

2024 Breadbasket Zones Championship

Saturday, April 20 and Sunday, April 21, 2024

U.S. Masters Swimming Sanction Number: 404-S003

The 2024 Breadbasket Zones Championship is a two-day, two session short course yards meet sanctioned by US Masters Swimming via Iowa Masters Swimming hosted by the DSMY Master Marlins in the Prairie Meadows pool in the MidAmerican Energy Companies Aquatic Center at the Wellmark YMCA.

Located in the heart of downtown Des Moines, the Wellmark YMCA is connected to hotels, restaurants, and other entertainment via the Skywalk system. MidAmerican Energy Companies Aquatic Center is a two-time TYR Pro-Series event venue.



Host DSMY Marlin Masters

Location Wellmark YMCA
501 Grand Avenue
Des Moines, IA 50309

Date Saturday, April 20 & Sunday, April 21, 2024

Timeline	Date	Pool Deck Opens	Warm-ups Begin	Competition Begins
	Saturday 4/20	12:00 PM	12:30 PM	1:30 PM
	Sunday 4/21	7:30 AM	8:00 AM	9:00 AM

Sanction Sanctioned by USMS Inc. and Iowa Masters Swimming

Pool 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. Colorado electronic timing systems and Colorado Backstroke Starting Devices will be used in all configurations.

Pool configuration and number of courses and will be determined once entries have been received. The 4 lane, 25 yard program pool may be made available for warm-up and cooldown if we run two pools.

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.

The MidAmerican Energy Company Aquatic Center is a three-point entry facility. All pools must be entered with a sit and slide during non-competition entries. Racing starts may only be conducted at the discretion of the meet referee.

Eligibility Persons at least eighteen (18) years of age on April 11, 2024 and all levels of swimming ability are welcome. 2024 USMS membership is required and available online at USMS.org. **One-event USMS membership (OEVT) is allowed but OEVT-USMS membership is restricted to this meet only. OEVT swimmers may neither represent a club/team nor swim on relays. OEVT swimmers' times are not submitted to the USMS times database and are not recognized for record or Top Ten consideration.** Meet Entry Fees are in addition to USMS membership dues/fees.

Conduct *General:*
2024 USMS rules prevail.

Age as of April 20, 2024 determines age for the meet.
Individual competition age groups: 18-24, 25-29, 30-34, 35-39, et al.
Relay competition age groups: 18+, 25+, 35+, 45+, et al.

All events are timed finals with mixed gender heats and will be seeded slowest to fastest. Swimmers are responsible for reporting to the blocks on time in their heat and lane for each event. NO Clerk of Course will be present. Unattached swimmers will be listed as "UN-LMSC#" and are not eligible to swim on relays.

Individual event limit is 5 per day and 10 per meet excluding relays.

Relays:
To enter a relay event, mark the relay event number on the entry form during online meet registration. **The meet director will coordinate relays**

and contact swimmers interested in relay teams. All swimmers on a relay team must be registered with the same USMS Club.

Relay age groups are: 18+, 25+, 35+, 45+, et al and are determined by the youngest swimmer's age. Individuals may swim for only one relay team in each relay event. There is no fee to enter relays.

Unattached swimmers or OEVT-USMS members are not eligible for relays.

Event Limit Swimmers may enter a maximum of ten (10) individual events with a maximum of five (5) per day. A swimmer may enter a relay once. Swimmers are limited to either the 1000 free OR the 1650 free.

Entry Fee Entries received prior to Thursday, April 11, 2024:
\$40 One day meet entry (Saturday OR Sunday)
\$60 Two day meet entry (Saturday AND Sunday)

Entries received after Thursday, April 11, 2024 (including deck entry):
\$60 One day meet entry (Saturday OR Sunday)
\$80 Two day meet entry (Saturday AND Sunday)

Please make checks payable to: Greater Des Moines YMCA

Entry Deadline & Threshold Thursday, April 11, 2024

Late Entries will be accepted from athletes already entered in the competition up to Wednesday, April 17 at 11:59PM.

Meet will be seeded on Thursday, April 18. Once the meet is seeded, deck entries will only be accepted into empty available lanes. There will be no new heats added for late entries.

Deck entries close at the start of warm-ups for that day's session. Deck entry for previously unregistered athletes is subject to approval of entry chair.

A minimum of 100 entries must be received by Thursday, April 11, 2024 or the meet may be canceled at the discretion of the meet host. In the event that the event is canceled due to low participation, any and all collected fees will be refunded.

Entries *For individuals:*
Electronic entries only. NO handwritten entries will be accepted. Please use the fillable PDF forms linked on our Team Unify Hosted Meet tab.

Please mail your payment check ONLY to the above address. Checks must be received by April 17 in order for the athlete to be seeded into the meet. Checks should be made out to the Greater Des Moines YMCA.

Athletes affiliated with teams submitting entries electronically should NOT submit any entry form, waiver, or proof of USMS membership by mail.

For teams using team management software:

Please send Hy-Teck/Meet Manager files along with a PDF copy to the entry chair, Art.Dinkin@dmymca.org, by Thursday, April 11, 2024. Checks must be received by Wednesday, April 17.

Late/Deck Entries:

Please deliver your completed entry form, signed waiver, copy of USMS card and payment to the Admin table by 12:00 PM, April 20, 2024. While checks are preferred, correct change cash is acceptable.

General notes on entries:

All athletes will be required to present a copy of their USMS card and sign a waiver at the sign-in table before competing.

Distance events are deck-seeded. All distance swimmers should check-in at the Admin Table on the pool deck by the start of warm-ups to confirm their entry in the event.

Entry cards for relay events must be submitted to the admin official/deck referee by the start of warm-ups for the session.

Handwritten and/or mailed entries will NOT be processed

Entries	All Entries (PDF, HyTek/Meet Manager): Art Dinkin@dmymca.org	Checks: Greater Des Moines YMCA Attn: Crystal Brugman 501 Grand Avenue Des Moines, IA 50309
Seed Times	Submit latest times for 25-yard course. Enter "NT" for no time.	
Eligibility	Open to all athletes with current U.S. Masters membership cards.	
USMS Registration	USMS registration is REQUIRED. It is strongly recommended that registration is complete prior to entering the meet. Registration can be completed at USMS.org .	
	Please attach a photo copy of your 2024 USMS card with your entry form, waiver, and payment.	
Scratches	Athletes not reporting for events will be scratched. No refunds will be given.	

Meet Director	James Lawson James.Lawson@dmymca.org 515-229-0677
Meet Referee	Ryan Judas
Entry Chair	Art Dinkin Art.Dinkin@dmymca.org
Team Definition	All USMS athletes registered in the state of Iowa are officially members of the same "Iowa Masters" club.

FOR THE PURPOSES OF THIS MEET ONLY

In order to have a sporting competition for a State Championship Team Trophy, a "Team" is defined as follows:

1. A team must have a designated city or town which is a single city or town in Iowa.
2. Every team member must reside in the designated city or town, or swim regularly at a pool within 25 miles of the designated city or town. Regularly is defined as *at least* 20 times per year.
3. To score points in relay events, all athletes on the relay must be from a single "Team" as defined here.
4. Entrants residing outside of Iowa and who have an Iowa Masters USMS card may swim for an Iowa team if rule 2 is satisfied.
5. Teams outside the state of Iowa may score points, but are not eligible for the team trophy.