



Central Iowa Aquatics FALL MIXER

October 29 & 30, 2022
Wellmark YMCA Pool, Des Moines, IA – 25-yd course
Mixed Open

IASI SANCTION: **IA-23-002** Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).

RULES: Current USA Swimming & IASI technical and administrative rules will govern this meet.

DATES: **Saturday, October 29 and Sunday, October 30, 2022.**

TIME: All meet participants must enter the building using the lower-level Grand Avenue entrance. Spectators will enter on the second level skywalk entrance to the pool. 12 & Under and 13 & Older events will be swam concurrently on Saturday afternoon and Sunday morning utilizing the North and South pools.

<u>Sessions</u>	<u>Format</u>	<u>Warm-ups</u>	<u>Competition</u>
1. Session 1 – Saturday Afternoon	12&U TF 13&O TF	1:00pm	2:00pm
2. Session 2 - Sunday Morning	12&U TF 13&O TF	8:00am	9:00am

Coaches meeting will be immediately after the pool is closed for warm-ups prior to the beginning of the Saturday afternoon session, and on an as-needed basis at the beginning of each session after the completion of warm-ups.

Based on the number of entries, warmups may be split. Teams will be notified of their warm-up times and if the sessions require two warm-ups by Tuesday, October 25, 2022.

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

FACILITY: The Prairie Meadows Pool (competition pool) is a 20 lane 25-yard short 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 (minimum 5 feet required at start end). Lane width is 8 feet 3 inches.

The 4 lane, 25 yard program pool will be available for warm-up if needed.

Colorado electronic timing systems will be used in all configurations. Pool configuration will be decided once all entries are received. The Admin Referee has the right but not the obligation to adjust the times after viewing the replay if feasible and obvious and/or requested by the swimmer's coach.

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..

NO ALCOHOL OR TOBACCO:

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

SPECTATORS:

Only officials, coaches, meet personnel, and athletes are permitted on deck. Team areas will be designated for athletes and coaches. Coaches, competitors, and spectators, will be limited to the natatorium and competitive swimming areas. 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) and verify that all certifications are current. Deck Pass is acceptable proof of USA Swimming membership. Coaches and Officials must produce proof of membership in USA Swimming immediately upon request by the Referee or their delegate or leave the pool deck.

WARM-UPS:

The IASI mandatory warm-up procedures will be followed in accordance with Section 1, V11, M of the 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 Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to ensure such arrangements are made 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 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:

All swimmers 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 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 must enter in the age group events corresponding to each swimmer's age on the first day of the meet, October 29, 2022.
- 3) Seed times must be submitted for a 25-yd course. 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 25-yd pool. Converted times are not allowed. NT entries will be accepted.

- 4) Each relay must have exactly 2 male swimmers and 2 female swimmers. However, any relay team can span multiple age groups. For example, a 12&Under relay might consist of two 8-year-olds, one 10-year-old, and one 12-year-old, as long as two of the swimmers are male and two are female.

ENTRY LIMITS:

Relays may be scratched if the timeline for a session exceeds 4 hours.

Athletes are limited to a maximum of **4 individual events and 1 relay per session**.

The following events will be limited to the number of swimmers, provided the session does not fill prior to reaching those numbers. Swimmers and alternates will be accepted on a first come, first serve 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 thru positive check-in. Alternates not selected after positive check-in may enter another event in any open lane.

- 1) 12&Under Girls 500 Freestyle (E#11) will be limited to 40 entries.
- 2) 13&Older 1000 Freestyle (E#21) will be limited to 24 entries.
- 3) 12&Under Boys 500 Freestyle (E#32) will be limited to 40 entries.
- 4) 13&Older 1650 Freestyle (E#42) will be limited to 16 entries.

ENTRY SUBMISSION:

Entry fees are as follows:

- 1) Individual events are \$8.00 per event.
- 2) Relays are \$16.00 per relay.
- 3) IASI swimmer surcharge is \$6.00 per swimmer.
- 4) Facility fee: \$8.00 per swimmer.
- 5) The entry fee for each outreach swimmer is \$5.00 and covers IASI surcharge, facility fee, and all individual events swum by an outreach swimmer.
- 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 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 *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 beginning at **12:00pm (Noon), Friday, September 30, 2022**.
- 2) All other entries will be accepted beginning at **12:00pm (Noon), Friday, October 7, 2022**.
- 3) Electronic entries must be received no later than **12:00pm (Noon), Monday, October 24, 2022**.
- 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) Once entries are accepted, any additions/substitutions must be made via email to the Entry Chair prior to the entry deadline. Time-only updates must be submitted no later than 12:00 noon, Tuesday, October 25, 2022. Please send a new file with time updates only via email to the Entry Chair prior to the entry deadline.
- 6) Entry fees and financial sheet must be received by **5:00pm, Wednesday, October 26, 2022**, 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.
- 8) Entries **will not** be accepted by phone or fax.
- 9) 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 Meets/Fall Mixer tabs.

LATE ENTRIES:

- 1) Provided space is available, late entries will be accepted by email until Wednesday, October 26, 2022, at 12:00pm (Noon), or in person until 30 minutes prior to the start of Session 1 for Saturday's events and in person until the conclusion of Session 1 for Sunday's events.
- 2) 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), Monday, October 24, 2022.

Late entry fees:
 Individual events: \$12.00 per event.
 Relays: \$20.00 per relay.

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 and/or payments to Jill Sanchez, 3915 150th St., Urbandale, IA 50323. If sent by rush delivery, indicate no signature required.

MEET DIRECTOR:

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

ENTRY CHAIR:

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

REFEREE:

Cam Naylor
 (515) 494-6541

OFFICIALS: Central Iowa Aquatics welcomes any visiting USA Swimming Officials who would like to officiate at this meet. If you are able to officiate, please sign-up on the Iowa Swimming Officials website or contact the Referee. Apprentice officials will be accommodated provided there are sufficient certified officials in the relevant positions.

MEET COMMITTEE: A meet committee comprised of the Meet Director, Meet Referee, a Coach Representative, an Athlete Representative, and a Certified Official acting at large will be established. 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.
 - 2) **Positive check-in is REQUIRED** for both 500 Freestyles (E#:11&32); 1000 Freestyle (E#:21); 13&Older 400 IM (E#33) and the 13&Older 1650 Freestyle (E#:42).
 - a. Positive check-in deadline is 30 minutes before the start of competition for the session for that event.
 - b. Positive check-in events may be reseeded after the positive check-in deadline if the Referee deems it necessary.
 - c. 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.
 - d. No heats will be added to accommodate a swimmer failing to check in by the deadline, including any heat eliminated after reseeding the event.
 - 3) All events will be swum mixed, combined in seeding, **FASTEST to SLOWEST**.
 - 4) Results for individual events will be separated by gender and age for scoring.
 - 6) Swimmers in all events shall report directly to the starting blocks. Swimmers will NOT be checked in by a Clerk of Course.
 - 7) Fly over starts may be used at the discretion of the Referee.
 - 8) 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.
 - 9) Relay cards will be distributed in the coaches' packet. 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 20 minutes prior to the start of the session in which the relay event occurs.
 - 10) 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 cancelled, teams will be given a full refund of the relay cost.
 - 11) Deck changes are prohibited.
 - 12) Operation of a drone, or any other flying apparatus is prohibited over the Venue (pools, athlete/coach area, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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 for 12&Under Swimmers, 1st thru 8th place for individual events and 1st thru 3rd place for relays.

Individual High Point Trophies will be awarded to the TOP 3 male/female swimmers in each age division. (8&Under, 9-10, 11-12, 13-14, 15&Older)

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. The IASI scratch rule is in effect. Fees will be charged once the team entries have been submitted to the Entry Chair.

USA REGISTRATION: No USA Swimming registrations will be accepted at the meet. Any swimmer who is not a currently registered athlete member at the time of the pre-meet recon must ensure that IASI has received the appropriate application and fees at least 24 hours prior to the start of competition. Failure to do so will result in the swimmer's entries being scratched and the swimmer will be not be permitted to compete in this 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.**

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) Programs: Programs will not be sold at the meet. Information will be uploaded to the [CIA Website](#) under CIA Meets<Fall Mixer and uploaded to Meet Mobile.
- 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.
- 3) Concessions: There will be a concession stand offering food selections, along with drinks and healthy snacks. A hospitality room will be available for coaches and officials.
- 4) Swim apparel/merchandise: Elsmore Swim Shop will be onsite and will be offering a variety of swimming apparel & equipment.

MAAPP All applicable 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 the MAAPP policy 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 the event.

2022 CIA Fall Mixer
Wellmark YMCA (25-yard course) Sanction # IA-23-002

Session 1 – South Pool: Saturday, October 29, 2022

Warm-ups begin at 1:00pm
Competition starts at 2:00pm

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
1	Mixed 8 & Under	25 Freestyle
2	Mixed 12 & Under	200 Individual Medley
3	Mixed 12 & Under	100 Freestyle
4	Mixed 8 & Under	25 Breaststroke
5	Mixed 12 & Under	100 Breaststroke
6	Mixed 12 & Under	50 Backstroke
7	Mixed 12 & Under	200 Backstroke
8	Mixed 12 & Under	50 Butterfly
9	Mixed 12 & Under	200 Butterfly
10	Mixed 12 & Under	200 Medley Relay
11	Girls 12 & Under	500 Freestyle

Session 1 – North Pool: Saturday, October 29, 2022

Warm-ups: not before 1:00pm
Competition: not before 2:00pm

<u>Event #</u>	<u>Age Group</u>	<u>Event</u>
12	Mixed 13 & Older	200 Individual Medley
13	Mixed 13 & Older	500 Freestyle
14	Mixed 13 & Older	50 Breaststroke
15	Mixed 13 & Older	200 Breaststroke
16	Mixed 13 & Older	50 Backstroke
17	Mixed 13 & Older	200 Backstroke
18	Mixed 13 & Older	50 Freestyle
19	Mixed 13 & Older	100 Butterfly
20	Mixed 13 & Older	200 Medley Relay
21	Mixed 13 & Older	1000 Freestyle

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Session 2 – South Pool: Sunday, October 30, 2022

Warm-ups begin at 8:00am
Competition starts at 9:00am

<u>Event #</u>	<u>Age Group</u>	<u>Event:</u>
22	Mixed 8 & Under	25 Backstroke
23	Mixed 12 & Under	100 Backstroke
24	Mixed 12 & Under	200 Breaststroke
25	Mixed 8 & Under	25 Butterfly
26	Mixed 12 & Under	50 Breaststroke
27	Mixed 12 & Under	200 Freestyle
28	Mixed 12 & Under	50 Freestyle
29	Mixed 12 & Under	100 Butterfly
30	Mixed 12 & Under	100 Individual Medley
31	Mixed 12 & Under	200 Freestyle Relay
32	Boys 12 & Under	500 Freestyle

Session 2 – North Pool: Sunday, October 30, 2022

Warm-ups: not before 8:00am
Competition: not before 9:00am

<u>Event #</u>	<u>Age Group</u>	<u>Event:</u>
33	Mixed 13 & Older	400 Individual Medley
34	Mixed 13 & Older	100 Backstroke
35	Mixed 13 & Older	200 Freestyle
36	Mixed 13 & Older	100 Breaststroke
37	Mixed 13 & Older	100 Freestyle
38	Mixed 13 & Older	50 Butterfly
39	Mixed 13 & Older	200 Butterfly
40	Mixed 13 & Older	100 Individual Medley
41	Mixed 13 & Older	200 Freestyle Relay
42	Mixed 13 & Older	1650 Freestyle