



2020 WINTER BLUES BUSTER

January 31 – February 2, 2020

Summit Middle School, Johnston, IA – 25-yd course
Mixed Open

ISI SANCTION: **IA-20-43** Held under the sanction of USA Swimming and Iowa Swimming, Inc. (ISI).

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

DATES: **Friday, January 31, 2020 through Sunday, February 2, 2020.**

TIME: The doors to Summit Pool will open at 8:40am on Saturday and 7:20am Sunday. Gym will be open for Crash Area at 8:00am Saturday and 7:00am Sunday.

<u>Sessions</u>	<u>Format</u>	<u>Warm-ups</u>	<u>Competition</u>
1. Fri PM	11&O TF	Not Before 6:50	Not Before 7:20pm
2. Sat AM	12&U TF	9:00am & 9:30am	10:10am
3. Sat PM	13&O TF**	Not before 2:05pm	Not before 3:00pm
4. Sun AM	12&U TF	7:20am & 7:50am	8:30am
5. Sun PM	13&O TF**	Not before 12:35pm	Not before 1:30pm

Coaches meeting will be immediately after the pool is closed for warm-ups prior to the beginning of the Saturday morning session, and on an as needed basis at the beginning of each session after the completion of warm-ups.

1-12 swimmers can enter the 1650 Freestyle in Session 1 and the 200 Back, 200 Breast, 200 Fly, and the 1000 Free in Sessions 3 and 5 respectively. **11 and 12-year-olds are only eligible for awards (ribbons & points toward high point) for events swam in the morning sessions.**

Warm-ups may be split. Morning sessions WILL have two 30-minute warm-up periods. Afternoon sessions MAY be split into two 45-minute periods for warm-ups. **If there are two warmup sessions in the afternoon, competition will begin at 4:00pm on Saturday and 2:15 on Sunday. Teams will be notified of their warm-up times by Tuesday, January 21, 2020.

SITE: **Summit Middle School. 9500 Windsor Parkway, Johnston, Iowa 50131.**

FACILITY: Indoor, 8-lane, 25-yard pool. Water depth at the starting end is 12 feet, 6 inches; the turn end water depth is 4 feet.

Daktronics / Omnisport 2000 electronic timing system with horn start, touch pads and push button backup system. Secondary timing of two digital watches on each lane.

The competition course has been certified in accordance with USA Swimming Rule 104.2.2C(4). A copy of such 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) and present a current USA Swimming coach membership card to the referee or his or her designee to verify that all certifications are current and on file. Displaying credentials on Deck Pass will satisfy this requirement.
- WARM-UPS:** The ISI mandatory warm-up procedure will be followed. The pool will be cleared 10 minutes prior to competition.
- 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 currently registered as athlete members of USA Swimming in order to compete in this meet.
 - 2) Swimmers may enter up to **4** individual events per day and **1** relay per day. 11-12 year-old swimmers may enter up to 6 events per day, however not more than 4 events per session.
 - 3) Seed times must be submitted for a 25-yd course. A swimmer's (or relay's) seed time can be no faster than the best time the swimmer (or relay) has achieved in an event swum in a 25yd pool. Converted times are not allowed. NT entries will be accepted.
- ENTRY LIMITS:** Pursuant to Rule 205.3.1F of USA Swimming Rules and Regulations, the program in all age-group competitions shall be planned to allow the events for swimmers 12 years and younger to be completed in 4 hours or less, per session. Relays may be scratched if timeline exceeds 4 hours.
- The following events will be limited to the number of swimmers, provided the session does not fill prior to reaching those numbers. The number of swimmers will be determined by the order entries are received. Swimmers and alternates will be accepted by *seed time then by age* if there are NT swimmers. Teams will be contacted via email and allowed to choose another event OR remain an alternate thru positive check-in. Alternates not selected after positive check-in may enter another event in any open lane. The 500 Free (9-12 age group) is limited to their gender and entries.
- 1) 9-12 500 Freestyles (E #31 – Girls & E #82 – Boys) will be limited to 24 entries each.
 - 2) 11 & Older 1000 Freestyle (E #47) will be limited to 40 entries.
 - 3) 11 & Older 1650 Freestyle (E #2) will be limited to 32 entries.
- ENTRY SUBMISSION:** Entry fees are as follows:
- 1) Individual events are \$8.00 per event.
 - 2) Relays are \$16.00 per relay.
 - 3) ISI swimmer surcharge is \$5.00 per swimmer. The surcharge is not assessed to outreach swimmers.
 - 4) The entry fee for each outreach swimmer is \$5.00 and covers all events swum by an outreach swimmer.
- ENTRY SUBMISSION (cont.)**

5) Entries must be submitted in electronic format (Hy-Tek or Team Unify meet entry file).

Submit entries along with the appropriate ISI Financial Sheet (APP-8.1). Send a hardcopy of the entries and financial sheet with the entry fees.

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 *Central Iowa Aquatics*. 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; swimmer surcharge 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 and from non-ISI teams in attendance last year beginning at **2:00pm, Friday, December 27, 2019**.
- 2) All other entries will be accepted beginning at **2:00pm, Friday, January 3, 2020**.
- 3) Electronic entries must be received no later than **12:00 Noon, Monday, January 27, 2020**.
- 4) Once a team's entries have been accepted by the meet host, that team is considered entered in 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 in 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.
- 5) Once entries are accepted, only time updates will be allowed for teams with electronic entries. Any additions/substitutions must be made via email to the Meet Director prior to the entry deadline.
- 6) A hardcopy of the entries, along with entry fees and financial sheet must be received by **5:00pm, Wednesday, January 29, 2020** 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.
- 7) Entries will be confirmed via a return email receipt.
- 8) 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 the ISI meet contacts as well as any non-ISI teams with entries already accepted. The same information will be posted on the CIA website, www.centraliowaaquatics.org under the CIA Meets/Blues Buster tabs.

LATE ENTRIES:

- 1) Provided space is available, late entries will be accepted by email until 12:00pm Thursday, January 30th for Friday events; Friday, January 31, 2020 for Saturday's events; and in person until the conclusion of Session 4 for Sunday's events.
- 2) Only swimmers already entered in the meet that have not reached their session limits will be able to late enter events after 12 Noon, Wednesday, January 29, 2020.
- 3) If the meet program has not been uploaded to the website, 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: \$12.00 per event.

Relays: \$24.00 per relay.

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 assistance required. See Article 105 of USA Swimming Rules and Regulations.

SEND ENTRIES TO:

Send entries by email to meetdirector@centraliowaaquatics.org. Receipt will be confirmed by email. Send all print materials to Cameron Naylor, 5424 NW 90th St., Johnston, IA 50131. If sent by rush delivery, indicate no signature required.

MEET DIRECTOR:

Facility & Blaze Representative
Eric Coleman
(319) 594-3779

Entries, Wetside & CIA Representative
Cam Naylor meetdirector@centraliowaaquatics.org
(515) 494-6541

Assistant Director
Andrea Matheson
(515) 321-2173

REFEREE:

Curtis Witt
curtis.witt@iaswim.org

OFFICIALS:

Central Iowa Aquatics welcomes any visiting USA Swimming Officials who would like to officiate at this meet. Officials will receive a complimentary meet program. If you are able to officiate, please email the Meet Referee.

MEET COMMITTEE:

A meet committee comprised of the Meet Director, Referee, a Coach Representative, an Athlete Representative, and a Certified Official acting at large will be established. 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.
- 2) **Positive check-in is REQUIRED** for both 9-12 500 Freestyles (E #31& 82); 1000 Freestyle (E #47); 400 IM (E #1) and the 1650 Freestyle (E #2).
 - a. Positive check-in deadline is 10 minutes after start of the first (or second if two warmup periods) warm-up of the session the event is in.
 - b. Positive check-in events may be reseeded after the positive check-in deadline if a heat can be eliminated or the referee deems it necessary.
 - c. Swimmers failing to check in by the deadline will be scratched and their spot offered to any alternates. Swimmers who are scratched will be allowed to reenter only if there are empty lanes available in the slowest heat.
 - d. No heats will be added to accommodate a swimmer failing to check in by the deadline, including any heat eliminated after reseeding the event.

MEET OPERATION (cont)

- e. CIA & BLAZ will provide timers for the 500 and 1000 Free. **Swimmers MUST provide their own timers for the 1650 Free and 400 IM for Friday Evening.**
- 3) All events will be swum **FASTEST to SLOWEST**. The 1000 Free and 400 IM will have 11-12 swimmers seeded first (and consecutive heats if necessary) followed by 13 & Older swimmers.
 - 4) Results for individual events will be separated by gender and age for scoring. Events swum Friday night will NOT count towards hi-point awards. Only Saturday and Sunday events.
 - 5) 11-12-year-old swimmers do have the option of swimming in some events in the afternoon sessions; however, no points will be counted towards the High Point.
 - 6) Swimmers are allowed to enter both the 400 IM & 1650 Free on Friday.
 - 7) Swimmers in all events shall report directly to the starting blocks. Swimmers will NOT be checked in by a Clerk of Course.
 - 8) Fly over starts may be used at the discretion of the referee.
 - 9) The host is not responsible for providing rest for swimmers entered in consecutive events. If a swimmer has less than 10 minutes between swims, the swimmer (or swimmer's coach) should inform the referee.
 - 10) Relay cards will be distributed prior to the start of the meet. If names for the relay events are included in entries, those names will be on the relay card at the meet. Relay cards must be turned in 10 minutes after the start of the second warm-up of the session.
 - 11) Relays may be dropped from the schedule if necessary. We will do all we can to run the relays as stated. If the relays are cancelled, teams will be given a full refund of the relay cost.
 - 12) Deck changes are prohibited.
 - 13) The 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.
 - 14) 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 is considered "Tech" suits is posted on the ISI Website.
 - 15) Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

SCORING:

Relay events will not be scored. 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:

Awards will be awarded for 12&Under Swimmers for events swum in the morning sessions. 1st-8th place for individual events and 1st thru 3rd place for relays.
 1st thru 3rd - Medals
 4th thru 8th - Ribbons.

Individual High Point Trophies will be awarded to the TOP 3 male/female swimmers in each age division. (8&Under, 9-10, 11-12, 13-14, 15&Older)
 400 IM, 1650 & (1000 Free, 200 Back, 200 Breast, & 200 Fly available to 11-12 age group swimmers) **will not** count towards High Point. Only events swum in the morning sessions (2 & 4) will count in the high point categories for the 8 & Under, 9-10, & 11-12 age groups. Only events in the afternoon sessions (3 & 5) will count for the 13-14 and 15 & Older age groups.

SCRATCHES:

There is no penalty for no-shows but swimmers are encouraged to declare a false start to the referee if they do not intend to swim an entered event. The ISI scratch rule is in effect.

**USA
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 the 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 will be not be permitted to compete in this meet.

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 SMOKING OR
ALCOHOL:**

The Johnston Community School District is a **smoke-free environment**. No smoking or use of tobacco products, or the consumption of alcohol is permitted in any school-owned facility, or on school grounds.

**IMAGE
AUTHORIZATION:**

Participants consent to be photographed/filmed by any authorized photographer(s) and/or network(s) of ISI and/or the host club under the 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.

**ADDITIONAL
INFORMATION:**

- 1) Heat Sheets: Heat Sheets will be uploaded to the CIA website under *Events-Winter Blues Buster*. Heat sheets will also be uploaded to Meet Mobile prior to the start of that session free of charge.
- 2) Results: Electronic results will be provided to all teams participating in the meet. Final results will be posted on the 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 concession stand offering hot and cold food selections, along with drinks and healthy snacks. A hospitality room will be available for coaches and officials.
- 4) Swim apparel/merchandise: Elmore Swim Shop will be onsite and will be offering a variety of swimming apparel & equipment.
- 5) Seating: Spectator seating is limited to the bleacher area. To maximize spectator seating, swimmers should use the seating on deck. To avoid congestion in the entry way to the pool, the first 6 rows of the first (east) section of bleachers will be designated as temporary seating for people coming in from the crash area to catch a race or two. Please no blankets or stadium chairs in these rows.
- 6) Crash Area: The gym will be open and is designated as a crash area for swimmers and their parents. The start of each event will be announced in the gym.
- 7) Deck: Only registered swimmers, coaches and meet personnel will be allowed on deck.
- 8) Parking: Parking will be limited on Sunday morning due to a scheduled event at the school. There is additional parking available at the elementary school just west of the Summit Middle School.

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.

2020 Central Iowa Aquatics Winter Blues Buster

Summit Middle School (25-yard course) Sanction # IA-20-43

ORDER OF EVENTS

Session 1: Friday Evening, January 31, 2020

Warm-ups Not before 6:50PM

Competition Not Before 7:20PM

EVENT #	Order of Events	EVENT #
1	Mixed 11 & Older 400 IM	
2	Mixed 11 & Older 1650 Free	

12 & Under Session 2: Saturday Morning, February 1, 2020

Warm-ups begin at 9:00 AM & 9:30 AM

Competition starts at 10:10 AM

Girls EVENT #	Order of Events	Boys EVENT #
3	8 & Under 25 Free	4
5	11-12 200 IM	6
7	9-10 200 IM	8
9	11-12 100 Free	10
11	10 & Under 100 Free	12
13	11-12 100 Breast	14
15	9-10 100 Breast	16
17	8 & Under 25 Breast	18
19	10 & Under 50 Back	20
21	11-12 50 Back	22
23	10 & Under 50 Fly	24
25	11-12 50 Fly	26
27	10 & Under 200 Medley Relay	28
29	11-12 200 Medley Relay	30
31	9-12 500 Free (Girls)	

**2020 Central Iowa Aquatics Winter Blues Buster
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11 & Older Session 3: Saturday Afternoon, February 1, 2020

Warm-ups begin at 2:05 PM
Competition starts Not Before 3:00 PM

Women EVENT #	Order of Events	Men EVENT #
33	13 & Older 500 Free	34
35	11 & Older 200 Breast	36
37	13 & Older 100 Back	38
39	13 & Older 100 Fly	40
41	13 & Older 50 Free	42
43	13 & Older 200 IM	44
45	13 & Older 200 Medley Relay	46
47	Mixed 11 & Older 1000 Free	

12 & Under Session 4: Sunday Morning, February 2, 2020

Warm-ups begin at 7:20 AM & 7:50 AM
Competition starts at 8:30 AM

Girls EVENT #	Order of Events	Boys EVENT #
49	8 & Under 25 Back	50
51	9-10 100 Back	52
53	11-12 100 Back	54
55	8 & Under 25 Fly	56
57	9-10 100 Fly	58
59	11-12 100 Fly	60
61	9-10 200 Free	62
63	11-12 200 Free	64
65	10 & Under 50 Breast	66
67	11-12 50 Breast	68
69	10 & Under 50 Free	70
71	11-12 50 Free	72
73	10 & Under 100 IM	74
75	11-12 100 IM	76
77	10 & Under 200 Free Relay	78
79	11-12 200 Free Relay	80
	9-12 500 Free (Boys)	82

**2020 Central Iowa Aquatics Winter Blues Buster
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11 & Older Session 5: Sunday Afternoon, February 2, 2020

**Warm-ups begin at 12:35 PM
Competition starts Not Before 1:30 PM**

Women	Order of Events	Men
EVENT #		EVENT #
83	11 & Older 200 Back	84
85	13 & Older 100 Free	86
87	13 & Older 100 Breast	88
89	13 & Older 200 Free	90
91	11 & Older 200 Fly	92
93	13 & Older 200 Free Relay	94

