

The David Armbruster Open

Hosted by The Iowa Flyers Swim Club

May 17th – 19th, 2024

University of Iowa Campus Recreation and Wellness Center, Iowa City, IA

IASI Sanction: IA-24-067

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. 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.

Dates: Friday, Saturday, and Sunday, May 17th -19th, 2024

Times:

	Friday Evening	Saturday Morning	Sunday Morning (1500 FR)	Sunday Afternoon
Coaches Meeting:	3:00 pm	9:30 am	If needed	If needed
Warm-ups:	NOT BEFORE 3:30 pm	10:00 am	9:00 am	12:45pm
Competition:	5:00 pm	11:30 am	10:00am	2:00pm

Site: University of Iowa Campus Recreation and Wellness Center (CRWC), 309 S. Madison Street, Iowa City, Iowa, 52242.

Facility: 8-Lane, 50-meter x 25-yard indoor pool ranging in depth from 7–9 feet with 8-foot start end depth and 7-foot turn end depth. Daktronics Timing System with 96” touch pads on both ends of race course with push-button backup and two manual timers. 8-Lane, 25 yard diving well available for warm-up and cool down. 6” Kiefer Wave-Eater Lane Lines and Kiefer Elite Starting Platforms with individual lane speakers. The facility will have Lifeguard, AED, and CPR trained staff in case of emergencies that arise during this event. The 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) to verify that all certifications are current and on file. Displaying credentials via the official mobile application of USA Swimming is acceptable.

Warm-ups: There will be general warm up only (no split warm up). The IASI mandatory warm-up procedure will be followed in accordance with Section I. VII.M. of the IASI Policies and Procedures. Swimmers are to carefully enter the pool feet first without the use of the starting blocks. The pool will be cleared 10 minutes prior to competition.

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 his or her warm-up. The Meet Director or 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 Start Certification: All swimmers entered in the meet must be certified by a USA Swimming coach member 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 coach member, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

- Entry Requirements:**
1. 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.
 2. Swimmers may enter no more than four individual events plus one relay each day EXCEPT AS FOLLOWS: swimmers entered in the Open 50 Fly, events 11 and 12, may enter no more than three individual events plus one relay on Saturday, May 18th, 2024.
 3. All entries must have an entry time. "No Time" entries are not allowed. Swimmers with no times must submit an estimated entry time for the event, otherwise the entry will be returned until an estimated time is submitted.
 4. An exception will be made to item 3 to allow non-conforming times for all limited entry events (400 Free, 1500 Free and 400 IM). The seeding order for non-conforming times in these events shall be LCM, SCY, SCM. Estimated times are not allowed for limited entry events.
 5. IFLY reserves the right to enter its own athletes who may not have seed times in all events.

Entry Limits: A team's entries will not be split if received together. Individual sessions will be closed based on the number of entries and its associated timeline when reaching its limit and may leave other sessions open for entries if not yet full. The following events have limited entry: 400 free, 400 IM, and 1500 free. See meet operations.

Entry Submission: Entry fees are as follows:

1. Individual events: \$9.00 per event.
2. Relays: \$18.00 per relay.
3. IASI swimmer surcharge: \$6.00 per swimmer.
4. Entry fees are non-refundable; IASI swimmer surcharge fees will be refunded only if the entire meet is canceled. Each entry accepted will be confirmed via a return email receipt. *Fee payment must follow all entries by May 19th, 2024.* We request that entry fee payment be made **AFTER** the participants in the limited entry events are confirmed.
5. Facility surcharge: \$5.00 per swimmer
6. Manual entries (for teams entering more than five swimmers): \$2.00 per swimmer.
7. Email entries will be accepted.
8. Write a single check or money order or cashier's check for entry and splash fees payable to: **IFLY (Iowa Flyers Swim Club)**.
Iowa Flyers Swim Club
University of Iowa
E230 CRWC
309 S. Madison
Iowa City, IA 52242

Electronic entries must be submitted in a format compatible with HY-TEK Meet Manager software. All other entries require manual input and must be submitted on the IASI Meet Entry Form (APP-7).

Submit entries along with the appropriate IASI Financial Sheet (APP-8.x). If submitting electronic entries, also send a hardcopy of the entries with the entry fees and financial sheet.

USA Swimming

Outreach Athletes: Outreach Athletes of USA Swimming who qualify for IASI Outreach benefits may enter the maximum number of individual events for a total entry fee of \$5.00. Teams should contact the Meet Director at emily-downes@uiowa.edu.

- Entry Dates and Deadlines:**
1. Entries will be accepted from IASI teams and from non-IASI teams who competed in the year's 2023 meet (DDST-IL, LSS-MW, RSC-MN, SST-IL) beginning on May 1st, 2024 at 10:00 am CDT.
 2. All other entries will be accepted beginning on May 8th at 10:00 am CDT.
 3. Manual entries, along with entry fees and financial sheet, must be received **no later than May 8th, 2024** (10 days prior to the meet).
 4. Electronic entries must be received **no later than Friday, May 10th, 2024 at 5:00 PM CDT.**
 5. A hardcopy of the entries along with entry fees and financial sheet must be received **no later than 3 pm, CDT on Sunday May 19th, 2024.** Failure to submit the hardcopy and fees by this deadline will result in entries being scratched.
 6. Entries will not be accepted by phone or fax.
 7. Each entry accepted will be confirmed via a return email receipt.
 8. Once entries are accepted, updated times will be accepted until noon CDT on Monday, May 13th, 2024. Any additions/substitutions must be made via email to the entries chair prior to the entry deadline.
 9. Preliminary psych sheets will be available on the IFLY website Iowa Flyers website by 6:00 pm, CDT, Tuesday, May 14th, 2024 with final psych sheets posted by noon CDT, Wednesday, May 15th, 2024. Once the final psych sheet is posted, teams must include fees for those swimmers within the event limit for limited entry events. Those fees are non-refundable. Fees for other swimmers who are seeded in a limited event who were not originally within the event limit are due following positive check-in

Special Entries: The host team may allow up to 25 athletes to enter the meet out of the normal entry procedures in order to promote the butterfly and stimulate local and national interest in the meet.

Late Entries: Provided space is available, late entries will be accepted up to the beginning of warm-ups for each session. No additional heats will be created. The late entry fee will be \$18 per individual event and \$36 per relay. Please contact the meet entry chair to find out if late entries can be accepted. No late entries for limited events.

Once the meet is declared closed, only athletes already entered in the meet may "late enter" into an event.

Send Entries To: Email to: iflyentries@gmail.com. Express mailing entries NO SIGNATURE REQUIRED.

Meet Director: Emily Downes
Emily-downes@uiowa.edu
319-384-3439

Referee: Bill Brown
Billbrown1964@gmail.com
817-879-8775

Officials: Iowa Flyers Swim Club welcomes any visiting USA Swimming officials who would like to officiate at this meet. If you would be able to officiate, please contact the Referee, Bill Brown for more information regarding signups.

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 in accordance with Section I.VII.K of the IASI Policies and Procedures. 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.

Scoring: No team scores will be kept at this meet.

- Awards:**
1. Winner of the Iron butterfly award for female & male division will receive a backpack.
 2. Winner of the Jack Seig Dueling 50's for female & male division will receive Bodimax sleeves
 3. Awards should be picked up by the end of the meet and will not be mailed.

Special David Armbruster "Iron Butterfly" Award: The David Armbruster Iron Butterfly Award will be presented to the swimmers in the male and female divisions with the highest combined USA Swimming Individual Age Power Points for the following events: 200 fly, 100 fly, and 50 fly. ***Swimmers must compete in all 3 events to be eligible.***

The Jack Seig Dueling 50 Butterfly Event: Named in honor of the University of Iowa Swimmer who worked with Coach David Armbruster to develop the butterfly stroke, this special event will crown the fastest man and woman flyer in the pool. The top eight swimmers in men's and women's divisions of the Open 50 Fly on Saturday afternoon will be eligible to participate in a dueling 50 fly swim-off event. If entered in the Open 50 Fly events #11/12P, the swimmer may only enter three events on Saturday. Sunday 50 Fly events #11/12 S & F do not count against Sunday's event per day limit. If a swimmer declines to participate, the next fastest swimmer will be invited to compete until all eight slots are filled. The dueling 50s will be seeded using time from the 50 fly finals and they will be swum as follows: The 1st seed will swim the 8th seed, 2nd seed vs. 7th seed, 3rd seed vs. 6th seed and 4th seed vs. 5th seed in head-to-head competition in the quarterfinals. The four winners will swim-off head-to-head in the semifinals and then the two winners will swim off in the final. No shows that occur in the quarter-final, semi-final, or final rounds will be considered forfeits, and there is no provision for alternate swimmers.

- Meet Operation:**
1. With the exception of the Open 50m butterfly event, all events will be timed finals. The Open 50m butterfly will be swum prelims and quarterfinals on Saturday, and semifinals and finals on Sunday.
 2. Events will be pre-seeded; except the 400 free, the 400 IM, and the 1500 free will be deck seeded.
 3. If names are on the entry sheets for relays, those names will be on the relay cards for the meet.
 4. Positive check-in required for the following events: 400 free, 400IM, and the 1500 free. Swimmers must check-in 30 minutes prior to the start of competition of the session in which the event occurs.
 5. Swimmers failing to check in will be scratched and allowed to re-enter only if there are open lanes in the slowest heats.
 6. 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.
 7. Events may be combined by both age and gender to facilitate meet operation and separated later.
 8. The 400 Free, 400 IM, and the 1500 freestyle events will be swum fastest to slowest, women and men alternating.
 9. Distance events will be limited entries and will be swum as follows:
 - The Open 1500 free is limited to 48 total entries. The 24 fastest girls and 24 fastest boys will be entered. Adjustments will be made if there are less than 24 entries in one gender and we will fill those spots with entries from the other gender to have a total of 48 entries.
 - The Open 400 free is limited to 128 total entries. The fastest 64 girls and 64 boys will be entered. Adjustments will be made if there are fewer entries than allowed in one gender and we will fill those spots with entries from the other gender to have a total of 128 entries.
 - The Open 400 IM is limited to 128 total entries. The 64 fastest girls and 64 fastest boys in each group will be entered. Adjustments will be made if there are less than 64 entries in one gender and we will fill those spots with entries from the other gender to have a total of 128 entries.
 - Coaches will be notified after positive check-in of the swimmers making each distance event.
 10. Fly-over starts will be used for all applicable events, unless chase starts are needed to maintain timelines.
 11. If a swimmer wishes to obtain an official intermediate split time for an event the swimmer (or swimmer's coach) must coordinate it in advance with the Referee and arrange for an additional timer to be present during the swim.
 12. Coaches or their designees are responsible for attending the Coaches Meetings and are solely responsible for disseminating all information shared during the coaches meetings to their teams and coaching staff. Meet management shall not make exceptions to policies and procedures due to lack of attendance at the meetings.
 13. Deck changes are prohibited.

Scratches: The following scratch rules apply to this meet:

1. Pre-seeded individual and relay events (prelims and timed finals not requiring positive check-in): There is no penalty for NS in prelims or timed finals not requiring positive check-in.
2. Deck-seeded events (400 Free, 1500 Free and 400 IM): Any swimmer who positively checks in for a deck-seeded event and fails to participate in that event will be barred from his or her next individual event unless the Referee determines the failure to swim was due to extenuating circumstances beyond the swimmers control.
3. Re-Entry Procedure. Swimmers are permitted to re-enter the meet immediately for all remaining events by submitting the corresponding non-refundable fee of \$100 to the Clerk of Course.

Time Trials: A separate Time Trials meet announcement will be issued with this document.

No Tobacco or Alcohol: The use of tobacco products or the consumption of alcohol is not allowed in the swimming venue. The University of Iowa campus is a smoke and tobacco free environment.

Drones: 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.

Cameras: Use of audio or visual recording devices, including cellphones, is not permitted at any time in changing areas, restrooms, or locker rooms.

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.

Image Release: Participants: (a) 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 (b) 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.

- Other information:**
1. A complimentary program will be provided for the head coach of each team. Electronic results will be posted on the IASI and IFLY websites. A hard copy of final results will be mailed for a fee of \$5.00 and may be requested on the financial sheet.
 2. For coaches and spectators who wish to follow the meet wirelessly, free wifi is available using the "UI-guest" network.
 3. Parking is available one block east of the CRWC on Madison Street (Lot 11/Recreation Center Lot) as well as the Old Capital Mall parking ramp one block north on Burlington Street.
 4. Diving boards and platforms are off limits.

Indemnity: It is understood 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 the event.

Session 1: Friday Evening		
Warm-ups begin NOT BEFORE 3:30 pm—Session begins at 5:00 pm		
Women's Event		Men's Event
1	Open 400 Free	2
3	Open 200 IM	4
5	Open 100 Fly	6
7	Open 50 Free	8

Session 2: Saturday Morning		
Warm-ups begin NOT BEFORE 10:00am —Session begins NOT BEFORE 11:30am		
Women's Event		Men's Event
9	Open 400 Medley Relay	10
11P	Open 50 Fly	12P
13	Open 200 Free	14
15	Open 100 Breast	16
17	Open 200 Back	18
11Q	Open 50 Fly Quarter Finals Heat 1 Girls Senior #1 seed vs. #8 seed Heat 2 Girls Senior #2 seed vs. #7 seed Heat 3 Girls Senior #3 seed vs. #6 seed Heat 4 Girls Senior #4 seed vs. #5 seed Heat 5 Boys Senior #1 seed vs. #8 seed Heat 6 Boys Senior #2 seed vs. #7 seed Heat 7 Boys Senior #3 seed vs. #6 seed Heat 8 Boys Senior #4 seed vs. #5 seed	12Q
19	Open 400 IM	20

Session 3: Sunday Morning		
Warm-ups begin NOT BEFORE 9:00am —Session begins NOT BEFORE 10:00am		
Women's Event		Men's Event
21	Open 1500 Free	22

Session 4: Sunday Afternoon		
Warm-ups begin NOT BEFORE 12:45pm—Session begins NOT BEFORE 2:00 pm		
Women's Event		Men's Event
23	Open 200 Free Relay	24
11S	Open 50 Fly Semi-Finals Heat 1 Girls Senior #1/8 winner vs. #4/5 winner Heat 2 Girls Senior #2/7 winner vs. #3/6 winner Heat 3 Boys Senior #1/8 winner vs. #4/5 winner Heat 4 Boys Senior #2/7 winner vs. #3/6 winner	12S
25	Open 200 Breast	26
27	Open 100 Free	28
29	Open 200 Fly	30
31	Open 100 Back	32
11F	Open 50 Fly Finals	12F