



Central Iowa Aquatics

2023 CIA BEAT THE HEAT

June 23 – 25, 2023

Wellmark YMCA, Des Moines, IA – 50-meter course

IASI SANCTION: IA-23-070 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, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

DATES: Friday, June 23, 2023 through Sunday, June 25, 2023.

TIME: All meet participants must enter the building using the lower-level Grand Avenue entrance.

<u>Sessions</u>	<u>Format</u>	<u>Warm-ups</u>	<u>Competition</u>
1. Fri Afternoon	11&O TF	11:00am	12:00pm
2. Fri Evening	TF	Not Before 3:30pm	Not Before 4:30 pm
3. Sat AM	12&U TF	7:00am	8:00am
4. Sat PM	13&O TF*	Not before 11:30am	Not before 12:30pm
5. Sun AM	12&U TF	7:00am	8:00am
6. Sun PM	13&O TF*	Not before 11:30am	Not before 12:30pm

Coaches meeting will be at 11:45am Friday morning, 4:15pm Friday evening, and 6:45am Saturday morning. Additional coaches meetings will be 15 minutes prior to each session’s warm-ups, if needed.

*Final times of sessions will be determined after all entries have been received. Timelines will be distributed to teams once all entries are received. Coaches will receive instructions for check-in and warm-up assignments by noon on Thursday prior to the meet.

Based on the number of entries, warm-ups may be split. Teams will be notified of their warm-up times by Tuesday, June 20, 2023.

SITE: Wellmark YMCA, 501 Grand Avenue, Des Moines, IA 50309

FACILITY: The Prairie Meadows Pool (competition pool) is an 8 lane 50 meter long course pool with one moveable bulkhead allowing for an 8 lane 50-meter long course pool or multiple configurations when running short course competition(s). 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 and number of courses will be determined once entries have been received. The competition course has been certified in accordance with Rule 104.2.2C(4) of USA Swimming Rules and Regulations. A copy of the certification is on file with USA Swimming.

SPECTATORS:

Only officials, coaches, meet personnel, and athletes are permitted on deck. Coaches, competitors, and spectators, will be limited to the natatorium and competitive swimming areas. Spectators will enter on the second level skywalk entrance to the pool. Please do not enter other areas of the building without permission. If athletes or spectators enter other areas of the building without permission, they could be expelled from the meet and escorted out of the venue. In this case, entry fees and admission expenses will not be reimbursed.

Live-streaming will be available at DSMYTV.COM.

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. Credentials must be presented to the Referee or their delegate on request. Displaying credentials on the USA Swimming App will satisfy this requirement.

WARM-UPS:

The IASI mandatory warm-up procedure will be followed in accordance with IASI Policies and Procedures. 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 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 swimmers warming up, the Meet 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 following the required 10 minutes of clear pool.

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 begin 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 up to 4 individual events and 1 relay per session, with the exception of Session 2. Individuals swimming the 1500 Free and/or 400 IM in

- Session 1 will be allowed to swim up to 4 individual events in Session 2. Swimmers not swimming in Session 1 may swim up to 5 individual events in Session 2.
- 3) For the Friday sessions, 11-12 year old swimmers may choose to enter events in either Session 1 or Session 2, but cannot enter events in both sessions.
 - 4) Seed times must be submitted for a 50 meter course (LCM). A swimmer's (or relay's) seed time can be no faster than the best time the swimmer (or relay) has achieved in an event swum in a 50 meter pool. Converted times are not allowed. No Time (NT) entries will be accepted.
 - 5) For Session 2 Fast 50's, a swimmer will maintain the classification (BB, B, IA Q, A, AA, AAA, AAAA) achieved in a 25 yard or 25 meter pool for an event and may submit the minimum LCM time of their classification for that event as a seed time. For example, if a swimmer has an "A" time in a 25 yard pool, but has not swum the event in a 50 meter pool, then the minimum 50 meter "A" time can be submitted as the swimmer's entry time for that event

ENTRY LIMITS:

Any combination of events may be limited to ensure the timely completion of a session. Teams will be notified by email if swimmers are affected by limits prior to the meet.

The number of swimmers will be determined by the number of and the order in which entries are received. Swimmers and alternates will be accepted by seed time then by age (oldest to youngest) if there are NT swimmers. Teams will be contacted via email and allowed to choose another event OR remain an alternate thru positive check-in. Alternates not selected after positive check-in may enter another event in any open lane.

**ENTRY
SUBMISSION:**

Entry fees are as follows:

- 1) Individual events are \$8.00 per event.
- 2) Relays are \$16.00 per relay.
- 3) Facility fee is \$10.00 per swimmer.
- 4) IASI swimmer surcharge is \$6.00 per swimmer. The surcharge is not assessed to outreach swimmers.
- 5) Outreach members who qualify for LSC benefits may enter the maximum number of individual events for a total fee of \$5.00, including the IASI Splash Fee and Facility Fee.
- 6) Entries must be submitted in electronic format (Hy-Tek or Team Unify meet entry file).

Submit entries along with the appropriate IASI Financial Sheet (APP-8.1). Send a hardcopy of the entries and financial sheet with the entry fees.

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. 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 *Central Iowa Aquatics*. 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; swimmer surcharge will be refunded only if the entire meet is cancelled.

ENTRY DATES AND DEADLINES:

- 1) Entries will be accepted from teams/athletes IN the Iowa LSC or those clubs from outside of the Iowa LSC who attended the 2022 Beat the Heat meet beginning at **12:00pm noon, Tuesday, May 23, 2023.**
- 2) All other entries will be accepted beginning at **12:00pm noon, Tuesday, May 30, 2023.**
- 3) All entries must be received no later than **12:00 Noon, Friday, June 16, 2023.**
- 4) Once a team's entries have been accepted by the meet host, that team is considered entered in 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 in 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) A hardcopy of the entries, along with entry fees and financial sheet must be received by **5:00pm, Wednesday, June 21, 2023** 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.
- 6) Entries will be confirmed via a return email receipt.
- 7) Entries **will not** be accepted by phone or fax.
- 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 the IASI meet contacts as well as any non-IASI teams with entries already accepted. The same information will be posted on the CIA website, www.centraliowaaquatics.org under the CIA Beat the Heat tabs.

LATE ENTRIES:

- 1) Only swimmers already entered in the meet that have not reached their session limits will be able to late enter events after 12:00pm (Noon), Friday, June 16, 2023.
- 2) Provided space is available, late entries will be accepted by email until 12:00 pm, Wednesday, June 21, 2023, or in person until 30 minutes prior to the start of competition for each session.
- 3) Late entry fees: Individual Events are \$12.00 per event, relays are \$24.00 per event.

If the meet program has not been finalized, swimmers shall be seeded into the meet. After the meet has reached capacity, no additional heats will be added for late entries. Late entries after this deadline will be added only if empty lanes are available in existing heats. 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 assistance required. See Article 105 of USA Swimming Rules and Regulations.

SEND ENTRIES TO:

Send entries by email to ciaentrychair@centraliowaaquatics.org. Receipt will be confirmed by email. Send all print materials to Jill Sanchez, 3915 150th St., Urbandale, IA 50323. If sent by rush delivery, indicate no signature required.

MEET DIRECTOR:

Meet Director
Jill Sanchez, meetdirector@centraliowaaquatics.org
(319) 430-6627

Entry Chair
Molly Hancock, ciaentrychair@centraliowaaquatics.org
(608) 209-7144

REFEREE:

Phil Barnes
gjpbarnes@gmail.com
(319)573-1890

OFFICIALS:

Central Iowa Aquatics welcomes any visiting USA Swimming Officials who would like to officiate at this meet. Officials will receive a complimentary meet program. If you are able to officiate, please email the Meet Referee.

MEET COMMITTEE:

A meet committee comprised 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, except for those requiring positive check-in.
- 2) **Positive check-in is REQUIRED** for the following events:
 - a. Events 1 and 2 – 11 & Over 400 Individual Medley
 - b. Events 3 and 4 – 11 & Over 1500 Freestyle
 - c. Events 13 and 14 – 13 & Over 400 Freestyle
 - d. Events 55 and 56 – 12 & Under 400 Freestyle
- 3) Positive check-in deadline is 30 minutes prior to the start of competition for the session in which the event occurs. Swimmers failing to check in by the deadline will be scratched and their spot offered to any alternates. Swimmers who are scratched will be allowed to reenter only if there are empty lanes available in the slowest heat. No heats will be added to accommodate a swimmer failing to check in by the deadline.
- 4) All events will be swum **FASTEST to SLOWEST**.
- 5) Official 800 meter splits will be provided for swimmers in the 1500 meter Freestyle.
- 6) 8 & Under swimmers are only allowed to compete in the following:
 - a. 50's of all 4 strokes
 - b. 100's of all 4 strokes
 - c. 200 Freestyle, 200 Individual Medley
- 7) Events may be combined at the discretion of the Referee with results for individual events separated by gender and age for scoring. Please see the section titled "Awards" below for specific detail regarding which events count for High Point award purposes.
- 8) Swimmers in all events shall report directly to the starting blocks. Swimmers will NOT be checked in by a Clerk of Course.
- 9) Fly over starts may be used at the discretion of the Referee.
- 10) The host is not responsible for providing rest for swimmers entered in consecutive events. If a swimmer has less than 10 minutes between swims, the swimmer (or swimmer's coach) should inform the Referee.

- 11) Relay cards will be distributed prior to the start of the meet. If names for the relay events are included in entries, those names will be on the relay card at the meet. Relay cards must be turned in to the Admin Table 20 minutes before the end of the warm-ups for the session.
- 12) Relays may be dropped from the schedule if necessary to conform to meet timeline requirements. If the relays are cancelled, teams will be given a full refund of the relay cost.
- 13) Deck changes are prohibited.
- 14) The 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.
- 15) Session timelines may be adjusted at the discretion of the Referee.
- 16) The USA Swimming App may be used as acceptable proof of USA Swimming membership. Coaches, officials and other relevant volunteers must produce proof of membership in USA Swimming immediately upon request by the Referee or their delegate or leave the pool deck.

SCORING:

Individual events will be 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:

Event Awards will be awarded for 12 & Under Swimmers for events swum in Sessions 3 and 5. 1st-8th place for individual events and 1st thru 3rd place for relays. 1st thru 3rd - Medals
4th thru 8th - Ribbons.

Fast 50's Awards: 1st thru 3rd Place Medals will be awarded for the high point winners, both male and female, of Sessions 2's *Friday Night Fast 50's* (Events 5 through 12) for all age groups. (8 & Under, 9-10, 11-12, 13-14, 15 & Older)

Individual High Point Awards: will be awarded to the TOP 3 male/female swimmers in the following age groups: 8 & Under, 9-10, 11-12, 13-14, 15 & Older.

- 1) Events 5 through 12 (the *Fast 50's*) will not count toward points for the Individual High Point Awards for all age groups.
- 2) 8 & Under swimmers do have the option to swim in 12 & Under events on Saturday and Sunday mornings; **however, the only events that will count toward High Point for 8 & Under swimmers will be the 8 & Under events.**
- 3) 11-12 year-old swimmers do have the option of swimming in some events during Session 1; however, no points from these events will be counted towards the High Point awards. **Only events swum in Sessions 3 and 5 count toward High Point awards for 11-12 year-old swimmers.**

SCRATCHES:

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.

USA 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. No USA Swimming registrations will be accepted at the meet.

MAAPP:

All adults participating in or associated with this meet acknowledge that they are subject to the provisions of MAAPP, and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

MEDICAL SUPERVISION:

Lifeguards on duty and will supervise all warmup, competition, and cool down swimming and must be present whenever the pool deck is open. AED devices are available on premises. All facility staff are Red Cross trained in CPR for the Emergency Response Personnel. Emergency buttons located near the pool which summon additional emergency response including Des Moines Fire Department medical responders.

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 SMOKING OR ALCOHOL:

The use of any tobacco or alcohol products is prohibited in the swimming venue.

IMAGE AUTHORIZATION:

Participants consent to be photographed/filmed by any authorized photographer(s) and/or network(s) of IASI and/or the host club under the 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:

- 1) Meet Information: Psych Sheets and Heat Sheets will be uploaded to the CIA website under *Events-Beat the Heat*. Heat sheets will also be uploaded to Meet Mobile prior to the start of each session.
- 2) Results: Electronic results will be provided to all teams participating in the meet. Final results will be posted on the IASI website. A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00. There WILL NOT be any printed results posted at the meet, other than High Point standings. Results will be available via Meet Mobile.
- 3) Concessions: There will be a concession stand offering drinks and limited food options. A hospitality room will be available for coaches and officials.
- 4) Swim apparel/merchandise: Elsmore Swim Shop will be onsite offering a variety of swimming apparel & equipment.

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 the event.

**2023 CIA Beat the Heat
Wellmark YMCA (50-meter course) Sanction # IA-23-070**

ORDER OF EVENTS

Session 1: Friday Afternoon, June 23, 2023

Warm-ups: 11:00AM
Competition: 12:00PM

EVENT #	Order of Events	EVENT #
1	11 & Over 400 Individual Medley	2
3	11 & Over 1500 Freestyle	4

Session 2: Friday Evening (Fast 50's), June 23, 2023

Warm-ups Not before 3:30PM
Competition Not Before 4:30PM

EVENT #	Order of Events	EVENT #
5	12 & Under Mixed 50 Freestyle	
6	13 & Over Mixed 50 Freestyle	
7	12 & Under Mixed 50 Butterfly	
8	13 & Over Mixed 50 Butterfly	
9	12 & Under Mixed 50 Breaststroke	
10	13 & Over Mixed 50 Breaststroke	
11	12 & Under Mixed 50 Backstroke	
12	13 & Over Mixed 50 Backstroke	
13	13 & Over 400 Freestyle	14

12 & Under Session 3: Saturday Morning, June 24, 2023

Warm-ups begin at 7:00AM

Competition starts at 8:00AM

EVENT #	Order of Events	EVENT#
15	12 & Under 200 Freestyle	16
17	12 & Under 50 Butterfly	18
19	12 & Under 200 Backstroke	20
21	12 & Under 100 Breaststroke	22
23	12 & Under 50 Backstroke	24
25	12 & Under 200 Butterfly	26
27	12 & Under 100 Freestyle	28
29	12 & Under 200 Medley Relay	30

13 & Older Session 4: Saturday Afternoon, June 24, 2023

Warm-ups Not Before 11:30 AM

Competition starts Not Before 12:30 PM

Women EVENT #	Order of Events	Men EVENT #
31	13 & Over 200 Individual Medley	32
33	13 & Over 100 Freestyle	34
35	13 & Over 200 Breaststroke	36
37	13 & Over 100 Backstroke	38
39	13 & Over 100 Butterfly	40
41	13 & Over 400 Medley Relay	42

12 & Under Session 5: Sunday Morning, June 25, 2023

Warm-ups begin at 7:00 AM
Competition starts at 8:00 AM

Girls EVENT #	Order of Events	Boys EVENT #
43	12 & Under 200 Individual Medley	44
45	12 & Under 50 Freestyle	46
47	12 & Under 200 Breaststroke	48
49	12 & Under 100 Backstroke	50
51	12 & Under 50 Breaststroke	52
53	12 & Under 100 Butterfly	54
55	12 & Under 400 Freestyle	56
57	12 & Under 200 Freestyle Relay	58

13 & Older Session 6: Sunday Afternoon, June 25, 2023

Warm-ups begin at 11:30 AM
Competition starts Not Before 12:30 PM

Women EVENT #	Order of Events	Men EVENT #
59	13 & Over 200 Freestyle	60
61	13 & Over 100 Breaststroke	62
63	13 & Over 200 Backstroke	64
65	13 & Over 50 Freestyle	66
67	13 & Over 200 Butterfly	68
69	13 & Over 400 Freestyle Relay	70