



IOWA SWIMMING, INC.
2024
Winter REGIONAL AND 8 & UNDER CHAMPIONSHIPS
February 10-11, 2024

Hosted by
Dubuque Area Swimmin' Hurricanes

IASI SANCTION IA-24-038R. Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).

RULES Current USA Swimming technical and administrative rules and IASI policies and procedures will govern this meet.

TIMES	Session	Warm-Up	Competition
1	Saturday Morning 12&Under Timed Finals	7:00 am	8:30 am
2	Saturday Afternoon 8&Under Championships	12:00 pm**	12:45 pm**
3	Saturday Evening 13&Over Timed Finals	4:00 pm**	5:00 pm**
4	Sunday Morning 12&Under Timed Finals	7:00 am	8:30 am
5	Sunday Afternoon 13&Over Timed Finals	12:00 pm**	1:00 pm**

Should warm-up need to be split, clubs will be notified by 6:00 pm on Thursday February 8th.

**Final Start Times for Warm-ups and Competition will be published by 6:00 pm on Thursday February 8th.

The pool deck will open 30-minutes prior to warm-ups and will close 30-minutes after the conclusion of the last event each day. Athletes must remove all personal items each day. Items left on the pool deck will be collected and placed in lost and found.

TECHNICAL MEETING

Saturday, February 10, 2024, 6:45 am in the pool deck wet classroom, and, as necessary throughout the meet.

Meet details will be discussed.

Details and information discussed at this meeting will be emailed to all coaches and available from the Meet Referee following the meeting. Coaches are responsible for all information presented and included in this information.

SITE

Dubuque Community Schools Aquatic Center at Hempstead High School
3715 Pennsylvania Avenue
Dubuque, IA 52002

FACILITY

The pool is an 8-lane, 25 yd. competition pool, 9' wide lanes, 12' depth at primary start end, 7' depth at the turn and 8 & Under 25 yd. event start end, with additional five (5) 7', 25 yd. warm-up lanes, Daktronics timing system and readout board, touchpad, 2 buttons and 2 watches per lane.

The host will ensure the required course dimensions.

Athletes, coaches, meet personnel, and officials will be limited to the natatorium, athletics entryway for public restrooms / concessions and competitive swimming areas in the facility. Accessing other areas of the building without permission is prohibited. Entry into other areas of the facility could result in expulsion from the building &/or meet without entry fees reimbursement.

GLASS IS NOT ALLOWED anywhere in the aquatic facility - on deck & spectator area.

NO colored drinks - clear or light sports drinks are OK, but no purple, red, green, blue, ... , no coffee, no dark soda - on the pool deck.

COACHES

Sign In. Only currently registered USA Swimming member coaches 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 and on file with USA Swimming. The official mobile application of USA swimming is acceptable proof of USA Swimming membership.

WARM UP

The IASI Mandatory Warm-Up Procedure and IASI Championship Warm-Up Procedure will be followed.

The five (5) additional warm-up lanes noted under FACILITY above will be used for meet warm-up AND throughout the meet, except during the 8 & Under Championship session warm-ups, for warm-up and warm-down. Starts are only allowed in this area in designated lane(s) and with coach supervision.

SUPERVISION

All athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any athlete without a coach shall report to the Meet Referee prior to their warm-up. The Meet Referee or designee may assist the athlete in making arrangements for such supervision, but it is the athlete's responsibility to make such arrangements prior to the start of the meet.

**MEDICAL
SUPERVISION**

A lifeguard will be on duty during competition, covering the warm-up /warm-up down lanes only. An AED is available on the pool deck.

RACING STARTS

Any athlete 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 without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement.

**ENTRY
REQUIREMENTS**

1. Athletes must be members of USA Swimming and Iowa Swimming.
 - a. The meet host will notify teams if they have entered swimmers whose memberships cannot be verified through pre-meet reconciliation. Those swimmers must prove membership to the meet host by either (i) showing the athlete's member card from the USA Swimming mobile app or website, or (ii) demonstrating that the athlete appears on a current club roster report produced from SWIMS 3.0. Screenshots of the athlete's member card is NOT acceptable proof of membership. Any swimmer who fails to prove membership no later than 10 minutes prior to warmups for the first session in which they are entered to compete will not be permitted to compete, forfeits their entry fees, and will be administratively disqualified from the entire meet.
2. Athletes must be entered into the meet prior to entering the water or competing in an event. If an athlete participates in a relay prior to entering the meet, the relay team shall be disqualified, even if proof of registration is provided after the relay has competed.

ENTRY TIMES

1. For all events, a swimmer shall be entered using their fastest conforming (SCY) time for the event from the SWIMS database, if available. If a swimmer has no available entry time for the event in SWIMS, the coach shall enter an estimated SCY time which best reflects the ability of the swimmer.
2. NT entries are not allowed.

3. Athletes may not compete in events which they hold the current IASI Q time standard for any course (SCY, LCM, SCM) except as stated below.
 - a. Athletes who age up to a new Age Group prior to the upcoming IASI Championship Meet may enter and compete individual events in their current Age Group with current Q time standard at Regionals provided they have not yet achieved their future Age Group Q time. Athletes who swim individual events under this rule will not be eligible for Awards. This exception does not extend to Relay Entry.
 - b. 8 & Under Athletes may compete in individual and relay events during Session 2 (8U Championships) if they have achieved the 10U Q time standard. They may not compete these events in other session(s) if they have achieved the 10U Q time standard in that event.

4. Relay athletes who have an Iowa Q-Time standard in the 50 yard or meter distance of a stroke may not swim that leg in a 200 relay. Athletes 13 & Over who have the IASI Q-Time standard in the 100 yard or meter Back, Breast, or Fly may not swim the leg of that stroke in the 200 medley relay.

ENTRY LIMITS

1. Individual Events: Athletes may enter 4 individual events per day except as noted below.
 - a. 8 & Under athletes may enter 5 individual events on Saturday only. If entering in both Session 1 & 2, the maximum daily limit of 5 individual events applies.
2. Relay Events: Athletes may swim on one relay team per event. There is no entry limit for relay teams and relay events do not count towards the athlete's individual event entry limit.
 - a. 8 & Under Championship Session 2: Only 2 relay teams per club are eligible in each event for awards and scoring.

ENTRY SUBMISSION

Entries Open: Tuesday, Jan 11th, 2024 at 12:00 pm (Noon)
 Entry Deadline: Friday, Feb 2nd, 2024 at 12:00 pm (Noon)

1. Entries may be submitted by:
 - a. Electronic entry file in a format compatible with Hy-Tek Meet Manager software
 - b. Manual entries on the IASI Meet Entry Form (APP-7)

2. If submitting electronic entries, the team must include a copy of the entries and a financial summary in PDF format. No team generated electronic entries will be accepted without these attachments.

3. Send electronic entries by email to Doug Colin / coachdoug@teamdash.org
 Receipt will be confirmed by email. Send all printed materials to the Entry

Chair at the address listed below. If sent by rush delivery, indicate no signature required. Neither entries nor entry changes will be accepted by phone or fax.

4. If an athlete entered in an event achieves an Iowa Q-Time standard after the entry deadline and the athlete or coach notifies the entry chair by Noon on Monday, February 5th, 2024 the athlete may change the event without the entry being a late entry. The athlete will be refunded for the individual event entry fee should there be no other events eligible due to having achieved Iowa Q-Time standards in all available events.

ATHLETES

WITH DISABILITIES

Athletes with disabilities are encouraged to compete. Athletes with disabilities may not compete in events in which they hold an Iowa Q-Time standard.

The information Form for Adapted Competitive Athletes (APP-21) indicating accommodations and requested modifications should be completed and attached to the meet entries.

ENTRY FEES

Individual Events	\$6.00 per event
Relay Events	\$10.00 per relay
IASI Swimmer Surcharge	\$6.00 per athlete
Outreach Athletes	\$5.00 see below
Manual Entries	\$2.00 per athlete

Outreach Athletes. Swimmers must be a USA Swimming and IASI Outreach Athlete who qualifies for benefits to enter as Outreach. For swimmers that qualify, the entry fee for all individual events is \$5.00 total, including the IASI Swimmer Surcharge and Facility Fee (if applicable). To qualify for the reduced entry fee, teams must provide the total number of Outreach Athletes and their individual entries by 12:00 pm (Noon) on Monday, February 5th, 2024. Names of Outreach Athletes must not be provided to host clubs.

Manual Entries. An additional fee of \$2.00 per athlete will be assessed for:

- a. Teams entering five (5) or more athletes on or before the first day of the meet,
- b. Teams using APP-7 for athlete entries submitted after the first day of the meet, or
- c. For IASI-affiliated unattached athletes who use APP-7 for entry.

Payment Deadline. Entry fees are due 15 minutes before the start of warmups of the first session in which the team is competing. A hard copy of the financial sheet (APP-8) must accompany entry fees.

Payment shall be made by check payable to **DASH**. The meet host reserves the right to require payment by money order or cashier's check.

LATE ENTRIES

1. Late entry deadline is 6:00 pm on the day prior to the event via email or on deck at the administration table. Athletes who late enter the meet will be required to provide proof of USA Swimming registration in the Iowa LSC.
2. Late entries will be seeded with their entry time unless heat sheets have been published.
3. All late entry relays will be seeded with a No Time.
4. Late entry fees are:

Individual Events	\$12.00 per event
Relay Events	\$20.00 per relay

SEND ENTRIES TO

Send electronic entries by email to the Entry Chair. Receipt will be confirmed by email.

Mail all printed materials to:

DASH

ATTN: Doug Colin

P.O. Box 1062

Dubuque, IA 52004-1062

If sending by rush delivery, indicate no signature required, send to;

Doug Colin

1235 Cleveland Ave.

Dubuque, IA 52003

ENTRY CHAIR

Doug Colin

(563) 543-1105

coachdoug@teamdash.org

MEET DIRECTORS

Doug Colin

(563) 543-1105

coachdoug@teamdash.org

Christy Beimborn

(563) 543-2861

christy.beimborn@gmail.com

MEET REFEREE

Jason Wenger

563-608-9028

jwenger74@gmail.com

PSYCH SHEETS

Psych Sheets will be posted on the TeamDASH website -

<https://www.gomotionapp.com/team/iadash/page/hosted-meets/2024-iasi-winter-regionals>, by 5:00 pm on Wednesday, February 7, 2024.

TIMERS

Teams entered in the meet will provide 50% of the Timer Volunteers. Allocation of required volunteers needed is based on total athletes entered and credit for Official volunteers at the meet.

Teams will be informed of the number of timers needed and sessions to be worked by **8:00 pm on Thursday, February 8, 2024**. Teams may divide timing assignments among more than one person, provided everyone participating attends the timer's briefing for that session.

1000 Free and 1650 Free: Additionally, each club (or unattached athlete) must provide one (1) timer for each athlete competing in the 1000 Free or 1650 Free.

OFFICIALS

Officials must be signed up by **12:00 pm (Noon), Thursday, February 8, 2024**, for those sessions to count towards their club's number of required positions.

MEET COMMITTEE

A meet committee consisting of the Meet Director, Meet Referee, a coach representative, an athlete representative, and a certified official acting at large will be established.

MEET OPERATIONS

1. All events are timed finals.
2. Events will be pre-seeded, except for the 1000 Free and 1650 Free.
3. 1000 Free and 1650 Free:
Positive check-in closes 30 minutes before the start of competition for the event's session. Athletes who fail to check in by the deadline and want to swim the event will be down-seeded to the slowest heats and the slowest lanes if lanes are available, however, additional heats will not be added.

The 13-14 and 15 & Over 1000 Free and 1650 Free will each be seeded together, alternating girls and boys heats, fastest to slowest. Results will be separated for awards.

The 11-12 1000 Free will be swum fastest to slowest, alternating girls and boys.

Athletes or their clubs must provide one timer for the 1000 Free and 1650 Free. Lap Cards will be provided by host team, if desired Lap Counters must be provided by the athlete or their club.

8. Relay Cards: If names are on entry sheets for relays, those names will be on the relay cards at the meet. All relay cards will be distributed before warm-ups. All four (4) full athlete names, ages, and order of swimming must be listed on each card and order should be verified by the coach. All relay

cards should be submitted after verification at least thirty (30) minutes before the published relay event start to the Administration table. Any relay that enters the water before a relay card is presented to the administration table will be disqualified. Changes made after submission must be presented to the lane timer prior to the start of the heat.

9. Deck changes are prohibited.
10. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athletes/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and / or spectators are present.

SCRATCHES The IASI Scratch Rules are in effect.

SCORING Scores will be tabulated for the 8 & Under Session Only

Individual Events

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

Relay Events – only 2 relay teams/club may score in each event

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

AWARDS

8 & Under Events

Individual Events

1st - 8th Medals
9th – 16th Ribbons

Relay Events

1st - 3rd Medals
4th - 8th Ribbons

9 & Over Age Groups

Individual Events

1st - 3rd Medals
4th - 8th Ribbons

Relay Events

1st - 3rd Ribbons

Presentation. Awards for the 8 & Under Championships will be presented on the pool deck following every two event cycles for the top eight (8) finishing athletes in each individual event, top 3 in each relay event. All other awards will be given to clubs and unattached athletes off deck.

Swimmers with Disabilities. For medals and ribbons, swimmers with disabilities will be awarded individually.

8 & Under Individual High Point. An award will be presented to the top three (3)

athletes, boys and girls, for the 8 & Under age group only.

8 & Under Team Awards. An 8 & Under Championship banner will be presented to the team scoring the most combined points during the 8 & Under Championship session. No other age groups will be awarded.

IASI Sportsmanship & Spirit Award. IASI will provide and present this award. One coach and one athlete from each team will vote, as well as the Meet Referee. Criteria to use will be included in the coaches' packet.

- RESULTS** Electronic results will be provided to all teams participating in the meet. A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00.
- SPECTATORS** "Hot Seats" seating will be blocked off and available for parents to watch ONE heat. These seats will be located near the starting blocks end of the pool in the first two rows of bleachers.
- CONCESSIONS** A variety of light concessions will be available, food bars, sports drinks, water.
- MERCHANDISE** Splash Multisport will be available during the meet.
- HEAT SHEETS** Available on-line at <https://www.gomotionapp.com/team/iadash/page/hosted-meets/2024-iasi-winter-regionals>
- PARKING** Available adjacent to the aquatic center, north side of the high school.
- 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 TOBACCO OR ALCOHOL** The use of any tobacco products or the consumption of alcohol is not permitted anywhere in the swimming venue.
- IMAGE AUTHORIZATION** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of IASI. Participants authorize the use of names, pictures, likenesses, and biographical information before, during, or after the meet to promote competitive swimming. All participants agree not to use awards received in the competition for the purpose of trade or financial gain.
- DISCLOSURES** It is understood and agreed that USA Swimming and IASI shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

All 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 MAAPP is a condition of participation in the conduct of this competition.

A Quality Control System has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate at this meet.

Additional information regarding the required Quality Control System for SafeSport may be found on the [Iowa Swimming website > Meet Host Resources](#) page.

EVENT ORDER

Session 1 - Saturday Morning February 10, 2024

Warm Up: Not before 7:00 am		Competition: 8:30 am
Girl's Event #	Event	Boy's Event #
1	11-12 100 Freestyle	2
3	11-12 400 I.M.	4
5	10 & Under 100 Freestyle	6
7	11-12 100 Breaststroke	8
9	10 & Under 50 Breaststroke	10
11	11-12 200 Backstroke	12
13	10 & Under 100 Backstroke	14
15	11-12 50 Butterfly	16
17	10 & Under 50 Butterfly	18
19	11-12 100 I.M.	20
21	10 & Under 100 I.M.	22
23	11-12 50 Backstroke	24
25	11-12 200 Butterfly	26
27	10 & Under 200 Medley Relay	28
29	11-12 200 Medley Relay	30
15 Minute Break		
31	10 & Under 500 Freestyle	32
33	11-12 500 Freestyle	34

Session 2 - Saturday Afternoon
February 10, 2024

Warm Up: Not before 12:00 pm

Competition: Not before 12:45 pm

Girl's Event #	Event	Boy's Event #
35	8 & Under 100 Medley Relay	36
5 Minute Break		
37	8 & Under 100 Freestyle	38
Awards Break		
39	8 & Under 25 Breaststroke	40
5 Minute Break		
41	8 & Under 50 Backstroke	42
Awards Break		
43	8 & Under 25 Butterfly	44
5 Minute Break		
45	8 & Under 50 Freestyle	46
Awards Break		
47	8 & Under 100 I.M.	48
5 Minute Break		
49	8 & Under 50 Breaststroke	50
Awards Break		
51	8 & Under 25 Backstroke	52
5 Minute Break		
53	8 & Under 50 Butterfly	54
Awards Break		
55	8 & Under 25 Freestyle	56
5 Minute Break		
57	8 & Under 100 Freestyle Relay	58
Awards		

Session 3 - Saturday Evening
February 10, 2024

Warm Up: Not before 4:00 pm

Competition: Not before 5:00 pm

Girl's Event #	Event	Boy's Event #
59	13-14 100 Freestyle	60
61	15 & Over 100 Freestyle	62
63	13-14 400 I.M.	64
65	15 & Over 400 I.M.	66
67	13-14 100 Breaststroke	68
69	15 & Over 100 Breaststroke	70
71	13-14 200 Backstroke	72
73	15 & Over 200 Backstroke	74
75	13-14 100 Butterfly	76
77	15 & Over 100 Butterfly	78
79	13-14 200 Medley Relay	80
81	15 & Over 200 Medley Relay	82
83	13-14 500 Freestyle	84
85	15 & Over 500 Freestyle	86

Session 4 - Sunday Morning
February 11, 2024

Warm-ups: Not before 7:00 am

Competition: Not before 8:30 am

Girl's Event #	Event	Boy's Event #
87	11-12 50 Freestyle	88
89	10 & Under 50 Freestyle	90
91	11-12 200 I.M.	92
93	10 & Under 200 I.M.	94
95	11-12 200 Breaststroke	96
97	10 & Under 100 Breaststroke	98
99	11-12 100 Backstroke	100
101	10 & Under 50 Backstroke	102
103	11-12 100 Butterfly	104
105	10 & Under 100 Butterfly	106
107	11-12 200 Freestyle	108
109	10 & Under 200 Freestyle	110
111	11-12 50 Breaststroke	112
113	10 & Under 200 Freestyle Relay	114
115	11-12 200 Freestyle Relay	116
15 Minute Break		
117	11-12 1000 Freestyle	118

Session 5 - Sunday Afternoon
February 11, 2024

Warm-ups: Not before 12:00 pm

Competition: Not before 1:00 pm

Girl's Event #	Event	Boy's Event #
119	13-14 200 I.M.	120
121	15 & Over 200 I.M.	122
123	13-14 50 Freestyle	124
125	15 & Over 50 Freestyle	126
127	13-14 200 Breaststroke	128
129	15 & Over 200 Breaststroke	130
131	13-14 100 Backstroke	132
133	15 & Over 100 Backstroke	134
135	13-14 200 Freestyle	136
137	15 & Over 200 Freestyle	138
139	13-14 200 Butterfly	140
141	15 & Over 200 Butterfly	142
143	13-14 200 Freestyle Relay	144
145	15 & Over 200 Freestyle Relay	146
15 Minute Break		
147	13-14 1000 Freestyle	148
149	15 & Over 1000 Freestyle	150
151	13-14 1650 Freestyle	152
153	15 & Over 1650 Freestyle	154