

**IOWA HIGH SCHOOL ATHLETIC ASSOCIATION
BOYS' DISTRICT SWIM MEET INFORMATION SHEET
CEDAR RAPIDS, WASHINGTON HIGH SCHOOL
2205 Forest Drive, SE Cedar Rapids, 52403
SATURDAY, FEBRUARY 6, 2010**

LOCATION: Washington High School, 2205 Forest Drive, SE, Cedar Rapids.

TEAMS COMPETING:

- | | |
|-----------------------------|-----------------------|
| 1. Cedar Rapids, Jefferson | 5. Dubuque, Hempstead |
| 2. Cedar Rapids, Kennedy | 6. Dubuque, Senior |
| 3. Cedar Rapids, Washington | 7. Waterloo, East |
| 4. Decorah | 8. Waterloo, West |

This is the only information you will receive regarding the district swimming meet.

THE IOWA HIGH SCHOOL ATHLETIC ASSOCIATION MUST RECEIVE YOUR ON-LINE ENTRY BY 10:00 P.M., WEDNESDAY, FEBRUARY 3rd, 2010.

Each school is limited to three (3) entries in each individual event and one (1) team in each relay event. No contestant shall compete in more than four (4) events, no more than two (2) of which may be individual events. Please refer to your current year IHSAA handbook for complete information on district swimming.

ALL ENTRY TIMES MUST BE ABLE TO BE VERIFIED BY POWER RATINGS OR OFFICIAL MEET RESULTS. IF ENTRY TIMES CANNOT BE VERIFIED, THE SWIMMER(S) WILL BE SEEDED LAST. CONVERTED METRIC TIMES USING THE NFHS CONVERSION CHART IN THE NFHS SWIMMING RULE BOOK WILL BE ALLOWED AS OFFICIAL DISTRICT ENTRY TIMES FOR DISTRICT SWIMMING MEETS.

DISTRICT MEET ENTRY TIME SCHEDULE

WEDNESDAY, FEBRUARY 3rd, 2010: 10:00 P.M. District swimming on-line entries are due in the Iowa High School Athletic Association office by this time. Any changes made in the entries after this time must be made in writing via phone call, fax, or e-mail, to the Iowa High School Athletic Association **BEFORE** 12:00 noon, Thursday, February 4th, 2010.

THURSDAY, FEBRUARY 4th, 2009: 12:00 NOON. District meet information will be sent to host schools at this time. After this time, scratches or minor changes only, will be allowed in individual events until 9:00 am Saturday, February 6th, 2010. The district manager needs to be contacted regarding any changes after 12:00 NOON on Thursday, February 4th. This does NOT allow teams to make wholesale changes in their rosters. It does allow flexibility for swimmers withdrawing due to injury, illness or other school administrator's verified excuse.

No additions shall be made after 10:00 P.M., on Wednesday, February 3rd. From 10:00 P.M., on Wednesday, February 3rd, until 9:00 A.M. on Saturday, withdrawals and minor substitutions (withdrawal/change) only, will be allowed in individual events. A SWIMMER WHO IS SUBSTITUTED FOR ANOTHER DOES NOT NEED TO BE ENTERED IN THE DISTRICT MEET AS A PARTICIPANT OR RELAY ALTERNATE. ANY SWIMMER WITHDRAWING FROM AN INDIVIDUAL EVENT AFTER 10:00 P.M., ON WEDNESDAY WILL COUNT THE WITHDRAWAL AS ONE OF HIS TWO INDIVIDUAL EVENTS AS PER RULE 3-2-1

SATURDAY, FEBRUARY 6th, 2010: 9:00 A.M. Substitutions in individual events must be made by this time and the meet will be seeded at this time. Substitution for a swimmer already entered in an individual event is only allowed if at least one swimmer from that school is withdrawn from at least one event. A substitute does NOT need to be listed on the original entry form. A withdrawal under these circumstances does NOT count as a team entry in that event, or as an individual entry for a competitor withdrawing and substituting for another. Clerical errors made by personnel hosting the district meet can be corrected at the coaches meeting, or when the coaches receive their district entry information at the district site. **After 9:00 a.m. Saturday, a swimmer may declare a false start until the swimmers are called to the blocks for the first heat of the event in which he will be declaring the false start.**

RELAY ENTRIES. *The first four swimmers listed on the entry blank for each relay should be the four swimmers the coach believes will actually swim in the relay. Alternates must be listed on the entry blank in order to compete in the relay. The relay will count as an event only for the four swimmers who actually compete in the event. **CHANGES ON WHICH OF THE SWIMMERS ALREADY LISTED ON THE ENTRY BLANK (UP TO A TOTAL OF 8) ARE ACTUALLY GOING TO SWIM IN EACH OF THE RELAYS, MAY BE MADE UNTIL THE START (when the swimmers are called to the blocks) OF THE FIRST HEAT OF THAT RELAY.** (EXAMPLE: Changes in the 200-yard freestyle relay may be made until the start of the first heat of the 200-yard freestyle relay.) **If no changes in relay participants are made by the specified times, the first four swimmers listed for that relay become the official entries in the relay.***

USE OF FOREIGN SUBSTANCES BANNED AT THE DISTRICT AND STATE MEETS

The Swimming Coaches Advisory Committee has recommended, and the Board of Control has approved, that all foreign substances (sprays, oils, lotions, etc.) used to aid speed and buoyancy be banned at district and state meets. Products such as oils "motion lotion," sprays "Time-Off," etc. are not permitted due to concerns about the deck becoming slippery and the strain on pool filtering systems. **It is permissible to use analgesics which are absorbed into the skin, but the analgesic cannot be mixed with baby oil, or other substances which are not absorbed. IT IS NOT PERMISSIBLE TO USE ANY SUBSTANCE WHICH IS NOT ABSORBED INTO THE SKIN.**

If your school does not plan on participating in the District Meet, please inform the District Meet Manager where your school is assigned and the Athletic Association. If you have any further questions, please don't hesitate to contact us.

The following will be order of events for district swimming:

1. 200-yard medley relay
2. 200-yard freestyle
3. 200-yard individual medley
4. 50-yard freestyle
- *- **20 minute break** -
5. 100-yard butterfly
6. 100-yard freestyle
7. 500-yard freestyle
8. 200-yard freestyle relay
- *- **15-minute break** -
9. 100-yard backstroke
10. 100-yard breaststroke
11. 400-yard freestyle relay

* The only breaks taken during the meet is the 20 minute break following the 50-yard freestyle and the 15-minute break immediately following the 200-yard freestyle relay..

SATURDAY SCHEDULE:

District Officials Arrive- 10:00 AM
District Coaches Meeting - 10:30 AM
Swimming Warm Ups - 11:00 AM - 12:20 PM
Pool Closed - 12:20 PM
Timed Finals - 12:30 PM

LOCKER ROOMS: Locker rooms will be assigned upon arrival at the meet.

AWARDS: Medals will be awarded to the 1st - 6th place finishers in each event. The District Champion will also receive a banner.

CONTESTANTS: All swimmers and managers must enter through the locker rooms. Street clothes are not allowed on deck and managers must have identification.

WARM UP SCHEDULE:

NO DIVING IN SHALLOW END OF POOL!!

Group 1: 11:00-11:30

Group 2: 11:30-12:00

Lane 1	Sprints from deep end to shallow end only	
Lane 2	CR Kennedy	Dubuque Senior
Lane 3	CR Jefferson	Waterloo, East
Lane 4	CR Washington	Dubuque Hempstead
Lane 5		Waterloo, West
Lane 6	Open Circle Swimming	Decorah

12:00 PM - 12:20 PM - Open swimming for all schools

ENTRY LIMIT: Each school is limited to three (3) entries in each individual event and one (1) team in each relay event. No contestant shall compete in more than four (4) events, no more than two (2) of which may be individual events.

SCORING:

Place	1	2	3	4	5	6	7	8	9	10	11	12
Individual	16	13	12	11	10	9	7	5	4	3	2	1
Relay	32	26	24	22	20	18	14	10	8	6	4	2

TIMING: Colorado Timing System with touch pads will be used. Each lane will be backed up with one button and one watch. A Horn-Start System will be used.

RULES: Please consult the NFHS Swimming, Diving, and Water Polo Rule Book and the current IHSAA Handbook.

ADMISSION: General Admission- \$5.00 for adults and students.

CONCESSIONS/PROGRAMS: There will be a concession stand available. Outside coolers and concessions are not permitted, except those brought with the swim team for team use.

T-SHIRTS: The Iowa High School Swim Coaches Association will be selling t-shirts at each district meet. The cost is \$15.

TOWELS & VALUABLES: Swimmers should bring their own towels. **Lockers will be available, but each school must furnish their own padlocks!!** Swimmers should not bring valuable items with them unless they will be continuously supervised by a team manager or coach. The host school is not responsible for lost items.

INCLEMENT WEATHER: If the meet is postponed or delayed due to inclement weather the decision will be made by 8:00 a.m. and communicated to each school. ***The head coach's home phone is very important for us to have in the event of inclement weather.*** If you have a question about the weather, please feel free to contact one of the people listed below.

The State Swimming Meet will be held at the Community Y of Marshalltown on Saturday, February 13, 2010. Competition begins at 12:30pm.

The fastest twenty-four (24) individual swimmers and relay teams from district competition will qualify for state competition. **There will be a maximum of twenty-four (24) qualifiers to the State Meet in each event.** In the event of a tie for the 24th position, please refer to the current IHSAA Handbook for the tie breaking system.

We look forward to hosting the Boys' District Swimming Meet. If you have any questions, please refer to the enclosures, the current year IHSAA Handbook, or contact:

Paul James, Activities Coordinator and Meet Manager

School Phone (319) 558-2226

Home Phone (319) 362-1951

School Fax #: (319) 398-2227

Cell Phone (319) 310-7468

E-mail: pjames@cr.k12.ia.us

Mike Johnson, Computer Operator

Cell Phone (319) 360-3347

E-mail: mnkjohnson@mchsi.com