



2024 14 & Under CENTRAL ZONES Championships

August 8-11

Des Moines, IA

Hosted by: DSMY MARLINS

IASI SANCTION

IA-24-090

Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI). Please refer to the accompanying 2024 Central Zone general information for additional information.

INVITED LSCs

Iowa, Lake Erie, Michigan, Minnesota, Missouri Valley, Wisconsin

OFFICIALS

Referee: Richard Allen rallen@wattsandassociates.com 406-925-3282
Admin Referee: Troy Tricker troy.tricker@exaltrix.com

SITE

Wellmark YMCA www.dmymca.org
501 Grand Avenue www.dsmymarlins.com
Des Moines, IA 50309

Live Stream & Replay : www.dsmytv.com

All new information will be found on the host's web site under the HOSTED MEETS / 2024 CENTRAL ZONES
<https://www.gomotionapp.com/team/ymca-2165/page/hosted-meets/central-zones>

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. Colorado Timing Systems with Hytek interface will be used.

The 4 lane, 25 yard program pool will be available for warm-up if needed and open during competition for warm-up/ cool down.

The meet host will ensure the required course dimensions.

Athlete seating: Permanent bleacher seating at the north end of the competition pool for 300, six moveable bleachers for 120 and sections 10, 11, and 12 in spectator level above the pool for overflow athlete seating.

COACHES

Only USA Swimming coach members in good standing 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.

Coaches and Officials must produce proof of membership in USA Swimming immediately upon request by the Referee or his delegate or leave the pool deck. The official mobile application of USA Swimming is acceptable proof of membership.

GENERAL MEETING	A virtual pre-meet General Meeting is scheduled for the evening of Tuesday, August 6 th for all coaches and LSC representatives. A link will be provided on the host's website and emailed to each LSC. Meet procedures and meet information will be discussed.
WARM-UPS	All swimmers must be under the supervision of a USA Swimming member-coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist in making arrangements for such 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.
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 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. 2. Swimmers must enter in the age group events corresponding to age as of August 8, 2024.
ENTRY LIMITS	Refer to general meet informational sheets.
ENTRY SUBMISSION	Entry fees are as follows: 1. \$10.00 per individual event. \$16.00 per relay 2. IASI swimmer surcharge: \$6.00 per swimmer. The surcharge is not assessed to outreach swimmers who qualify for LSC benefits. 3. Central Zones swimmer surcharge of \$1.00 per swimmer. 4. The entry for each outreach swimmer who qualifies for LSC benefits is \$5.00 and covers all individual entry fees, facility fees, and the IASI Surcharge. 5. Facility Fee: \$8 per swimmer. Entries must be submitted in electronic format (meet entry file with hard copy). A check for the entry fees must accompany all entries. Any swimmer in relays only will be listed on the roster and the IA swimmer surcharge fee and facility fee paid for that swimmer. Submit entries along with the appropriate IASI Financial Sheet (APP-8.1). If submitting electronic entries, also send a hardcopy of the entries with the entry fees and financial sheet. LSCs 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 according to IASI Outreach policy. The names of the outreach swimmers are not to be provided to the host club. Send entries to: Send electronic entries by email to the entry chair, Marie Koenigsfeld marie@iaswim.org and cc'd to john.vanmeter@dmymca.org Send all print materials to the Meet Director. If sent by rush delivery, indicate no signature required.

Send payment to:

Payment shall be by check or money order made payable to
Greater Des Moines YMCA, Attn: John Van Meter

501 Grand Avenue
Des Moines, IA 50309

All entry fees, including IASI swimmer surcharge fees, 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; IASI swimmer surcharge fees will be refunded only if the entire meet is cancelled.

ENTRY DATES AND DEADLINES

The meet entry deadline is **12:00 noon** on **Monday, August 5th, 2024**. Please refer to the general meet info for further details.

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 assistants required. See Article 105 of USA Swimming Rules and Regulations.

MEET DIRECTOR

John Van Meter
john.vanmeter@dmymca.org 515-471-8560 pool
515-745-3283 cell

Mailing Address: Wellmark YMCA (*checks payable to:* **Greater Des Moines YMCA**)
Attn: John Van Meter
501 Grand Ave
Des Moines, IA 50309

ENTRY CHAIR

Marie Koenigsfeld
515-419-6453
marie@iaswim.org

SAFETY DIRECTOR

Crystal Brugman
515-471-8546
Crystal.Brugman@dmymca.org

OFFICIALS

This meet is an Officials Qualifying Meet (OQM). DSMY welcomes any visiting USA Swimming officials who would like to officiate at this meet. If you are able to officiate, please see sign up details on the Central Zones website. Contact the Meet Referee with any questions or to request to be evaluated.

Officials Meetings will convene one hour prior to the start of each session.

MEET COMMITTEE

A meet committee consisting 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.

ADMISSION

Athletes and volunteers should enter the facility on the ground floor level. Spectators should enter through the Skywalk entrance.

All attendees ages 14 and over must have a wristband for entry.

Wristband Sales

Pre-sale ends Sunday, August 4 at 11:59 PM. Wristbands can be purchased on-site during the registration period from 1-6 pm on Wednesday, August 7 in the YMCA lobby. Wristbands will also be available for purchase daily from the start of warm-ups to 1 hour after competition begins at the Skywalk doors.

Cash or card accepted on-site.

Timers signed up for 2 or more sessions	FREE!
Pre-sale All Session	\$50.00
Pre-sale Single Day	\$20.00
Pre-Sale Single Session	\$10.00
Pre-Sale 10 & Under Session	\$10.00
On-site All Session	\$70.00
On-site Single Day	\$25.00
On-site Single Session	\$15.00
On-Site 10 & Under Session	\$15.00

Timers can sign-up for sessions on the Sign-up Genius linked on the host's website. One all-session wristband will be provided and will be available for pickup as described below. Timers must sign-up for their two or more sessions before the beginning of competition to take advantage of this offer. No refunds will be available after competition begins.

Wristband Pickup

Pre-sale: wristbands can be picked up during the registration period on Wednesday, August 7 from 1 pm to 6 pm in the YMCA lobby. Wristbands not picked up during this window will be available from the start of warm-ups to 1 hour after competition begins at the Skywalk doors.

On-Site: wristbands can be purchased on-site during from 1-6 pm on Wednesday, August 7 in the YMCA lobby. Tickets will also be available for purchase daily from the start of warm-ups to 1 hour after competition begins at the Skywalk doors.

Timers: wristbands can be picked up during the registration period on Wednesday, August 7 1 pm to 6 pm in the YMCA lobby. Wristbands not picked up during this window will be available from the start of warm-ups to 1 hour after competition begins at the Skywalk doors.

MEET PROGRAM

There will be no printed programs. All heat sheets will be posted to the host website and Meet Mobile when available. A QR code will be posted at each entrance and throughout the venue for easy access.

AWARDS	Medals: individual events- 1st thru 8th, relays- 1st thru 3rd Ribbons: individual events- 9th thru 16th, relays- 4th thru 8th High Points: Each age group and gender- 1st thru 3rd Team Trophy: Combined points- 1st thru 3rd Awards will be distributed to coaches at the conclusion of the meet.
SCRATCHES	Please refer to general meet information sheets.
USA SWIMMING 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 pre-meet reconciliation must ensure that their LSC 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 barred from entering the pool.
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 photography is allowed from behind the blocks. This includes the spectator seating area on the south end of the pool.
NO ALCOHOL OR TOBACCO	The use of any tobacco and/or alcohol products is prohibited in the swimming venue.
IMAGE RELEASE	Participants consent to be photographed/filmed by any authorized photographer(s) and/or network(s) of IASI and/or the host club under 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.
MEET CONDUCT	Attending clubs, swimmers and spectators are the guests of the Wellmark YMCA. Any report of inappropriate behavior will be dealt with immediately. DSMY / Wellmark YMCA Staff reserve the right to remove any offending individuals or groups. Any swimmer found swimming under the bulkhead will be ejected from the facility and be barred for the remainder of the meet. Clubs will be financially responsible for any damage to the premises caused by their club, swimmers, parents, and/or spectators.
ADDITIONAL INFORMATION	1. <i>Results:</i> Electronic results will be provided to all teams participating in the meet once full payment and any additional fees for final payment are received. Final results will also be posted on IASI and Central Zones website. A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00. 2. <i>Concessions:</i> There will be a concession stand located in the southwest corner of the upper concourse in spectator seating. A hospitality room will be available for coaches and officials. 3. <i>Swim apparel/merchandise:</i> Elsmore Swim Shop will be onsite offering a variety of swimming apparel and equipment. A pre-sale link will be available on the host's meet page. 4. <i>Deck:</i> Only registered swimmers, coaches and meet personnel will be allowed on deck. On deck seating for 300+ swimmers. Glass

containers of any kind are not permitted on the pool deck or spectator area at any time.

5. *Parking information:* Parking meters charge from 9am to 9pm Monday thru Saturday. The 5th & Keo parking garage is closest to the facility and provides Skywalk access. There is a no charge for parking downtown on Sundays. Hotel block info available on www.dsmyanmarlins.com
6. *Spectator Seating:* Spectator seating will be cleared between all sessions. No seat saving is allowed. Items left in spectator seating area will be placed in lost and found.

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.

SAFE SPORT

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate at this meet.

Additional information regarding the Required Quality Control System for Safe Sport may be found on the Iowa Swimming Website > Meet Host Resources page
(<https://www.gomotionapp.com/team/lscis/page/competition-resources>)

MEDICAL SUPERVISION

Lifeguards on duty 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.

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.

TEAM PICTURES

Team photos will occur on Thursday, August 8th before or after assigned team warm-up times. Team photos will be available from cposephoto@gmail.com and LSC Team Representatives should contact Chris Pose Photography for further information.