



AAU JUNIOR OLYMPIC GAMES SWIMMING



LOCATION:	Wellmark YMCA Downtown Des Moines – 501 Grand Ave. Des Moines, IA 50309		
DATES:	Thursday, July 27	*Athlete Check-In – at the RecPlex Practice Coaches Meeting Competition: Session #1 - 11 & Older Distance Events	8:00 AM – 4:00 PM 12:00 PM – 4:00 PM 4:00 PM Warm-up 5:00 PM Meet Starts 6:00 PM
	Friday, July 28	Competition: Session #2 - 13 & Older Prelims Session #3 - 12 & Under Prelims Session #4 - 11 & Older Finals	Warm-up 7:00 AM Meet Starts 8:00 AM Warm-up **See note below Warm-up 4:30 PM Meet Starts 5:30 PM
	Saturday, July 29	Competition: Session #5 - 13 & Older Prelims Session #6 - 12 & Under Prelims Session #7 - 11 & Older Finals	Warm-up 7:00 AM Meet Starts 8:00 AM Warm-up **See note below Warm-up 4:30 PM Meet Starts 5:30 PM
	Sunday, July 30	Competition: Session #8 - 13 & Older Prelims Session #9 - 12 & Under Prelims Session #10 -11 & Older Finals	Warm-up 7:00 AM Meet Starts 8:00 AM Warm-up **See note below Warm-up 4:30 PM Meet Starts 5:30 PM
	Monday, July 31	Celebration of Athletes	7:00 PM Drake University

*Athletes must check in at The MidAmerican Energy Company RecPlex – 6500 Grand Ave., West Des Moines, IA 50266 – See below for instructions.

****Afternoon Warm-ups:** Afternoon warm-ups will begin 15 minutes after the conclusion of the morning session and competition will begin no sooner than 45 minutes after warm-ups. The *estimated* start time will be 12 p.m. for warm-up and competition will start no sooner than 45 minutes after warm-up.

NOTE: It is our intention to run the program as defined. There could be limitations per session for participants. As a last resort, we will eliminate finals and go to timed finals for all sessions.

CHECK-IN: Swimming participants must check-in at the **The MidAmerican Energy Company RecPlex** – (6500 Grand Ave., West Des Moines, IA 50266) to receive their athlete credential or coach wristband. The appropriate credential or wristband will be needed prior to gaining admittance into the competition venues. *If that credential or wristband is lost or stolen there will be a replacement fee.* **Participants should check-in at least the day prior to competing.** For check-in hours, maps and additional directions please visit www.aaujrogames.org (click on Event Info, then Registration).

FACILITY: Location: Wellmark YMCA Downtown Des Moines – 501 Grand Ave. Des Moines, IA 50309

PRACTICE: Practice will be available starting Thursday, July 27 from 12 pm to 4 pm at the Wellmark YMCA. Athletes must check-in at the RecPlex and have proper credentials prior to practicing.

AAU MEMBERSHIP: This meet is licensed by the AAU. All athletes and coaches must be AAU members. Athlete membership is \$14.00 and non-athlete (coach) membership is \$16.00. AAU membership can be obtained online at www.aausports.org.

BE PREPARED and register your coaches early! You can no longer register for non-athlete (coach) membership onsite at the event. Background screens are conducted for all non-athletes and adult athletes. Membership is no longer instant.

ENTRY FEE: \$51.00 per swimmer, \$45.00 per coach. All entry fees are non-refundable.

REGISTRATION & ENTRY DEADLINE: **All entries must be completed online by Monday, July 10, 2023.** Register Online at www.aajirogames.org. Visa, MasterCard, American Express and Discover are accepted. You will need to have your AAU membership at the time of registering. After registering online, you will receive an email confirming your entry and acceptance of payment.

If you wish to have your scores count towards the team scores, be sure to enter your current club membership code when registering online.

In addition to registering online, we encourage all coaches to submit a HyTek Team Manager file. Additional information will be posted at www.aajirogames.org. Be sure to provide your USA Swimming number via your HyTek or emailed entry information for your times to count from this meet and be uploaded to SWIMS.

SWIMMERS WITHOUT A COACH: Any swimmer entered in the meet, unaccompanied by a coach, must be approved by their coach as having proficiency in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Those swimmers will be assigned a coach prior to arrival at the venue. It is strongly encouraged that a connection be made prior to arrival.

ENTRY LIMIT: Three (3) individual events per day, exclusive of relays. Any individual may only swim ten (10) events during the entire meet, exclusive of relays. Relay swimmers may **only** swim on a club relay. A swimmer must register for an individual event in order to compete on a relay.

TIME TRIALS: There will be no time trials.

QUALIFICATION: First and second place finishers in approved AAU District Swimming Championship Meets in individual events under 400M, will qualify for the AAU Junior Olympic Games. Swimmers must place in the District Championship in a District meet vs. a heat of non-exhibition swimmers in the age division they will compete in during the AAU Junior Olympic Games.

In addition, swimmers who meet or beat the published AAU Junior Olympic Games Swimming National Qualifying Time Standards in any event **are eligible to compete** in those events. Qualification for the 400M and 1500M is time only and they may not be entered as Bonus Events. The time standard must have been met during a bona fide competition between the date of the previous year's AAU Junior Olympic Games entry deadline and the current year's entry deadline, whether it was AAU, USA Swimming, YMCA, Boys and Girls Club, Parks & Recreation, etc. **No yard times will be accepted. Yard times must be converted to long course meter times!** Swimmers must list their time on the entry form and bring their time verification to the Championship.

Qualified swimmers may swim in bonus events, as approved, for 50M, 100M and 200M events. **For every qualified event, a swimmer may enter 1 bonus event.** *At a minimum, it is suggested to have a "B" time standard to request approval for bonus events.* **Bonus events are subject to approval by the AAU National Aquatics Committee.**

For the following events: 1) 11-12 400-meter Freestyle, 2) 13-14 1500-meter Freestyle and 3) 15-18 1500-meter Freestyle and 4) 400-meter Individual Medley: These longer distance events will be held Thursday night. Confirmation of attendance will happen via email by Monday, July 24, 2023. If room is available, the AAU Aquatics Committee will consider entries that do not meet the qualifying time standard. The remaining lanes will be filled according to best times until the heat is full (post scratches). Psych sheets for the Thursday events will be provided in advance so athletes will know whether they are swimming that evening or not.

For the 8 & under division, USA Swimming long course time standards have not been established. The 8 & under division is open to any participant; however, he/she must submit an entry time to be used for seeding purposes and to verify that the athlete has swam in the event prior to the AAU Junior Olympic Games. **Entries without times (NT) will not be accepted.**

Qualifying period is from August 1, 2022 through July 9, 2023

The AAU suggests a helpful online tool for time conversion. Please visit the website at www.aauswimming.org or www.aajirogames.org (select swimming).

ENTRY TIME VERIFICATION: Time verification must be provided for 400M and 1500M events prior to the event. Swimmers placing first or second in the District Championship must also provide time verification from the district meet. For all other events the Meet Director reserves the right to request time verification and reject entries whose qualifying times cannot be substantiated. Proof of time may be requested at the time the entry is received, before the start of the meet (at coaches meeting) or during the meet by the Meet Director or Meet Referee. Times may only be proved by presentation of final meet results from a bona fide meet.

- IASI SANCTION:** IA-23-099A
Held under the approved 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.
- If you are a registered USA Swimming athlete, you may provide your USA Swimming number for your times to count from this meet. Please include the number with your HyTek or emailed entry.
- AGE DIVISIONS:** Girls & Boys: 8 & Under 10 & Under 11-12 13-14 15-18
- Athlete's age on the first day of competition, July 27, 2023, shall determine the division of the competitor. The 8 & under division is a recognized age group in the AAU Junior Olympic Games. The 8 & under and 10 & under divisions are offered for the 50M events and 200M free relays. The heats for these age groups may be combined but will be awarded separately. Participants that are 8 & under are also welcome to swim in the 10 & under events if he/she meets the qualifying time standard for that event. The 10 & under events are not awarded separately – if an 8-year-old swims a 10 and under event then they will be awarded where they finished.
- FORMAT:** This meet is pre-seeded **WITH THE EXCEPTION OF RELAYS WHICH WILL BE DECK ENTERED.** No other deck entries will be permitted.
- All 10 & Under events will swim as Timed Finals during the Prelim sessions. The 400 meter Freestyle (11-12 age group) and the 1500 meter freestyle (13-14 and 15-18 age groups) will be Timed Finals only. All relays are Timed Finals. All other events will swim as Prelims and Finals.
- TIMED FINAL:** Timed Finals are when all heats of a particular event are swum only once during a meet. The final placement of the swimmers is determined once all the heats are swum and the times are ranked. Swimming in the fastest heat does not guarantee top 8 final ranking as it would with a prelim/final event.
- RELAYS:** Only ONE (1) AAU Club is represented on the relay team. Up to two (2) relay teams per club are allowed in each age group event. There are NO mixed relays.
- SEEDING & CHECK IN:** All individual events will be pre-seeded. Relays will be deck seeded. Swimmers will need to scratch prior to the scratch deadline if needed. Events may be seeded together but scored separately.
- DECK ENTRIES:** **INDIVIDUAL EVENTS:** No deck entries will be accepted.
- CLUB RELAYS:** Club Relays will be deck entered by submitting Relay Entry Forms, included in coach's packet (full relay for Club teams) to the meet director as follows:
- 400-meter Club Medley Relay – Due no later than 5:30 PM on the 1st day of meet – Thursday, July 27
- 400-meter Club Freestyle Relay – Due no later than 5:30 PM on the 2nd day of the meet – Friday, July 28
- 200-meter Club Medley Relay – Due no later than 5:30 PM on the 3rd day of meet – Saturday, July 29
- 200-meter Club Freestyle Relay – Due no later than 5:30 PM on the 4th day of meet – Sunday, July 30
- SCRATCHES:** Scratches must be submitted by **6:30 p.m. the evening before** the swimmer is to compete in the event. Scratch forms will be available at the scratch table and will be collected at 6:30 p.m. daily. No swimmer may scratch an event to enter another. The scratch procedures will be in accordance with current USA Swimming policies (207.12.6.c). Deadline for Thursday's events shall be 15 minutes after the coaches meeting on Thursday, July 27, 2023.
- SCRATCH RULE:** Failure to swim an individual prelim or timed final event will mean disqualification from further individual and relay events **for the day.**
- For all prelim/final events, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. **Any qualified swimmer in the event (a swimmer is qualified for finals if he/she has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet.** Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above fines and exclusion from competition, even though any qualified swimmer may be moved into finals.
- It is the swimmer's responsibility to report to the assigned heat and lane.

FINALS QUALIFIERS: There are two heats of finals (top 16) in all events with the exception of the 13-14/15-18 400 IM, 400 Free, 200 Breast, 200 Back, and 200 Fly in which there will be one heat of finals (top 8).

Swimmers will have thirty (30) minutes after prelim results are announced to scratch.
If you do not scratch from the finals and do not swim, you will be disqualified from the meet.

AWARDS: **INDIVIDUAL:** AAU Junior Olympic Games medals will be awarded to the top eight (8) finishers in each individual age group event. Ribbons will be awarded to athletes placing 9th – 16th.

The top 8 swimmers will be presented their awards on the podium. The location of the podium and timing of awards will be addressed during the coaches meeting. Swimmers who place 9-16 will receive their ribbons in a packet delivered to each coach which will be available at the end of the meet.

CLUB RELAYS: AAU Junior Olympic Games medals will be awarded to every team member on each of the top eight (8) places in age group **CLUB RELAY events only**. Ribbons will be awarded to each CLUB RELAY team member placing 9th – 16th.

AWARD CEREMONIES: AAU Junior Olympic Games medals will be presented to the top eight (8) finishers in individual events and Club Relays during award ceremonies following the completion of the events.

COACHES CREDENTIALS: Coaches must complete the Coach Entry Form and submit the \$45.00 coach entry fee, in order to receive the coach pass which allows admission into any of the venues for the AAU Junior Olympic Games. All coaches must be non-athlete members of the AAU. Only coaches meeting the certification requirements below will be eligible to receive credentials allowing access to the deck.

Coaches' certification requirements are as follows:

1. Current certification in CPR and First Aid, and
2. American Red Cross Coaches' Safety Training and First Aid, American Red Cross, or YMCA Lifeguard Training
OR
3. Valid USA Swimming Coach's Card

These credentials will be verified – in person – immediately following the coaches meeting.

Swimmers with no certified coach will be assigned to another team for practice and warm-up.

Deck Access Coaches' Credentials will be provided to teams as follows:

1 – 5	Swimmers entered	1 coach
6 – 10	Swimmers entered	2 coaches
11 – 20	Swimmers entered	3 coaches
21 & above	Swimmers entered	4 coaches

One of the coaches, per the schedule above, must be designated as the Team Head Coach at the Coaches Meeting on July 27. Only credentialed coaches will receive a team packet (1 per club), be allowed on the deck and attend coaches' meetings.

COACHES EDUCATION: The AAU is happy to make available **FREE Coaches' Education** for all AAU non-athlete members. This excellent program is **MANDATORY** for all AAU non-athletes and will be administered by Positive Coaching Alliance (PCA). Please visit www.aausports.org and click on PCA COACHES EDUCATION to enter and take the MANDATORY AAU/PCA coaches educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

COACHES MEETING: A mandatory coaches' meeting will take place at **4:00 p.m. on July 27** at Wellmark YMCA.

DECK ACCESS: AAU Junior Olympic Games credentials (Athlete, Coach, Official, and Volunteer) will be required to be shown for access to the deck. In addition, coaches must also be able to present the AAU required coaches' certifications during the meet.

DECK PERSONNEL/ LOCKER ROOMS/ CREDENTIALING: Only registered and current coaches, athletes, officials and meet personnel are allowed on the deck or in locker rooms. All access points to the pool deck and locker rooms will either be secured or staffed by a meet worker checking credentials throughout the duration of the meet.

SWIMMING SAFETY AND WARM UP PROCEDURE: USA Swimming warm up rules and AAU safety guidelines and warm-up procedures will be followed. Coaches must maintain contact with their swimmers during warm-up. To protect all swimmers during warm-ups, swimmers are required to enter the pool feet first from the starting end of the pool at all times except when sprint lanes have been designated. No jumping or diving. The same rules will apply with respect to the warm-down pool and diving well. Penalties for violating these rules will be at the sole discretion of the meet referee.

The final 20 minutes of warm-ups will be conducted as follows:

- (a) Lanes 1 & 8: Pace Lanes, push off only, circle swimming only.

- (b) Lanes 2 & 7: Sprint lanes, racing starts from the starting end of the pool, one way only.
- (c) Lanes 3 - 6: General warm-up, no diving or racing starts, circle swimming only. Additional sprint lanes will be opened at the discretion of the Meet Referee or his designee.

OFFICIALS: All currently certified officials are cordially invited to participate. All USA Swimming officials must be registered with USA Swimming for 2023, have a current background check and participate in the athlete protection course acknowledged by USA Swimming.

HOUSING: The AAU makes every effort to provide the best quality experience for athletes, coaches and families who participate in AAU events. Athletes, coaches and families can choose from a wide variety of accommodations in various price points and with several levels of amenities. The Local Organizing Committee has carefully selected host hotels for participants with the lowest rates available. The hotels selected for the program not only provide great rates, but also the greatest convenience in regards to location and other amenities.

All reservations are handled through the Local Organizing Committee. DO NOT CONTACT THE HOTELS DIRECTLY AS YOU WILL NOT RECEIVE THE DISCOUNTED RATE. Please visit the website at www.aaujrogames.org and click on **Hotels** to make your reservations. Please check online regarding deposit requirements and cancellation policies which may vary depending on hotel. AAU is not responsible for any refunds from cancellation.

In order to complete your registration to participate in the 2023 AAU Junior Olympic Games, you are required to use hotel accommodations as advertised at <http://www.aaujrogames.org/Hotels>. If your team or athlete is local or not planning to stay at one of the recommended properties, you **MUST** submit a Housing Exemption Form available online at www.aaujrogames.org/Hotels.

TRANSPORTATION: All participants and spectators are responsible for their own transportation to and from all activities, events, and hotels.

PARKING: Some locations may have parking fees. Please visit www.aaujrogames.org and click on Maps & Directions for more information. Also, some hotels may charge for parking. Please check with your hotel for specific information as prices vary.

SECURITY: All AAU Junior Olympic Games facilities maintain the right to search any bags, backpacks, purses, jackets, etc. throughout the duration of the AAU Junior Olympic Games.

FOOD: All AAU Junior Olympic Games facilities maintain exclusive rights to concessions. Outside food and beverage are not permitted throughout the duration of the AAU Junior Olympic Games. No coolers at any venue.

CELEBRATION OF ATHLETES: The Celebration of Athletes will be held on Monday, July 31, 2023. More information will be posted at <http://www.aaujrogames.org/CelebrationofAthletes> as it becomes available.

ADMISSION FEE: Athletes and coaches with a credential will receive admission to all competition venues and the Celebration of Athletes as part of your entry fee. Please note that you must check-in and pick up your credential prior to receiving admittance into any venue, including the Celebration of Athletes. You must have the appropriate wristband or credential.

Spectators can purchase tickets onsite at the venues. Daily passes are \$15.00 (3 & under free) and includes admission to all competition venues on the designated day only. Event passports are \$45.00 (3 & under free). For more information on ticket options, please visit www.aaujrogames.org.

NO GUARANTEE: The AAU cannot and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has sanctioned (approved) this event as an official AAU event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.

RESULTS: Complete meet results will be posted on the AAU Junior Olympic Games website at www.aaujrogames.org.

GENERAL INFO: Any errors or omissions in the program will be documented and signed by the meet Referee and available for review at the Clerk of Course for coaches' review. Information will also be covered at the coaches' meeting.

FIRST AID: Supplies will be kept in the first-aid station.

TECH SUITS: Swimmers ages twelve years and younger shall not compete while wearing "Tech" suits, even when competing in Senior or Open events. A list of suits that are considered "Tech" suits is posted on the IASI Website.

CONDUCT: Each team is responsible for the behavior of their swimmers. Teams will be financially responsible for any damage caused to the facility by their athletes, coaches, or parents/spectators.

The Referee may remove any swimmer from competition for disruptive or disorderly behavior. The Meet Marshall will notify the Referee and the coach of any swimmer who is behaving/acting in an unsafe manner. Deck changes are prohibited.

USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED AT ANY TIME IN CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS.

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.

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: In granting this approval, it is understood and agreed that USA Swimming, Iowa Swimming (IASI), and YMCA of Greater Des Moines shall be free and held harmless from any liabilities or claims for damages by reason of injuries during the conduct of the event.

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