



AMES CYCLONE AQUATICS CLUB



Summer Detasseler

"Where swimmers come to produce a new crop of seed times"

July 13-14, 2019

(Saturday and Sunday Timed Finals)

Wellmark YMCA, Des Moines, Iowa

Open - 50 meters

ISI SANCTION: IA-19-95 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: Saturday, July 13, 2019
Sunday, July 14, 2019

TIME:

Session	Day	Coaches Meeting	Warm-ups	Competition
1	Sat Morning	6:45 am	7:00 am	8:15 am
2	Sat Afternoon	If needed	Not before 11:00 am	Not before 12:00 pm
3	Sun Morning	If needed	7:00 am	8:15 am
4	Sun Afternoon	If needed	Not before 11:00 am	Not before 12:00 pm

Teams will be notified by the Tuesday preceding the meet if warm ups are to be split.

SITE: *Wellmark YMCA, 501 Grand Avenue, Des Moines, Iowa 50309*

- Water depth: 10' starting depth and 9' depth at the turn end.
- The competition course has been certified in accordance with 104.2.2C(4). A copy of such Certification is on file with USA Swimming
- Daktronics electronic timing system with touchpads, one back-up button and watch back-ups per lane.

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) and present proof of current USA Swimming coach membership to the Referee to verify that all certifications are current and on file. Deck Pass is an acceptable form of proof in USA Swimming.

WARM-UPS: The ISI mandatory warm-up procedure will be followed in accordance with Section I, VII, M of the ISI Policies and Procedures. The pool will be cleared 10 minutes prior to competition.



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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.

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 current athlete members of USA Swimming.
- 2) Swimmers may enter up to 4 events per day.
- 3) Seed times must be submitted for a 50M course (LCM). No Time (NT) entries will be accepted.

SESSION LENGTH:

The program in all age group competitions (except championship meets) shall be planned to allow the events for swimmers twelve years and younger to be completed in four hours or less per session.

ENTRY FEES:

- 1) Individual events are \$8.00 per event
- 2) ISI swimmer surcharge fee is \$5.00 per swimmer
- 3) Handwritten entries (for teams entering more than five swimmers): \$2.00 per swimmer

ENTRY FORMS:

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-8.1). Payment shall be by check made payable to Ames Cyclone Aquatics Club or ACAC. All entry fees, including ISI swimmer surcharge fee, can 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 DEADLINES:

- 1) Entries will be accepted from teams/athletes in the Iowa LSC: **Friday, June 21, 2019 at 12:00pm (noon).**
- 2) Entries will be accepted from all teams/athletes on: **Friday, June 28, 2019 at 12:00pm (noon).**



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- 3) Electronic entries must be received by: **Friday, July 5, 2019 at 12:00pm (noon)**. Fees for all entries must be received by **Tuesday, July 9th, 2019** or entries will be scratched.
- 4) Entries will be confirmed via a return e-mail receipt.
- 5) Entries will be confirmed via a return e-mail receipt. Hand written entries are due no later than: **Friday, July 5, 2019**. Financial sheet and fees must accompany hand written entries. Express mailing entries **NO SIGNATURE REQUIRED**.
- 6) Phone and Fax entries will NOT be accepted.

LATE ENTRIES:

- 1) Late entries will be accepted only from swimmers already entered in the meet up to the beginning of warm-ups for each session if an empty lane is available in the event requested. Contact the Entry Chair to inquire about late entry availability.
- 2) If the meet program has not been created, swimmers shall be seeded into the meet, but will still be charged the late entry fee. If the meet program has been created, swimmers shall be assigned to an empty lane if available.
- 3) Late entry fees: Individual events \$12 per event.

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.

ENTRY CHAIR:

Eliot Winer
3202 Harrison Road, Ames, IA-50010
515-450-1077
meetentries@swimacac.com

MEET DIRECTOR:

Erin Kiojai
206 Rothmoor Drive, Gilbert, IA 50105
Erin: 515-480-8118
Sai: 515-231-6871
meetdirector@swimacac.com

MEET REFEREES:

Jason Horras
3418 Scenic Point, Ames, IA 50014
515-291-0827
jason@21stcenturyrehab.com

Frank Feilmeyer
2510 Somerset Drive, Ames, IA 50010
515-291-1403
frank@feilmeyer.com



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OFFICIALS

ACAC welcomes any visiting USA Swimming Officials who would like to officiate at this meet. If you are able to officiate, please contact the Meet Referee. Apprentice sessions can also be provided if scheduling allows

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 in accordance with Section I, VII, K of the ISI Policies and Procedures. 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 will be pre-seeded except the following events which require positive check-in: 400 IM, 400 Freestyle, and 1500 Freestyle.
- 2) All events will swim fastest to slowest.
- 3) Swimmers in all events shall report directly to the starting blocks
- 4) The Open 1500 free is limited to 48 total entries. The 24 fastest girls and 24 fastest boys will be entered. Adjustments will be made if there are less than 24 entries in one gender and we will fill those spots with entries from the other gender to have a total of 48 entries.
- 5) Positive check-in is required for the 400 IM, 400 Freestyle and 1500 Freestyle events.
 - a) Positive check-in deadline will be 30 minutes prior to the start of competition for the session in which the event will be swum.
 - b) Swimmers failing to check in will be scratched and their spot offered to any late entry alternates. They will be allowed to re-enter only if there are open lanes.
 - c) If a heat was eliminated after seeding, no heats will be added to accommodate a swimmer failing to check in.
- 6) It is not the meet hosts responsibility to provide rest for swimmers between events. If a swimmer has less than 10 minutes between swims, the swimmer (or swimmer's coach) should inform the Deck Referee.
- 7) Events may be combined to facilitate meet operation and separated later.
- 8) The 400 and 1500 Freestyle events will swim alternating girls and boys. Swimmers are requested to provide their own counter and timer for 1500 Freestyle events.
- 9) Fly-over starts will be used for all events.
- 10) Deck changes are prohibited.
- 11) Operation of a drone, or any other flying apparatus is prohibited over the venue (pools, athlete/coach area, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.



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- SCORING:** No individual or team scoring will be done for this meet.
- AWARDS:** Ribbons 1st – 6th place for 12 & under individual events.
- SCRATCHES:** ISI scratch rule is in effect for all sessions.
- TECH SUITS:** Swimmers ages ten years 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 are considered tech is posted on the ISI Website
- NO SMOKING OR ALCOHOL:** Smoking and the consumption of alcohol is not permitted anywhere in the swimming venue.
- 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 recon 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.
- PROGRAMS & RESULTS:**
- A full meet program (heat sheets, psych lists, and timelines) will be posted on the ACAC website (www.swimacac.com) the Wednesday preceding the meet as well as available for free on Meet Mobile. There will be no program sales at the meet.
 - Coaches from each team entered in the meet will receive session heat sheets.
 - All participating teams will receive an electronic copy of the final results. Meet results will be posted on the ISI websites.
- SPECTATOR SEATING:** Bleacher sections are available for spectators. Only officials, coaches, meet personnel, and athletes are permitted on deck. Team areas will be designated for athletes and coaches.
- Coaches, competitors and spectators will be limited to the natatorium and competitive swimming areas. Please do not enter other areas of the building without permission. If athletes or spectators enter other areas of the facility without permission, they could be expelled from the meet and escorted out of the venue. In this case, entry fees and admission expenses will not be reimbursed.
- SWIMMING SUPPLIES:** Splash Multisport will be onsite and will have a variety of swimwear and accessories available for sale at the meet. You can visit them at www.splashmulti.com.



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LODGING:

A list of lodging accommodations is available online at www.swimacac.com.

CONDUCT:

- Each team is responsible for the behavior of their swimmers. Teams will be financially responsible for any damage caused to the facility by their athletes, coaches, or parents/spectators.
- The Referee may remove any swimmer from competition for disruptive or disorderly behavior. The Meet Marshal will notify the Referee and the coach of any swimmer who is behaving/acting in an unsafe manner.
- **USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED AT ANY TIME IN CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS.**

INDEMNITY:

In granting this approval 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.

MINOR ATHLETE ABUSE PREVENTION POLICY

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.



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Summer Detasseler – 50 Meters

SATURDAY AM EVENTS

Warm-ups 7:00 AM, Timed Finals 8:15 AM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	1	10&U 200 IM	2	TF
TF	3	11-12 200 IM	4	TF
TF	5	10&U 100 Free	6	TF
TF	7	11-12 100 Free	8	TF
TF	9	10&U 50 Fly	10	TF
TF	11	11-12 50 Fly	12	TF
TF	13	10&U 100 Breast	14	TF
TF	15	11-12 100 Breast	16	TF
TF	17	11-12 200 Fly	18	TF
TF	19	10&U 50 Back	20	TF
TF	21	11-12 50 Back	22	TF
TF	23	10&U 400 Free ^{1,2}	24	TF
TF	25	11-12 400 Free ^{1,2}	26	TF

¹ Positive Check-in required 30 minutes prior to the start of competition

² Alternating girls and boys

SATURDAY PM EVENTS

Warm-ups immediately following AM session but not before 11:00 AM

Timed Finals not before 12:00 PM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	27	Open 400 IM	28	TF
TF	29	Open 100 Free	30	TF
TF	31	Open 100 Fly	32	TF
TF	33	Open 200 Back	34	TF
TF	35	Open 100 Breast	36	TF
TF	37	Open 400 Free ^{1,2}	38	TF

¹ Positive Check-in required 30 minutes prior to the start of competition

² Alternating girls and boys



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Summer Detasseler – 50 Meters

SUNDAY AM EVENTS

Warm-ups 7:00 AM, Timed Finals 8:15 AM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	39	10&U 100 Fly	40	TF
TF	41	11-12 100 Fly	42	TF
TF	43	10&U 50 Free	44	TF
TF	45	11-12 50 Free	46	TF
TF	47	11-12 200 Breast	48	TF
TF	49	10&U 200 Free	50	TF
TF	51	11-12 200 Free	52	TF
TF	53	11-12 100 Back	54	TF
TF	55	10&U 50 Breast	56	TF
TF	57	11-12 50 Breast	58	TF
TF	59	10&U 100 Back	60	TF
TF	61	11-12 400 IM ¹	62	TF

¹ Positive Check-in required 30 minutes prior to the start of competition

SUNDAY PM EVENTS

Warm-ups immediately following AM session but not before 11:00 AM

Timed Finals not before 12:00 PM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	63	Open 200 IM	64	TF
TF	65	Open 50 Free	66	TF
TF	67	Open 200 Fly	68	TF
TF	69	Open 100 Back	70	TF
TF	71	Open 200 Free	72	TF
TF	73	Open 200 Breast	74	TF
TF	75	11&O 1500 Free ^{1,2}	76	TF

¹ Positive Check-in required 30 minutes prior to the start of competition

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FINANCIAL SHEET - TIMED FINALS

MEET NAME: **ACAC Summer Detasseler**

DATE: _____

TEAM NAME: _____ CODE: _____

COACHES ATTENDING MEET: _____

ENTRY CONTACT: _____

ADDRESS: _____
Street Address City Zip

PHONE: _____ EMAIL: _____

ENTRY FEES	NUMBER	FEE	TOTAL \$
INDIVIDUAL ENTRIES		\$ 8.00	
SWIMMERS (Splash Fee)		\$ 5.00	
FINAL RESULTS HARDCOPY*		\$ 5.00	
TOTAL FEES			
MAKE CHECK PAYABLE TO: ACAC			

* FINAL RESULTS – Final results will be provided in electronic format & available on the ISI website, unless hard copy is requested along with fees.
Mail final results to:

