

# 2024 DMSF Fall Invitational

## November 23-24, 2024

**IASI SANCTION:** **IA-25-19** 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 the meet.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable for participation are unable to participate in this competition. Additionally, all adult 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 Safe Sport may be found on the Iowa Swimming Website > Meet Host Resources page  
<https://www.gomotionapp.com/team/lscis/page/competition-resources>

**DATES:** **Saturday and Sunday, November 23<sup>rd</sup> and 24<sup>th</sup>, 2024**

<u>Sessions</u>	<u>Warm-Ups</u>	<u>Competition</u>
1. Saturday AM	11:00 AM	12:00 PM
2. Saturday PM	Not Before 2:45 PM	Not before 4:00 PM
3. Sunday AM	8:00 AM	9:00 AM
4. Sunday PM	Not before 11:45 AM	Not before 1:00 PM

\* This is a preliminary timeline. Precise timelines will be distributed to teams once all entries are received. If warm-ups are to be split, teams shall be notified by November 15.

Coaches meeting at 10:45am on Saturday. Officials' meetings will be 45 minutes prior to the start of each session.

This is a timed-final meet.

**SITE:** **Valley High School**  
**3650 Woodland Ave., West Des Moines, IA**

**FACILITY:** Indoor pool with seven 25 yard lanes. Water Depth: 12' 6" at starting end and 3' 10" at turn end. The host will ensure the required course dimensions.

Timing System: Daktronics electronic timing system with horn start, Colorado touch pads and push button backup system. Two back-up buttons will be used 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) to verify that all certifications are current.

**WARM-UPS:** The IASI mandatory warm-up procedure will be followed. Warm-ups may be split for each session. If warm-ups are to be split, teams shall be notified by November 15.

At a sanctioned competitive event, USA Swimming athlete members 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 and 1 relay per day.
3. Seed times must be submitted for a 25 yard course (25 SCY). No Time (NT) entries will be accepted. Converted times are not allowed.

**ENTRY SUBMISSION:**

Entry fees are as follows:

1. Individual entries \$8 per event
2. Relays \$12 per relay
3. Swimmers eligible for LSC outreach benefits: \$5, which includes all events entered
4. IASI swimmer surcharge: \$6.00 per swimmer (does not apply to outreach swimmers)
5. Handwritten entries: additional \$2.00 per swimmer.

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).

Submit entries along with the appropriate IASI Financial Sheet (APP-8.2). If submitting electronic entries, also send a hardcopy of the entries with the entry fees and financial sheet.

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 and verified by the IASI Administrative office. 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 **Des Moines Swimming Federation**. 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 IASI teams beginning on Wednesday, October 23<sup>rd</sup> at noon. Entries from teams from other LSC's will be accepted beginning Wednesday, October 30<sup>th</sup> at noon.
2. Electronic entries must be received no later than 8:00 am on Monday, November 18<sup>th</sup>.
3. Handwritten entries, along with entry fees, additional \$2 per swimmer and financial sheet, must be received no later than Sunday, November 17<sup>th</sup>, 2024. Handwritten entries will not be considered entered in the meet until full payment is received.
4. 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.

5. Once entries are accepted, only time updates will be allowed for the teams with electronic entries. No time updates will be accepted for handwritten entries. Any additions/substitutions must be made via email to the Entry Chair prior to the entry deadline.
6. A hardcopy of the entries, along with entry fees and financial sheet, must be received by Wednesday, November 20<sup>th</sup>, 2024. Failure to submit the hardcopy and fees by this deadline will result in entries being scratched.
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 teams.

**LATE ENTRIES:**

Provided space is available, late entries will be accepted by email up to Tuesday, November 19<sup>th</sup>, 2024 at 12:00 pm. After that time, they will only be accepted on deck up to the beginning of the first warm-up session. Only swimmers already entered in the meet that have not reached their session limit will be able to late enter after November 19<sup>th</sup> at 12:00pm.

Late entry fees: Individual events: \$12.00 per additional event and \$24.00 per late entry relay after the November 19<sup>th</sup> deadline. For questions regarding late entries or to find out if late entries are being accepted, contact the Entry Chair.

**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.

**SEND ENTRIES TO:**

Send electronic entries by email to the meet entry chair, Gwen Sorenson, at [entries@desmoinesswim.org](mailto:entries@desmoinesswim.org). Receipt will be confirmed by email. Send all print materials to: **Tony Stec 1132 39<sup>th</sup> Street, West Des Moines, IA 50266**. If sent by rush delivery, indicate no signature required.

**MEET DIRECTOR:**

Tyler Smith  
[tyler@desmoinesswim.org](mailto:tyler@desmoinesswim.org)  
515-988-2722

Alissa Smith  
[asmith@desmoinesswim.org](mailto:asmith@desmoinesswim.org)  
515-326-1368

**REFEREE:**

Marie Koenigsfeld  
[Mariejcoe1@gmail.com](mailto:Mariejcoe1@gmail.com)  
(515) 419-6453

Stuart Wilson  
[swilson@desmoinesswim.org](mailto:swilson@desmoinesswim.org)  
(515) 321-6963

**OFFICIALS:**

Certified officials and apprentices are encouraged to sign up to support the athletes. Please contact the referee with any questions. Signups for officials positions (including apprentices) can be made at <https://www.gomotionapp.com/team/iadmsf/page/dmsf-hosted-meets/dmsf-fall-invite>.

**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 pre-seeded. Positive check-in events may be reseeded if a heat can be eliminated or the Meet Referee deems it necessary.
2. Positive check-in is required for the following events:
  - a. Session 2: 500 Freestyle & 400 IM

- b. Session 3: 500 Freestyle
  - c. Session 4: 1000 Freestyle
3. Positive check-in ends 30 minutes before the start of competition for that event's session. Swimmers who fail to check in by the deadline will be scratched.
  4. Swimmers in the 1000 freestyle are required to provide their own timers.
  5. Swimmers in all events shall report directly to the starting blocks. Swimmers will NOT be checked in by a Clerk of Course.
  6. Events may be combined to facilitate meet operation and separated later for results and scoring.
  7. The 1000 freestyle, 500 freestyle, and 400IM will be swum fastest to slowest, alternating girls and boys. All other events will be swum slowest to fastest.
  8. The host is not responsible for providing rest for swimmers between events. If a swimmer has less than 10 minutes between swims, the swimmer (or swimmer's coach) should inform the Referee.
  9. Fly-over starts may be used at the discretion of the Referee.
  10. Deck Changes are prohibited.
  11. 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.
  12. USA Swimming Mobile App is acceptable proof of membership in USA Swimming. Coaches and Officials must produce proof of membership in USA Swimming immediately upon request by the Referee or his delegate or leave the pool deck.
  13. 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 canceled, teams will be given a full refund of the relay cost.
  14. Relay cards will be distributed to coaches. If names for the relay events are included in entries, those names will be on the relay card at the 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:**

Ribbons will be awarded to 12&U swimmers only (8&U, 9-10, 11-12). Ribbons will be given for 1-8 places; relay awards for 1-3 places.

Individual high point trophies will be awarded to the top 3 male and female swimmers in the 8&U, 9-10, and 11-12 age divisions.

**SCRATCHES:**

Please notify meet personnel if an athlete will not be competing all weekend. The IASI scratch rule is in effect.

**USA SWIMMING  
REGISTRATION:**

All swimmers must be members of USA Swimming. 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 warm-ups 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.

**MAAPP:**

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.

CAMERAS:	<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>
NO ALCOHOL OR TOBACCO:	The use of any tobacco or alcohol products is prohibited in the swimming venue. This includes a prohibition on the use of any vaping devices at any location in the 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:	<ol style="list-style-type: none"> <li>1. <u>Program</u>: Programs/heat sheets will be uploaded to the DMSF website by noon on Friday before the meet and uploaded to Meet Mobile prior to each session starting.</li> <li>2. <u>Results</u>: Electronic results will be provided to all teams participating in the meet. 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.</li> <li>3. <u>Concessions</u>: DMSF will be offering a variety of hot and cold foods along with drinks during the meet. Coaches and officials will be provided with hospitality.</li> <li>4. <u>Spectator Seating</u>: Limited seating will be available in the pool area. Parents are welcome to sit in the cafeteria to watch the live stream. Temporary seating will be marked and parents are asked to sit there only for their child's race and use the cafeteria seating between races. Meet marshals will monitor the temporary seating. No stadium seats or leaving personal belongings in the temporary seating. Meet will be live streamed at <a href="https://dmsf.tv">dmsf.tv</a>.</li> <li>5. <u>Medical Supervision</u>: AED Devices are located near the pool entrance.</li> </ol>
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.

## Order of Events

<b>SESSION #1 Saturday AM</b>				
Warm ups 11:00 am - Session Start 12:00 pm				
Girls Event #	Age	Distance	Event	Boys Event #
1	8&U	25	FREE	2
3	9-10	200	FREE	4
5	8&U	50	FLY	6
7	9-10	50	FLY	8
9	8&U	25	BACK	10
11	9-10	100	BACK	12
13	8&U	100	IM	14
15	9-10	100	IM	16
17	8&U	50	BREAST	18
19	9-10	50	BREAST	20
BREAK				
21	10&U	200	FR. RELAY	22

<b>SESSION #2 Saturday PM</b>				
Warm ups not before 2:45 pm - Session Starts not before 4:00 pm				
Girls Event #	Age	Distance	Event	Boys Event #
23*	11&O	500	FREE	24*
25	11&O	100	FLY	26
27	11&O	50	BREAST	28
29	11&O	200	BACK	30
31	11&O	100	IM	32
33	11&O	50	FREE	34
35	11&O	200	BREAST	36
37	11-12	200	FR. RELAY	38
BREAK				
39*	11&O	400	IM	40*
* Positive check-in ends 30 minutes before the start of the session.				

<b>SESSION #3 Sunday AM</b>				
Warm ups 8:00 am - Session Starts 9:00 am				
Girls Event #	Age	Distance	Event	Boys Event #
41	9-10	200	IM	42
43	8&U	50	FREE	44
45	9-10	50	FREE	46
47	8&U	25	FLY	48
49	9-10	100	FLY	50
51	8&U	50	BACK	52
53	9-10	50	BACK	54
55	8&U	25	BREAST	56
57	9-10	100	BREAST	58
59	8&U	100	FREE	60
61	9-10	100	FREE	62
63	10&U	200	MED. RELAY	64
BREAK				
65*	9-10	500	FREE	66*
* Positive check-in ends 30 minutes before the start of the session.				

<b>SESSION #4 Sunday PM</b>				
Warm ups not before 11:45 pm - Session Starts not before 1:00 pm				
Girls Event #	Age	Distance	Event	Boys Event #
67	11&O	200	IM	68
69	11&O	100	BACK	70
71	11&O	200	FLY	72
73	11&O	100	FREE	74
75	11&O	50	BACK	76
77	11&O	100	BREAST	78
79	11&O	200	FREE	80
81	11&O	50	FLY	82
BREAK				
83	11-12	200	MED. RELAY	84
BREAK				
85*	11&O	1000	FREE	86*
* Positive check-in ends 30 minutes before the start of the session.				

## FINANCIAL SHEET

MEET NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_ CODE: \_\_\_\_\_

COACHES ATTENDING MEET: \_\_\_\_\_  
\_\_\_\_\_

ENTRY CONTACT: \_\_\_\_\_

PHONE: (\_\_\_\_) \_\_\_\_ - \_\_\_\_ EMAIL: \_\_\_\_\_

	NUMBER	FEE	TOTAL \$
INDIVIDUAL ENTRIES TIMED FINAL EVENTS		\$8.00	
RELAY ENTRIES		\$12.00	
# SWIMMERS (Splash Fee )		\$ 6.00	
OUTREACH ATHLETES		\$5.00 total fees	
# SWIMMERS (Manual Entry Fee)		\$2.00	
	TOTAL ENTRY FEES		

TO WHOM DO FINAL RESULTS GO, IF REQUESTING A HARD COPY?

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