

# 2023 Dowling Catholic Riptide H2O opener

IASI SANCTION: IA-23-058  
Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).  
Current USA Swimming technical and administrative rules and IASI policies and procedures will govern this meet.

RULES:

DATES: Friday, May 5<sup>th</sup> and Saturday, May 6<sup>th</sup> 2023

TIME:

	<u>Sessions</u>	<u>Warm-Ups</u>	<u>Competition</u>
1	Friday, May 5	5:00 PM	6:00 PM
2	Saturday, May 6	8:00 AM	9:00 AM
3	Saturday, May 6	Not Before Noon	Not Before 1 PM

Coaches meeting at 4:45 PM Friday and 7:40 AM Saturday (if needed)

SITE: Wellmark YMCA  
501 Grand Avenue, Des Moines, IA

FACILITY: The Prairie Meadows Pool (competition pool) is a 8 lane 50-meter long course pool.. 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. The 4 lane, 25 yard program pool will be available for warm-up if needed. Colorado electronic timing systems will be used in all configurations. 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

MEDICAL SUPERVISION Lifeguards on duty and will supervise all warmup, competition, and cool down swimming and must be present whenever the pool deck is open. AED devices are available on premises. All facility staff are Red Cross trained in CPR for the Emergency Response Personnel. Emergency buttons located near the pool which summon additional emergency response including Des Moines Fire Department medical responders.

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.

WARM-UPS: The IASI mandatory warm-up procedure will be followed. Swimmers must be under the supervision of a USA Swimming member-coach during warm-up, competition, and warm down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer’s responsibility to make such arrangements prior to the start of the meet.

**RACING STARTS:** Any swimmer 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 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 no more than 4 individual events per day.
3. Seed times must be submitted for a 50 meter long-course (LCM). Converted times are not allowed.
4. NT entries are accepted.

**ENTRY SUBMISSION:**

Entry fees are as follows:

1. Individual events: \$8.00 per event.
2. IASI swimmer surcharge: \$6.00 per swimmer. The surcharge is not assessed to outreach swimmers.
3. The entry fee for each outreach swimmer is \$5.00 and covers all events swum by an outreach swimmer.
4. Electronic entries must be submitted in a format compatible with Hy-Tek Meet Manager software. Handwritten entries must be submitted on the IASI Meet Entry Form (APP-7).
5. Submit entries along with the appropriate IASI Financial Sheet (APP-8.1). If submitting electronic entries, also send a hardcopy of the entries with the entry fees and financial sheet.
6. 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.
7. Payment shall be by check or money order made payable to Dowling Catholic Riptide.
8. All entry fees, including IASI 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; IASI 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 Noon on April 3, 2023.
2. Entries will be accepted from all teams/athletes at Noon on April 10, 2023.
3. Electronic entries must be received no later Noon on April 29.
4. Handwritten entries, along with entry fees, financial sheet, must be received no later than Noon on April 29. Handwritten entries will not be considered 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 Noon, May 2, 2023, 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.
10. Entries will be accepted in the order received. Once the meet reaches capacity, the host team will inform IASI meet contacts as well as any non-IASI teams with entries already accepted.

**LATE ENTRIES:**

Provided space is available, late entries will be accepted by email until Noon May 4. After that time, they will only be accepted on deck up to the end of warm-ups of each session.

Only swimmers already entered in the meet that have not reached their session limit will be able to late enter after Noon, April 29.

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: \$12 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 IASI Entry Form for Disability Athletes 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.

**SEND ENTRIES TO:**

Send electronic entries by email to [peure@dowlingcatholic.org](mailto:peure@dowlingcatholic.org). Send all print materials to [peure@dowlingcatholic.org](mailto:peure@dowlingcatholic.org)

**MEET DIRECTORS:** Paul Eure [peure@dowlingcatholic.org](mailto:peure@dowlingcatholic.org) 563-370-4950 and Ann Peterson [dchsyouthswimming@gmail.com](mailto:dchsyouthswimming@gmail.com)

**REFEREE:** Kirstin Oppel [oppelk@hotmail.com](mailto:oppelk@hotmail.com)

**OFFICIALS:** Dowling Catholic Riptide welcomes any visiting USA Swimming officials who would like to officiate at this meet. If you are able to officiate, please contact the Referee or sign up at this link: <https://www.signupgenius.com/go/20F0C45A9A62A1-2023>

**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 will be mixed age groups and genders.
2. All events will be pre-seeded EXCEPT the 12 and Under 400 Freestyle, and the Open 800/1500 Freestyle which will have positive check in and be deck-seeded. The positive check-in deadline is 30 minutes prior to the start of competition.
3. All events will swim Fastest to Slowest.
4. Fly-Over starts will be used.
5. Warm Up/Cool down area will be available in the program pool throughout the competition. Swimmers must be continually swimming, no congregating in the cool down pool.
6. Deck Changes are prohibited.
7. Coaches and Officials must produce proof of membership to be allowed on the pool deck. The USA Swimming app or Deck Pass is acceptable proof of USA Swimming membership.
8. Participants may enter only one distance event (the 800 OR 1500 freestyle)
9. 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:** The meet will not be scored.

**AWARDS:** Ribbons will be awarded to 8 places for events 1 through 11 both male and female in the following age groups, 8 and Under, 9-10, and 11-12.

**SCRATCHES:** The IASI scratch rule is in effect. Swimmers are encouraged to declare a false start to the referee if they do not intend to swim an entered event. No-shows and DFS are considered entries for entry limits.

**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 IASI 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 IASI 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.

ADDITIONAL INFORMATION:

1. Program: Programs/heat sheets will be uploaded to the DOWLING CATHOLIC RIPTIDE website [www.dowlingcatholicriptide.org](http://www.dowlingcatholicriptide.org) by noon on Thursday the day before the meet and uploaded to Meet Mobile prior to each session starting.
2. Results: Electronic results will be provided to all teams participating in the meet once full payment and any additional fees for final payment are received. Final results will also be posted on IASI website. A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00.
3. Concessions There will be a limited concession stand offering light snack options and cold drinks.
4. A hospitality room will be available for coaches and officials.
5. Swim apparel/merchandise: Elsmore will be at the meet on Saturday from 8 AM until 1 PM.
6. Seating/Spectator Information: There is no charge for admission.
7. Free wifi is available.
8. Deck: Only registered swimmers, coaches and meet personnel will be allowed on deck. Glass containers of any kind are not permitted on the pool deck or spectator area at any time.
9. 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. There is a charge for parking downtown on Fridays and Saturdays.

INDEMNITY: 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.

MAAPP: All adults participating in or associated with this meet acknowledge that they are subject to the provisions of 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.

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## Order of Events

### Session 1-Friday, May 5

Warm-up 5:00 PM, Meet at 6:00 PM

1. Mixed Open 100 Freestyle
2. Mixed Open 100 Butterfly
3. Mixed Open 200 IM
4. Mixed Open 100 Breaststroke
5. Mixed Open 100 Backstroke

### Session 2-Saturday, May 6

Warm-up 8 AM, Meet at 9 AM

6. Mixed 12 and Under 200 Freestyle
7. Mixed 12 and Under 50 Freestyle
8. Mixed 12 and Under 50 Breaststroke
9. Mixed 12 and Under 50 Backstroke
10. Mixed 12 and Under 50 Butterfly
11. Mixed 12 and Under 400 Freestyle

### Session 3-Saturday, May 6

Warm-up not before Noon, Meet-not before 1 PM

12. Mixed Open 400 Freestyle
13. Mixed Open 200 Backstroke
14. Mixed Open 400 IM
15. Mixed Open 50 Freestyle
16. Mixed Open 200 Breaststroke
17. Mixed Open 200 Butterfly
18. Mixed Open 200 Freestyle

---10 Min Break---

19. Mixed 13 and Over 800 Freestyle\*
20. Mixed 13 and Over 1500 Freestyle\*

\*Swimmers may enter only one distance event-800 or 1500