

IOWA HIGH SCHOOL ATHLETIC ASSOCIATION BOYS' DISTRICT SWIM MEET INFORMATION SHEET

The Iowa High School Athletic Association must receive your online entry by 10:00 P.M., Thursday, January 31, 2013.

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 IHSA Winter Manual for complete information on district swimming.

All entry times must be able to be verified by meet results entered into QuikStats. If entry times cannot be verified, the swimmer(s) will be seeded last. Metric times entered into QuikStats have already been converted using the NFHS Conversion Chart and will be allowed as official district entry times for district swimming meets.

DISTRICT MEET ENTRY TIME SCHEDULE

THURSDAY, January 31st, 2013: 10:00 P.M. District swimming on-line entries are due in the Iowa High School Athletic Association office at 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, Friday, February 1st, 2013.

FRIDAY, FEBRUARY 1st, 2013: 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 10:30 A.M. Saturday, February 2nd, 2013 (the beginning of the coaches meeting). The district manager needs to be contacted regarding any changes after 12:00 NOON on Friday, February 1st. **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 Thursday, January 31st. From 10:00 P.M. on Thursday, January 31st, until 10:30 A.M. on Saturday, February 2nd, 2013 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 already entered as a meet participant or relay alternate. He does however have to be listed on the team's roster submitted by 10:00 P.M. on Thursday, January 31st. Any swimmer withdrawing from an individual event after 10:00 P.M. on Thursday will count the withdrawal as one of his two individual events as per rule 3-2-1.

SATURDAY, FEBRUARY 2nd, 2013: 10:30 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, but does have to be listed on the team's roster submitted by 10:00 P.M. on Thursday, January 31st. A withdrawal under these circumstances does **NOT** count as a team entry in that event, but it does count 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 10:30 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. A school may list up to four alternates on each relay card. The relay will count as an event only for the four swimmers who actually compete in the event. Coaches may change which swimmers are going to swim in each relay until the start of the first heat of that relay (when the swimmers are called to the blocks). (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 are the 20 minute break following the 50-yard freestyle and the 15-minute break immediately following the 200-yard freestyle relay.*

One (1) minute of cool-down will be provided at the conclusion of each heat of each event, with the exception of the last heat of the 50 Yard Freestyle, 200 Yard Freestyle Relay and the last heat of the 400 Yard Freestyle Relay, since a mandatory break and the end of the meet occur.

With the exception of the two mandatory breaks, any warm-up/cool-down area is to be closed once the meet begins.

Rationale: Some facilities have a warm-up/cool-down area while others do not. This would provide consistency and be equitable regardless of the venue. This cool-down will add only approximately 30 minutes to the length of the district meet.

A signal will be given by the referee/starter indicating the cool-down has begun and allowing relay swimmers 1, 2, and 3 in the 200 Medley Relay and the 400 Freestyle Relay to re-enter the pool. Officials will signal when 30 seconds, 45 seconds, and finally one minute have elapsed.

The cool down period is not to begin until all competitors have completed their heat. Swimmers that finish while others are still swimming should stay close to the starting blocks before beginning their cool down.

SATURDAY SCHEDULE:

| | |
|----------------------------|----------|
| District Officials Arrive- | 10:00 AM |
| District Coaches Meeting - | 10:30 AM |
| Swimming Warm Ups - | 10:30 AM |
| Pool Closed - | 12:15 PM |
| Timed Finals - | 12:30 PM |

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

WARM UP SCHEDULE: Each individual district manager will determine the warm-up schedule for each district site.

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 |

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

ADMISSION: General Admission- \$6.00 for adults and students.

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 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 Winter Manual for the tie breaking system.