

Rams Spring Classic - Rams Swim Club

at the Waukee Natatorium - May 17, 2025

IASI SANCTION: IA-25-76 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.

DATES: Saturday, May 17, 2025

TIME: The doors to the Waukee Natatorium will open at 7:00 AM. Coaches & volunteers must enter the building upon entry at the front lobby desk.

Session	Age Group	Warm-Ups	Competition
#1 Sat AM	13 & Older	7:25 AM-8:25 AM	8:30 AM
#2 Sat PM	12 & Under	Not before 11:00 AM	Not before 12:30 PM

Coaches meeting will be at 7:15 AM. Additional coaches meetings may occur as needed after warm ups. Officials meeting will be one hour prior to competition. Pool will close 5 minutes prior to competition.

Based on the number of entries, warm-ups may be split. Teams will be notified of their warm-up time on or by May 14th.

SITE: Waukee Natatorium - 1655 NW Douglas Pkwy - Waukee, IA 50263

FACILITY: The competition pool is an indoor, 8-lane, 50 meter pool. Swiss electronic timing system with horn start, touch pads, and push button secondary system. Tertiary system of a digital watch on each lane. Water depth is 7' to 13' deep.

The meet host will ensure the required course dimensions.

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 verify that all certifications are current. The official mobile application of USA Swimming is acceptable proof of USA Swimming membership. Screenshots are not acceptable proof of membership. Coaches and Officials must produce proof of membership in USA Swimming immediately upon request of the referee or their delegate or leave the pool deck.

WARM-UPS: The IASI mandatory warm-up procedure will be followed in accordance with Section 1, V11, M of the IASI Policies and Procedures.

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 their warm-up. The Meet Director or Referee may assist the swimmer in making arrangements for supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

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 athletes warming up, the Referee may exercise their sole discretion to declare the pool closed prior to the scheduled end of warm-up. Under such circumstances, competition may begin ahead of schedule.

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 the 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 session/day**.
3. Seed times must be submitted for a 50 meter course (LCM). Converted times are allowed. No Time (NT) entries will be accepted.

ENTRY LIMITS: The following events may be limited in the number of swimmers to one heat per event number to ensure the session does not exceed required time limits. Swimmers and alternates will be accepted on a first come, first served basis, determined 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 through positive check-in. Alternates not selected after positive check-in may enter another event in any open lane.

1. Events 45-48 - 400 Free in Session 1
2. Events 97-98 - 400 Free in Session 2

ENTRY SUBMISSION: Entry fees are as follows:

1. Individual Events are \$10.00 per event. With a requirement of 2 events minimum per swimmer.
2. Facility/Program fee is \$5.00 per swimmer.
3. The IASI swimmer surcharge is \$6.00 per swimmer. The surcharge is not assessed to outreach swimmers.
4. Outreach swimmers who qualify for LSC Outreach benefits may enter the maximum number of individual events for a total fee of \$5.00, including the IASI swimmer surcharge fee and Facility Fee.
5. Entries must be submitted in electronic format (Hy-Tek or Teamunify meet entry file).

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.

Clubs entering outreach swimmers should only provide the number of outreach swimmers and the number of events being swam 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 **Rams Swim Club**. 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 canceled.

ENTRY DATES AND DEADLINES:

1. Entries will be accepted only from IASI teams beginning at **Noon, Thursday, April 17, 2025**.
2. All other entries will be accepted beginning at **Noon, Thursday, April 24, 2025**.
3. Meet entry deadline is **Noon, on Thursday, May 8, 2025**.
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, any additions/subtractions must be made via email prior to the entry deadline. One time update will be allowed. Any additions/substitutions must be made via email to the Meet Director no later than 10:00 AM on Monday, May 12, 2025.
6. A hardcopy of the entries, along with entry fees and financial sheet, must be received by **Tuesday, May 13, 2025**, 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 and will not be accepted by phone.
8. No hand entries will be accepted.

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:**
1. Provided space is available, late entries will be accepted by email until Noon Monday, May 12, 2025.
 2. Only swimmers already entered in the meet that have not reached their session limit will be able to enter late after Thursday, May 8, 2024.

Late entry fee:

Individual Events: \$16.00 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 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 meetdirector@ramsswimmingia.com Send all print materials to:
Kimberly Gleason - 1322 9th Ave SE - Altoona IA, 50009

- MEET DIRECTORS:**
- Kimberly Gleason - (515) 306-4648 - meetdirector@ramsswimmingia.com

- MEET REFEREE:**
- Ryan Judas - (515) 321-2024 - ryan.judas@hotmail.com

- OFFICIALS:**
- RSC welcomes any visiting USA Swimming officials who would like to officiate at this meet. Apprentice sessions can also be provided if scheduling allows. If you are able to officiate, please contact the meet referee. A link will also be sent to teams, IASI, and registered officials.

- 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. Events will be PRE-SEEDED, **FASTEST to SLOWEST**, with the exception of races with a distance greater than 400 meters. Those will be deck seeded following positive check-in. NO DECK entries will be allowed.
 2. Positive check-in is required for events longer than 400 meters.
 - Positive check-in will close 30 minutes before the start of each session.
 - Swimmers failing to check in by the deadline will be scratched. Swimmers who are scratched will be allowed to re-enter only if there are empty lanes available.
 3. Fly over starts may be used.
 4. Events may be combined at the discretion of the referee with results for individual events.
 5. Swimmers in all events shall report directly to the starting blocks. Swimmers will not be checked in by a clerk of course.
 6. The host is not responsible for providing rest for swimmers entered into consecutive events. If a swimmer has less than 10 minutes between swims, the swimmer or swimmer's coach may request (to the referee) a down-seed to a slower heat if available to allow more rest.
 7. Deck changes are prohibited.

8. 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.

AWARDS:	The meet will not be scored and no points will be awarded. Ribbons for 1st - 6th place during session 2 only. Awards will be sent to the coaches after the meet is complete.
SCRATCHES:	The IASI scratch rule is in effect. With the exception of positive check-in events, 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. No shows and DFS are considered entries for entry limits. Penalty for a positive check-in event is \$20 for a no-show.
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.
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 facility or parking lot.
IMAGE RELEASE:	Participants consent to be photographed/filmed by any authorized photographers(s) and/or network(s) of IASI and/or host club under conditions determined by the host club, and authorize the use of names, pictures, likeness, 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.
MEDICAL SUPERVISION:	Lifeguards on duty will supervise all warm-up, competition, and warm-down swimming and must be present whenever the pool deck is open. AED devices are available on premises. Lifeguards are Red Cross trained in CPR for Emergency Response Personnel.
QUALITY CONTROL SYSTEM:	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 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
ADDITIONAL INFORMATION:	<u>Meet Program:</u> Programs may be printed from the meet website, ramsswimmingia.com under Rams Spring Classic, or found on Meet Mobile. <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. <u>Concessions:</u> There will be a concession stand offering meal and snack options and drinks. Coaches and officials will be provided with hospitality. <u>Swim Merchandise:</u> Splash! Multisport will be the on the site vendor. <u>Seating/Spectator Information:</u> There is no charge for admission. Free Wi-Fi is available. <u>No glass is permitted on deck or in spectator areas.</u> <u>RSC & Waukeee Community School District Indemnity:</u> RSC & Waukeee Community School District shall be free and held harmless from any liability or claims for damages arising by reason of injuries to anyone during the conduct of this competition.

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.

INDEMNITY:

It is understood and agreed that USA Swimming and IASI shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Session #1: Saturday Morning, May 17, 2025**TIMED FINALS**

Warm-Ups: 7:25 AM, Competition: 8:30 AM

*positive check-in/entry limit

Girls Event #	Event	Boys Event #
1	13/14 50 Free	2
3	15 & Over 50 Free	4
5	13/14 100 Breast	6
7	15 & Over 100 Breast	8
9	13/14 100 Back	10
11	15 & Over 100 Back	12
13	13/14 100 Fly	14
15	15 & Over 100 Fly	16
17	13/14 200 Free	18
19	15 & Over 200 Free	20
21	13/14 200 IM	22
23	15 & Over 200 IM	24
25	13/14 200 Fly	26
27	15 & Over 200 Fly	28
29	13/14 100 Free	30
31	15 & Over 100 Free	32
33	13/14 200 Back	34
35	15 & Over 200 Back	36
37	13/14 200 Breast	38
39	15 & Over 200 Breast	40
41	13 & Over 50 Free (second time)	42
43	13 & Over 100 Free (second time)	44
45	13/14 400 Free	46
47	15 & Over 400 Free	48

Session #2: Saturday Afternoon, May 17, 2025

TIMED FINALS

Warm-Ups: Not prior to 11:00 AM, Competition: Not prior to 12:30 PM

*positive check-in/entry limit

Girls Event #	Event	Boys Event #
49	9/12 200 Free	50
51	8 & Under 200 Free	52
53	9/12 100 Breast	54
55	8 & Under 100 Breast	56
57	9/12 100 Back	58
59	8 & Under 50 Back	60
61	9/12 50 Free	62
63	8 & Under 50 Free	64
65	9/12 100 Fly	66
67	8 & Under 50 Fly	68
69	9/12 100 Free	70
71	8 & Under 100 Free	72
73	9/12 200 IM	74
75	8 & Under 200 IM	76
77	9/12 50 Back	78
79	8 & Under 200 Back	80
81	9/12 50 Breast	82
83	8 & Under 50 Breast	84
85	9/12 50 Fly	86
87	8 & Under 100 Fly	88
89	9/12 200 Back	90
91	8 & Under 100 Back	92
93	9/12 50 Free (second time)	94
95	8 & Under 50 Free (second time)	96
97	9/12 50 Back (second time)	98
99	8 & Under 50 Back (second time)	100
101	12 & Under 400 Free	102