



2024 David Armbruster Open LCM TIME TRIALS

HOSTED by Iowa Flyers Swim Club

May 18th & 19th, 2024

University of Iowa CRWC Natatorium, Iowa City, IA

IASI Sanction: IA-24-067TT - Held under the sanction of USA Swimming and Iowa Swimming, Inc. Held in conjunction with the 2024 David Armbruster Open, Sanction IA-24-067.

Rules :

Current USA Swimming technical and administrative rules and IASI Policies and Procedures, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern this meet.

Warmups: Will begin immediately following the completion of session 2 on Saturday May 18th and session 4 on Sunday May 19th. The designated warmup pool will be open for 50 minutes. The time trial sessions will begin 1 hour after the start of warmups.

Liability:

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

Entry Dates and Deadlines:

1. Entries will only be accepted on deck from teams/athletes competing in the 2024 David Armbruster Open beginning **Friday, May 17th, 2024 at 5:00pm**

Entries will be accepted in the order received. Once the time trial session reaches capacity, the host team will inform IASI meet contacts as well as any non-IASI teams with entries already accepted.

Entry fees are as follows:

Individual Entries: \$15.00

Time Trials Procedures:

1. There is no limit to the amount of time trials and athlete would like to enter, however the time trial session will not exceed 1 hour. Once this time limit has been reached time trial entries will be closed.
2. A swimmer must be entered in the meet (individual or relay) to participate in time trials unless previous exemptions are made ahead of time via email with the Meet Director.
3. Athletes wishing to participate in time trials, must have a 2024 spring CZ Speedo North Section Spring Championships cut in their respective event they wish to time trial.
4. Time trials will be limited at the discretion of the Meet Referee. All scheduled events cannot be guaranteed.
5. Only those events offered in the David Armbruster Open will be offered in time trials.
6. Swimmers must supply at least one timer for their time trial swim(s) and provide their own lap counters for distance freestyle events.
7. Time Trials individual events will be swum in the order listed below as time allows, however events may be combined or conducted simultaneously at the discretion of the Meet Referee.
8. The competition pool will close immediately following the completion of time trials. The diving well will be open for cool down for 30 minutes after the conclusion of the session.

<i>The David Armbruster Open Time Trials Events</i>
400 Free
200 IM
100 Fly
50 Free
50 Fly
200 Free
100 Breast
200 Back
400 IM
200 Breast
100 Free
200 Fly
100 Back
*1500 Free

*Entries for the 1500 FR will be accepted **only** if there is time remaining within the 1 hour window after entries have closed.