

# 2024 LAST CHANCE QUALIFIER

## Hosted by the DSMY Marlins

**IASI SANCTION:** IA-24-033  
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:** Sunday, February 4, 2024

**TIME:** All swimmers, coaches, and meet volunteers must enter the facility using the lower level Grand Avenue entrance. Pool Deck will open to swimmers at 11:40am. Spectators will use the Skywalk level entrance to the MidAmerican Energy Company Aquatic Center which will open at noon on Sunday.

<u>Sessions</u>	<u>Warm-Ups</u>	<u>Competition</u>
1. Sunday Afternoon	12:00pm	1:00pm

Coaches meeting at 11:45am.

**SITE:** Wellmark YMCA  
501 Grand Avenue  
Des Moines, IA 50309  
[www.dmymca.org](http://www.dmymca.org)  
[www.dsmymarlins.com](http://www.dsmymarlins.com)

Live Stream & Replay : [www.dsmytv.com](http://www.dsmytv.com)

**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 electronic timing systems will be used in all configurations.

Pool configuration and number of courses and will be determined once entries have been received.

The meet host will ensure the required course dimensions.

**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.

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 USA Swimming membership.

**WARM-UPS:** The IASI mandatory warm-up procedure will be followed.

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:** 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 a 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 & LIMITS:**
1. Swimmers must be currently registered as athlete members of USA Swimming.
  2. Swimmers that have not been cleared for USA Swimming registration membership (including APT for 18 & Over athletes) 24 hours prior to the meet will not be seeded into the meet and will not be allowed on deck until they can show membership is in good standing on the USA Swimming App. No refunds will be issued and athlete will be subject fill events in any available open lanes.
  3. Swimmers must enter in the age group events corresponding to age as of February 4, 2024.
  4. Swimmers may enter no more than **4** individual events during the meet.
  5. Seed times must be submitted for a 25-yard course (SCY). No Time (NT) entries will be accepted. Converted times are not allowed.
- ENTRY SUBMISSION:** Entry fees are as follows:
1. Individual events: \$8.00 per event.
  2. IASI swimmer surcharge: \$6.00 per swimmer, but no IASI splash fee for Outreach swimmers who qualify for LSC Outreach benefits.
  3. 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.
  4. Program Fee: \$4.00 per swimmer.
  5. Handwritten entries: additional \$5.00 per swimmer.
- Electronic entries must be submitted in a format compatible with Hy-Tek Meet Manager software. Handwritten entries must be submitted on the IASI Meet Entry Form (APP-7).
- Submit entries along with the appropriate IASI Financial Sheet (APP-8.2). If submitting electronic entries, also send a hardcopy of the entries with the entry fees and financial sheet.
- 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 **Greater Des Moines YMCA, ATTN: John Van Meter**. All entry fees, including IASI swimmer surcharge & program fees must 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:**
1. Entries will be accepted from teams/athletes in the Iowa LSC non-IASI teams/athletes in attendance last year beginning at **11:00am, Tuesday, January 2, 2024**. (ASA-MV, SCH-MW)
  2. Entries will be accepted from all teams/athletes at **11:00am, Tuesday, January 9, 2024**.
  3. The meet entry deadline is **NOON** on **Monday, January 29, 2024**.
  4. Handwritten entries, along with entry fees, additional \$5 per swimmer and financial sheet, must be received no later than **Friday, January 26, 2024**. Handwritten entries will not be considered entered in the meet until full payment is received.
  5. Once a team's entries have been accepted by the meet host, that team is considered entered into 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 into 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.

6. Once entries are accepted only time updates will be allowed for teams with electronic entries. No time updates will be accepted for handwritten entries. Any additions/substitutions must be made via email to the Meet Director prior to the entry deadline.
7. A hardcopy of the entries, along with entry fees and financial sheet, must be received by **Wednesday, January 31, 2024** 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.
8. Entries will be confirmed via a return email receipt.
9. Entries will NOT be accepted by phone or fax.

Entries will be accepted in the order received. Once the meet reaches capacity, the host team will inform IASI meet contacts as well as any non-IASI teams with entries already accepted.

**LATE ENTRIES:**

1. Provided space is available, late entries will be accepted by email until 6:00pm, Friday, February 2, 2024. After that time, they will only be accepted on deck up to the end of the warm-ups of each session.
2. Only swimmers already entered in the meet that have not reached their session limit will be able to late enter after Tuesday, January 30, 2024.
3. If the meet program has not been prepared, swimmers shall be seeded into the meet, but will still be charged the late entry fee. If the meet program has been prepared, swimmers shall be assigned to an empty lane, no heats will be added.

**Late entry fees:**

Individual events: \$15.00 per event.

For questions regarding late entries or to find out if late entries are being accepted, contact the Meet Director.

**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.

**SEND ENTRIES TO:**

Send electronic entries by email to [john.vanmeter@dmymca.org](mailto:john.vanmeter@dmymca.org)  
Send all print materials to the following:

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

*If sending rush delivery, indicate no signature required.*

**MEET DIRECTOR / ADMIN REFEREE:**

John Van Meter 515-471-8560 pool  
[john.vanmeter@dmymca.org](mailto:john.vanmeter@dmymca.org) 515-745-3283 cell

**MEET REFEREE:**

Cam Naylor 515-494-6541  
[cbnaylor28@icloud.com](mailto:cbnaylor28@icloud.com)

**SAFETY DIRECTOR:**

Crystal Brugman 515-471-8546  
[crystal.brugman@dmymca.org](mailto:crystal.brugman@dmymca.org)

**OFFICIALS:**

**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 DSMY

website ([www.dsmyanmarlins.com](http://www.dsmyanmarlins.com)) under the Hosted Events/2024 Last Chance tabs. Contact the Meet Referee with any questions or to set up apprentice requests.

- 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.
- MEET OPERATION:
1. All events will be pre-seeded.
  2. Positive check-in is required for 500 Freestyle events.
    - a. Positive check-in deadline is 10 minutes prior to the start of competition.
    - b. Positive check-in events may be reseeded if a heat can be eliminated or 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 **Fastest to Slowest**.
  4. Swimmers in all events shall report directly to the starting blocks. Swimmers will not be checked in by a Clerk of Course.
  5. Fly over starts may be used at the discretion of the referee.
  6. The host is not responsible for providing rest for swimmers entered in consecutive events of the same stroke. If a swimmer has less than 10 minutes rest between events of the same stroke- the swimmer or swimmer's coach is strongly encouraged to request to be down seeded in the second event. (i.e. an 11 year old swimming in the 11&O 100 Breast and also wishes to swim in the 12&U 50 Breast). Down seed requests made prior to the meet entry deadline (noon on Tuesday, January 31, 2023) will be honored. After the meet entry deadline, requests will still be honored until the meet has been seeded. After the meet program has been prepared, down seed requests will only be honored on a lane available basis.
  7. The host will provide a minimum of 10 minutes rest between consecutive events of different strokes.
  8. Deck Changes are prohibited.
  9. Banners, signs or posters are not allowed to be adhered, displayed or affixed anywhere in the aquatic center facility.
  10. Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
  11. 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.
- SCORING: No team scores.
- AWARDS: No awards.
- 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.
- USA SWIMMING 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.

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 ALCOHOL OR TOBACCO:

The use of any tobacco 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 and/or parents & spectators.

ADDITIONAL INFORMATION:

1. *Program:* Programs/heat sheets will be uploaded to the DSMY website [www.dsmyanmarlins.com](http://www.dsmyanmarlins.com) and by noon the day before the meet and uploaded to Meet Mobile prior to the session starting.
2. *Results:* Electronic results will be provided to all teams participating in the meet. Final results will also be posted on DSMY 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 limited concession stand offering drinks and healthy snacks. A hospitality room will be available for coaches and officials.
4. *Swim apparel/merchandise:* There will not be a vendor on site.
5. *Seating:* The MidAmerican Energy Company Aquatic Center provides seating for 1200 spectators. Free wi-fi is available.
6. *Deck:* 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 in the aquatic center (including spectator seating) at any time.**
7. *Spectator information:* No admission charge for spectators. Free parking on Sundays in downtown Des Moines. Parking meters are enforced from 9am to 9pm Mon-Sat. The 5<sup>th</sup> & Keo Parking Garage is closest to the facility and provides Skywalk access.

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.

MEDICAL SUPERVISION:

Lifeguards will be 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 are 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.

# Order of Events

## Session 1: Sunday Afternoon

Warm-ups: 12:00pm-12:50pm

Competition: 1:00pm

<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
1	11&O 200 Freestyle	2
3	10&U 100 Freestyle	4
5	11&O 100 Freestyle	6
7	12&U 50 Freestyle	8
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9	11&O 200 Breaststroke	10
11	10&U 100 Breaststroke	12
13	11&O 100 Breaststroke	14
15	12&U 50 Breaststroke	16
	<break>	
17	11&O 200 Backstroke	18
19	10&U 100 Backstroke	20
21	11&O 100 Backstroke	22
23	12&U 50 Backstroke	24
	<break>	
25	11&O 200 Butterfly	26
27	10&U 100 Butterfly	28
29	11&O 100 Butterfly	30
31	12&U 50 Butterfly	32
	<break>	
33	11&O 100 Freestyle	34
35	10&U 50 Freestyle	36
37	13&O 50 Freestyle	38
39	11-12 50 Freestyle	40
	<break>	
41	11&O 400 Individual Medley	42
43	12&U 100 Individual Medley	44
45	13&O 200 Individual Medley	46
47	12&U 200 Individual Medley	48
	<break>	
49	9&O 500 Freestyle	50