



2024 14&UNDER MIDWEST ALLSTAR CHAMPIONSHIPS

HOSTED BY: DSMY MARLINS

IASI SANCTION: IA-24-026
Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).

INVITED LSCs: Colorado, Iowa, Midwestern, Missouri Valley, North Dakota, South Dakota

RULES: Current USA Swimming and IASI technical and administrative rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. Each LSC will participate as an All Star team based upon its own team selection process. Each LSC is allowed up to 12 swimmers per gender per age group. Each LSC is allowed up to three (3) relays per relay event (use aggregate time for entry time).

DATES: Saturday and Sunday January 6 & 7, 2024

TIME: All swimmers, coaches, and meet volunteers must enter the building using the lower-level Grand Avenue entrance. Spectator seating will open at each session's warm-up start time and will enter on the second level skywalk entrance to the pool.

	Sessions	Check-In	Warm-Ups	Competition
1.	Saturday Morning	7:00am 7:45am	7:20am-8:05am 8:05am-8:50am	9:00am
2.	Saturday Evening	3:30pm 4:15pm	3:50pm-4:35pm 4:35pm-5:20pm	5:30pm
3.	Sunday Morning	7:00am 7:45am	7:20am-8:05am 8:05am-8:50am	9:00am

This is a preliminary timeline; Sessions may be divided run into two pools if needed to accommodate the maximum number of entries. Precise timelines will be distributed to teams once all entries are received. Instructions for check-in and warm-up assignments will be distributed to team contacts by noon on Friday prior to the meet and posted on the website.

Coaches meeting at 7:45am on Saturday.
Officials meetings will be 1 hour prior to competition each session.
*Official start times will be determined after all entries have been received.

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

Live Stream & Replay : 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.

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 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.

WARM-UPS:

The IASI mandatory warm-up procedure will be followed.

All swimmers must be under the supervision of a USA Swimming member-coach during warm-up, competition, and warm-down.

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.

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 January 6, 2024.
3. Swimmers may over enter, but must scratch down to no more than 2 individual events per session.
4. Seed times must be submitted for a 25-yard course (SCY). Swimmers must have achieved a BB time all entered events. Converted times are not allowed.

ENTRY LIMITS:

- A swimmer may participate in up to two (2) events PER SESSION with a maximum of six (6) events total for the meet plus relays.
- LSCs may enter more than five (5) swimmers per event. Only 5 are eligible to score.
- LSCs may enter up to three (3) relay teams per relay event. Only 2 relays are eligible to score.
- LSCs may have teams NO LARGER than 72 athletes (24 per age group, 12 male and 12 female 10&U, 11-12, 13-14).

ENTRY SUBMISSION: Entry fees are as follows:

1. \$8.00 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. The entry for each outreach swimmer who qualify for LSC benefits is \$5.00 and covers all individual entry fees, program fees, and the IASI Surcharge.
4. Program Fee: \$6 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 Program 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.

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 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:

1. The meet entry deadline is **8:00pm** on **Wednesday, December 27, 2023**.
2. Psych sheets will be sent to the LSC Entry Chair within 24 hours of the entry deadline. Teams will have 48 hours after the psych sheets are sent to make corrections.
3. Changes will be accepted until Sunday, December 31, 2023 at 5pm.
4. 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.
5. **A hardcopy of the entries, along with entry fees and financial sheet, must be received by Wednesday, January 3, 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. Team commlink final results will not be emailed until full payment plus any additional fees are paid in full by the team.
6. Entries will be confirmed via a return email receipt.
7. Entries will NOT be accepted by phone or fax.

LATE ENTRIES:

1. Only swimmers already entered in the meet that have not reached their session limit will be able to late enter after Tuesday, January 2, 2024.
2. Provided space is available, late entries will be accepted by email until 6:00pm, Friday, Jan 5, 2024. After that time, they will only be accepted on deck up to the end of the warm-ups of each session.
3. If the meet program has not been printed, swimmers shall be seeded into the meet, but will still be charged the late entry fee. If the meet

program has been printed, swimmers shall be assigned to an empty lane, no heats will be added.

Late entry fees: Individual events: \$15.00 per additional event after the Sunday, December 31st deadline. 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 Send all print materials to the Meet Director. If sent by rush delivery, indicate no signature required.

MEET DIRECTOR / ADMIN REFEREE:

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

MEET REFEREE:

Art Dinkin 515-201-7591
art.dinkin@dmymca.org

SAFETY DIRECTOR:

Crystal Brugman 515-471-8546
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 under the Hosted Meets/ 2024 All Stars tabs. www.dsmymarlins.com. Contact the Meet Referee with any questions or to request apprentice sessions.

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. Sessions will be seeded after the scratch deadline.
2. All events are timed finals and will be seeded Slowest to Fastest.
3. Fly-over starts will be used.
4. Warm-up / Cool-down lanes will be limited to 11&O swimmers only.
5. Deck Changes are prohibited. Locker rooms will be available. It is recommended that swimmers arrive and leave the facility in their swim gear to limit numbers and congestion in the locker rooms. The Swim Team locker rooms, program pool restroom and family changing rooms will be designated and only available for athletes to use. Coaches, volunteers, officials are to use the public restrooms in the hallway.
6. Banners, signs or posters are not allowed to be adhered, displayed or affixed anywhere in the aquatic center facility.

7. **Glass containers of any kind are not permitted in the aquatic center (including spectator seating) at any time.**
8. 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.
9. 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:

Individual Events: 9, 7, 6, 5, 4, 3, 2, 1
 (Top 5 from each LSC eligible to score)
 Relay Events: 18, 14, 12, 10, 8, 6, 4, 2
 (Top 2 from each LSC eligible to score)

AWARDS:

Individual Events: 1st thru 3rd
 Relays: 1st Place only
 High Points: Each age group and gender, 1st & 2nd
 Awards will be distributed to coaches at the conclusion of the meet.

SCRATCHES:

1. 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. No-shows and DFS are considered entries for entry limits.
2. The scratch deadline for each session is as follows:
 Session 1&2 Saturday: 6:00pm Friday Jan 5th.
 Session 3 Sunday: 30 minutes after the conclusion of Session 1.

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 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.dsmymarlins.com by noon on Friday the day before the meet and uploaded to Meet Mobile prior to each session starting.
2. *Results:* 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 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 located in the southwest corner of the upper concourse in spectator seating. A hospitality room will be available for coaches and officials.
4. *Swim apparel/merchandise:* Elsmore Swim Shop will be onsite offering a variety of swimming apparel and equipment. Fine Designs will also be on site offering customized event merchandise.
5. *Seating/Spectator Information:* There is no charge for admission. 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 on the pool deck or spectator area at any time.**
7. *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 charge for parking downtown on Saturdays. Hotel block info available on www.dsmymarlins.com

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 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 Friday, January 5th before or after assigned team warm-up times. Team photos will be available from cposephoto@gmail.com and LSC Team Representatives should contact cposephoto for further information.

Order of events

Session 1

SATURDAY, JANUARY 15, 2022

WARM-UP: 7:20am-8:05am; 8:05-8:50am

MEET STARTS: 9:00 AM

GIRLS	AGE	DISTANCE	EVENT	BOYS
1	10 & U	200	Freestyle	2
3	11-12	200	Freestyle	4
5	13-14	200	Freestyle	6
7	10 & U	100	Breaststroke	8
9	11-12	100	Breaststroke	10
11	13-14	200	Breaststroke	12
13	10 & U	50	Butterfly	14
15	11-12	50	Butterfly	16
17	13-14	100	Butterfly	18
19	10 & U	100	Backstroke	20
21	11-12	100	Backstroke	22
23	13-14	200	Backstroke	24
25	10 & U	200	Medley Relay	26
27	11-12	200	Medley Relay	28
29	13-14	400	Medley Relay	30

Session 2

SATURDAY, JANUARY 15, 2022

WARM-UP: 3:50pm-4:35pm; 4:35pm-5:20pm

MEET STARTS: 5:30 PM

GIRLS	AGE	DISTANCE	EVENT	BOYS
31	11-12	500	Freestyle	32
33	10 & U	100	Individual Medley	34
35	11-12	100	Individual Medley	36
37	13-14	200	Individual Medley	38
39	10 & U	50	Backstroke	40
41	11-12	50	Backstroke	42
43	13-14	100	Backstroke	44
45	10 & U	50	Freestyle	46
47	11-12	50	Freestyle	48
49	13-14	50	Freestyle	50
51	13-14	500	Freestyle	52

Session 3

SUNDAY, JANUARY 16, 2022

WARM-UP: 7:20am-8:05am; 8:05am-8:50am

MEET STARTS: 9:00 AM

GIRLS	AGE	DISTANCE	EVENT	BOYS
53	10 & U	200	Individual Medley	54
55	11-12	200	Individual Medley	56
57	13-14	400	Individual Medley	58
59	10 & U	100	Freestyle	60
61	11-12	100	Freestyle	62
63	13-14	100	Freestyle	64
65	10 & U	50	Breaststroke	66
67	11-12	50	Breaststroke	68
69	13-14	100	Breaststroke	70
71	10 & U	100	Butterfly	72
73	11-12	100	Butterfly	74
75	13-14	200	Butterfly	76
77	10 & U	200	Free Relay	78
79	11-12	200	Free Relay	80
81	13-14	400	Free Relay	82