



**IOWA SWIMMING, INC.**  
**2024 Winter REGIONAL AND 8 & UNDER**  
**CHAMPIONSHIPS**

**February 10-11, 2024**

**Hosted by**  
Dowling Catholic Riptide

**IASI SANCTION** IA-24-037. 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.

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

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

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

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** Coaches Meeting will be held Saturday, February 10 at 6:45am in the Wellmark Wet Classroom, at least 1 coach per team should attend. Additional coaches meetings may be announced as needed for later sessions. An email may go out prior to the start of the meet with details to be included in the coaches meeting. Officials briefings will be held 1 hour prior to the competition start time of each session.

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** Wellmark YMCA  
501 Grand Avenue  
Des Moines, IA 50309  
Live Stream and Replay: [www.dsmytv.com](http://www.dsmytv.com)

**FACILITY** Water depth of the pool ranges from 10 feet 8 inches to 7 feet. Lane width is 8 feet 3 inches. Colorado electronic timing systems will be used in all configurations.

Pool configuration for competition will be determined once entries have been received. The 4 lane, 25 yard program pool may be made available for warm-up. The host will ensure the required course dimensions.

Athletes, coaches, meet personnel, and officials will be limited to the natatorium 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 meet without entry fees or admission reimbursement.

**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 SUPERVISION**

The IASI Mandatory Warm-Up Procedure and IASI Championship Warm-Up Procedure will be followed. Lane warm-up assignments will be distributed to teams no later than 6:00 pm February 8th.. The pool will be cleared 10 minutes prior to competition.

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.

The competition pool will be split into separate areas (competition and warm-up/cool-down) with the use of the moveable bulkhead. Lanes will be available for warm-up and cool-down during sessions 1, 3, 4, and 5. The warm-up and cool-down lanes will not be available for swimmers during session 2. Coaches are responsible for ensuring the space is being used for warm-up and cool-down swimming only.

Facility rules require a 3 point, feet first, sit and slide entry for lanes designated for circle swim during warm-up and warm-down.

If there are no longer any swimmers warming up, the Referee may exercise at his or her sole discretion to declare the pool closed prior to the scheduled end of warm up. Under such circumstances, competition may begin ahead of schedule.

## **MEDICAL SUPERVISION**

Wellmark YMCA will provide American Red Cross certified lifeguards on surveillance at all times the pool deck is open. A First Aid Station will be located on the pool deck near the gold wall and staffed with YMCA personnel certified in First Aid, CPR, and AED use. The nearest AED is located outside the main pool deck doors.

## **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 in 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 in 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 11<sup>th</sup>, 2024 at 12:00 pm (Noon)  
Entry Deadline: Friday, Feb 2<sup>nd</sup>, 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 Ann Peterson, [dchsriptide@gmail.com](mailto:dchsriptide@gmail.com). 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.
3. 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 5<sup>th</sup>, 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 5<sup>th</sup>, 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 **Dowling Catholic Riptide**. 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:  
Ann Peterson  
4206 Western Hills Dr

West Des Moines, IA 50265

If sent by rush delivery, indicate no signature required.

**ENTRY CHAIR** Ann Peterson  
515-650-3534  
dchsriptide@gmail.com

**MEET DIRECTOR** Ann Peterson  
515-650-3534  
dchsriptide@gmail.com

**MEET REFEREE** Kerry Barnes  
Barnes.a.kerry@gmail.com

**PSYCH SHEETS** Psych Sheets will be posted on [www.dowlingcatholicriptide.org](http://www.dowlingcatholicriptide.org) by 5:00 pm on Wednesday, February 7th.

**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 8th**. 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 8th**, 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 the 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 - 8<sup>th</sup> Medals

9th – 16th Ribbons

**Relay Events**

1st - 3<sup>rd</sup> 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.

<b>CONCESSIONS</b>	Concessions will be available in the spectator area for purchase. Coaches and officials will have hospitality provided.
<b>MERCHANDISE</b>	Elsmore Swim Shop will be onsite in the lower level of the YMCA for apparel. Pre-order of the meet t-shirt can be found <a href="#">Regionals 2024 Apparel – Elsmore Swim Shop</a> and will need to be ordered by January 23rd at noon. Limited shirts will be available on-site for purchase.
<b>HEAT SHEETS</b>	Heat Sheets will not be sold onsite but will be available to print at <a href="http://www.dowlingcatholicriptide.org">www.dowlingcatholicriptide.org</a>
<b>PARKING</b>	Wellmark YMCA does not have designated parking. City parking meters are available on the street as well as multiple parking garages in the area for a fee. Street parking is free on Sundays.
<b>CAMERAS</b>	<b>Use of audio or visual recording devices, including cell phones, is not permitted at any time in changing areas, restrooms, or locker rooms.</b>
<b>NO TOBACCO OR ALCOHOL</b>	The use of any tobacco products or the consumption of alcohol is not permitted anywhere in the swimming venue.
<b>IMAGE AUTHORIZATION</b>	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.
<b>DISCLOSURES</b>	<p>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.</p> <p>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.</p> <p>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.</p> <p>Additional information regarding the required Quality Control System for SafeSport may be found on the <a href="#">Iowa Swimming website &gt; Meet Host Resources</a> page.</p>

**EVENT ORDER****Session 1 - Saturday Morning  
February 10, 2024**

Warm Up: Not before 7:00 am

Competition: 8:30 am

<b>Girl's Event #</b>	<b>Event</b>	<b>Boy's Event #</b>
<b>1</b>	<b>11-12 100 Freestyle</b>	<b>2</b>
<b>3</b>	<b>11-12 400 I.M.</b>	<b>4</b>
<b>5</b>	<b>10 &amp; Under 100 Freestyle</b>	<b>6</b>
<b>7</b>	<b>11-12 100 Breaststroke</b>	<b>8</b>
<b>9</b>	<b>10 &amp; Under 50 Breaststroke</b>	<b>10</b>
<b>11</b>	<b>11-12 200 Backstroke</b>	<b>12</b>
<b>13</b>	<b>10 &amp; Under 100 Backstroke</b>	<b>14</b>
<b>15</b>	<b>11-12 50 Butterfly</b>	<b>16</b>
<b>17</b>	<b>10 &amp; Under 50 Butterfly</b>	<b>18</b>
<b>19</b>	<b>11-12 100 I.M.</b>	<b>20</b>
<b>21</b>	<b>10 &amp; Under 100 I.M.</b>	<b>22</b>
<b>23</b>	<b>11-12 50 Backstroke</b>	<b>24</b>
<b>25</b>	<b>11-12 200 Butterfly</b>	<b>26</b>
<b>27</b>	<b>10 &amp; Under 200 Medley Relay</b>	<b>28</b>
<b>29</b>	<b>11-12 200 Medley Relay</b>	<b>30</b>
<b>15 Minute Break</b>		
<b>31</b>	<b>10 &amp; Under 500 Freestyle</b>	<b>32</b>
<b>33</b>	<b>11-12 500 Freestyle</b>	<b>34</b>

**Session 2 - Saturday Afternoon**  
February 10, 2024

Warm Up: Not before 12:00 pm      Competition: Not before 12:45 pm

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

**Session 3 - Saturday Evening**  
February 10, 2024

Warm Up: Not before 4:00 pm      Competition: Not before 5:00 pm

<b>Girl's Event #</b>	<b>Event</b>	<b>Boy's Event #</b>
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

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

**Session 5 - Sunday Afternoon**  
February 11, 2024

Warm-ups: Not before 12:00 pm Competition: Not before 1:00 pm

<b>Girl's Event #</b>	<b>Event</b>	<b>Boy's Event #</b>
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
<b>15 Minute Break</b>		
147	13-14 1000 Freestyle	148
149	15 & Over 1000 Freestyle	150
151	13-14 1650 Freestyle	152
153	15 & Over 1650 Freestyle	154