. On deck seating is available for 300+ swimmers. Glass containers of any kind are not permitted in the aquatic center at any time.
7. Parking information: Parking meters charge from 9am to 9pm Monday thru Saturday. The 5th & Keo Parking Garage is closest to the facility and provides Skywalk access. **Parking is free on Sunday.**
8. Hotel blocks: Info available on www.dsmymarlins.com

INDEMNITY:

It is understood and agreed that USA Swimming and ISI shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Order of Events

Session 1: Friday Morning

13&Over Prelims

Warm-ups: 7:00am-8:20am

Competition: 8:30am

Girls Event #	Event	Boys Event #
1	13&O 200 Free	2
3	13&O 100 Breast	4
5	13&O 200 Fly	6
7	13&O 200 Back	8
9	13&O 800 Free*	10

* Timed Final, top 8 swim in finals

Session 2: Friday Afternoon

12&Under Timed Finals

Warm-ups: Not before 11:00am

Competition: Not before 12:00pm

Girls Event #	Event	Boys Event #
11	12&U 200 Fly	12
13	12&U 200 Back	14
15	12&U 200 Breast	16
17	12&U 400 Free	18

Session 3: Friday Evening

13&Over Finals

Warm-ups: not before 4:00pm

Competition: not before 5:00pm

Girls Event #	Heats	Event	Heats	Boys Event #
1	2	13-14 200 Free	2	2
	3	15&O 200 Free	3	
3	2	13-14 100 Breast	2	4
	3	15&O 100 Breast	3	
5	2	13-14 200 Fly	2	6
	3	15&O 200 Fly	3	
7	2	13-14 200 Back	2	8
	3	15&O 200 Back	3	
9	1	13&O 800 Free	1	10

Session 4: Saturday Morning
13&Over Prelims

Warm-ups: 7:00am-8:20am

Competition: 8:30am

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
19	13&O 100 Free	20
21	13&O 200 Breast	22
23	13&O 100 Fly	24
25	13&O 400 IM	26

Session 5: Saturday Afternoon
12&Under Timed Finals

Warm-ups: Not before 11:00am

Competition: Not before 12:00pm

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
27	12&U 200 Free	28
29	12&U 100 Back	30
31	12&U 50 Breast	32
33	12&U 100 Fly	34
35	12&U 50 Free	36

Session 6: Saturday Evening
13&Over Finals

Warm-ups: not before 4:00pm

Competition: not before 5:00pm

<u>Girls Event #</u>	<u>Heats</u>	<u>Event</u>	<u>Heats</u>	<u>Boys Event #</u>
19	2	13-14 100 Free	2	20
	3	15&O 100 Free	3	
21	2	13-14 200 Breast	2	22
	3	15&O 200 Breast	3	
23	2	13-14 100 Fly	2	24
	3	15&O 100 Fly	3	
25	2	13-14 400 IM	2	26
	2	15&O 400 IM	2	

Session 7: Sunday Morning
13&Over Prelims

Warm-ups: 7:00am-8:20am

Competition: 8:30am

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
37	13&O 400 Free	38
39	13&O 100 Back	40
41	13&O 200 IM	42
43	13&O 50 Free	44

Session 8: Sunday Afternoon
12&Under Timed Finals

Warm-ups: Not before 11:00am

Competition: Not before 12:00pm

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
45	12&U 200 IM	46
47	12&U 100 Free	48
49	12&U 50 Back	50
51	12&U 100 Breast	52
53	12&U 50 Fly	54

Session 9: Sunday Evening
13&Over Finals

Warm-ups: not before 4:00pm

Competition: not before 5:00pm

<u>Girls Event #</u>	<u>Heats</u>	<u>Event</u>	<u>Heats</u>	<u>Boys Event #</u>
37	2	13-14 400 Free	2	38
	2	15&O 400 Free	2	
39	2	13-14 100 Back	2	40
	3	15&O 100 Back	3	
41	2	13-14 200 IM	2	42
	3	15&O 200 IM	3	
43	2	13-14 50 Free	2	44
	3	15&O 50 Free	3	

FINANCIAL SHEET

MEET NAME: 2019 DSMY JUNE LCM INVITATIONAL DATE: June 21-23

TEAM NAME: _____ CODE: _____

COACHES ATTENDING MEET: _____

ENTRY CONTACT: _____

PHONE: (____) ____ - ____ EMAIL: _____

ENTRY FEES	NUMBER	FEE	TOTAL \$
INDIVIDUAL ENTRIES		\$ 8.00	
# SWIMMERS (\$5 Splash Fee + \$5 Program Fee)		\$ 10.00	
OUTREACH ATHLETES		\$5.00 total fees	
# SWIMMERS (Manual Entry Fee)		\$5.00	
	TOTAL ENTRY FEES		
		Checks payable to:	<i>Greater Des Moines YMCA</i>

TO WHOM DO FINAL RESULTS GO, IF REQUESTING A HARD COPY?
