

ICE Spring Meltdown

May 6th & 7th, 2006

Iowa City, Iowa

- ISI Sanction: SC-06-16
- Host Club: Iowa City Eels Swim Club (ICE)
- Meet Type: This is a SENIOR A-BB, LONG COURSE METER competition. It is designed as an introduction to the summer season. Warm-up times have been lengthened to allow a club to perform a workout, or lengthened warm-up to help adjust to the long-course set up.
- Rules: Current USA Swimming and Iowa Swimming, Inc. (ISI) rules will govern this meet.
- Dates: Saturday, May 6th & Sunday, May 7th, 2006
- Times:
- | | | |
|--------------|-------------------|----------|
| Saturday AM: | Warm-ups: | 8:00 AM |
| | Competition: | 10:00 AM |
| | Coaches' Meeting: | 9:45 AM |
| Saturday PM: | Warm-ups: | 12:15 PM |
| | Competition: | 2:00 PM |
| | Coaches' Meeting: | 1:45 PM |
| Sunday AM: | Warm-ups: | 8:00 AM |
| | Competition: | 9:30 AM |
| | Coaches' Meeting: | 9:15 AM |
- Site: Mercer Park Aquatic Center
2701 Bradford Drive
Iowa City, Iowa
Indoor, 8 lane, 50 meter (with cool down area)
12' depth at start, 4' at opposite end
Daktronics Electronic Timing System, horn starts, touch pads,
push button back up, two back up watches.
- Coaches: Must possess and visibly wear a current USA Swimming Coach Card. All coaches participating in this meet must sign an ISI Coaches Meet Sign-in sheet (APP-29) to verify that all

certifications required by their LSC are current and on file with their LSC office.

Warm-ups: ISI warm-up procedure will be followed. See ISI Code Book Section J. Swimmers without a coach are to report to the Meet Referee before the warm-up for lane assignment. Host team reserves the right to split warm-ups. If this is necessary, teams will be notified via e-mail or phone by 7:00 p.m. on Monday, May 1st, 2006.

Entry

Requirements:

1. All swimmers must be current USA Swimming registered athletes.
2. A swimmer may enter up to 4 individual events per day.
3. Seed times must be submitted for a 50-meter course.
4. Events will be pre-seeded, except the 1500 FR, 400 IM, and the 400 FR, which will be deck seeded with positive check-in required. Positive check-in deadline for the 1500 FR is 9:00 AM Saturday. Positive check-in deadline for the 400 IM and the 400 FR is 9:00AM on Sunday.
5. Psych sheets for the 1500 FR (fastest 24), 400 IM (fastest 40) and 400 FR (fastest 40) will be posted prior to the meet on the ICE website at www.iceels.org. It is the intent of the meet directors to swim six (6), but no more, full heats of the 1500 FR and ten (10), but no more, full heats each of the 400 IM and 400 FR. This may result in combined heats or more heats for either women or men. The goal, however, is an equal number of full heats for each.
6. No late entries will be allowed.
7. There will be no Clerk of Course.
8. Phone entries or changes will not be accepted.
9. The host team reserves the right to enter team members who do not have qualifying times in all non-distance events.

Entry Limits: 100 Splashes/lane/session. We anticipate this meet may fill quickly, **please send your entries in early.**

Entry Fees: Fees are \$19.00 per swimmer, which includes the \$3.00 ISI Splash Fee. Make checks payable to: Iowa City Eels.

Entry Forms: We encourage entry on disk in Hy-Tek CommLink II format (generated from Team Manager or Meet Manager). When submitting disk entries, you must provide a printout of your entries. Also, include the ISI Financial Sheet, ISI APP-8.1. Entries will also be accepted on the attached form, ISI APP-7 Entry Form. Both forms can be downloaded from the Iowa

Swimming website (www.lornet.com/iowaswim/). Any team submitting entries on disk will receive the meet results on the disk at the conclusion of the meet.

Entry Deadline: Mailed entries must be received by 6 p.m. on Wednesday, April 26, 2006. PLEASE CHECK “NO SIGNATURE REQUIRED” WHEN MAILING ENTRIES. Electronic entries are due by 12 noon on Monday, May 1, 2006. All fees must be submitted with entries or paid previous to the first session on Saturday, May 6th, 2006.

Late Entries: No late entries will be allowed.

Send entries to: Kelly Eyanson
3014 Friendship Street
Iowa City, IA 52245-5112
Phone: (319) 339-7579
E-mail: eyanksbj@toast.net

Co-Meet Directors:

Erin Herting
1122 Pheasant Valley St.
Iowa City, IA 52246
Phone: (319) 337-2076
E-mail: hertingde@msn.com

Lisa Murray
4005 El Paso Dr.
Iowa City, IA 52246
Phone: (319) 354-3601
E-mail: lmurray@avalon.net

Scoring: There will be no team score kept.

Awards: A participation award will be given to all entered swimmers. The “Plunge” will follow the Saturday afternoon session and trophies will be awarded to one female and one male winner.

Meet Operation:

1. Swimmer check-in is not required except for 1500 FR, 400 IM, and the 400 FR. Positive check-in deadline for the 1500 FR is 9:00 AM on Saturday. Positive check-in for the 400 IM and 400 FR is 9:00 AM on Sunday.
2. Events may be combined to facilitate meet operation.
3. The 1500 Free and the 400 Free will run fastest to slowest, with women and men in alternating heats.
4. The No Recall Procedure will be used.

Scratches: ISI Scratch Rule is in effect. See ISI Code Book section J for details.

No Smoking: NO SMOKING IN THE SWIMMING VENUE OR OUTSIDE THE ENTRANCE.

USA Swimming
Registration:

Late USA Swimming registration at the meet is \$54 (annual) or \$30.00 (Iowa Seasonal: April 1 – August 28)) payable to ISI and \$5.00 processing fee to ICE. No club or coach registration will be accepted.

Adapted Competitive
Swimmers:

USA Swimming and ISI encourage adapted competitive swimmers to participate in all sanctioned meets. The “Adaptive Competitive Swimmer Information Form” (ISI Code Book APP-21) must accompany entries. The form is available from:

Elaine Sortor
Iowa Swimming
2715 Pioneer Ct.
Davenport, IA 52804-1099
Phone: 563-391-5832
Email: ISISWIM@aol.com

Other Info:

Programs and final results will be available for purchase. Request for hard copy of meet results can be included on financial report APP 8.1 along with payment of \$5.00. Each USA Swimming team will receive one copy of the program and the final results (electronic). A special event (The Plunge) will follow the Saturday afternoon session. It will not count as one of the swimmers’ 4 events per day.

Merchandise will be available for purchase at the meet.

Hotel accommodations and other pertinent information may be obtained from the Iowa City/Coralville Convention and Visitors Bureau at www.icccvb.org.

ICE SPRING MELTDOWN EVENTS 2006

Session 1

SATURDAY, MAY 6		*WARM-UPS: 8:00 A.M.	*MEET STARTS AT 10:00 A.M.	
QUALIFYING TIMES YARDS/METERS	WOMEN'S	EVENT	MEN'S	QUALIFYING TIMES YARDS/METERS
21:38.89/22:10.69	1	1500 Freestyle	2	20:21.89/20:59.89

(Limited to fastest 24)

Session 2

SATURDAY, MAY6		*WARM-UPS: 12:15 P.M.	*MEET STARTS AT 2:00 P.M.	
QUALIFYING TIMES YARDS/METERS	WOMEN'S	EVENT	MEN'S	QUALIFYING TIMES YARDS/METERS
2:40.69/3:02.09	3	200 I.M.	4	2:26.99/2:50.19
1:13.29/1:24.79	5	100 Backstroke	6	1:06.39/1:17.59
2:58.39/3:24.19	7	200 Breaststroke	7	2:42.59/3:08.79
1:06.19/1:15.29	9	100 Freestyle	10	59:99/1:09.39
2:38.79/2:58.39	11	200 Butterfly	12	2:25.59/2:44.89

PLUNGE

A SPECIAL NOVELTY EVENT FOLLOWS THE SATURDAY SESSION. IT DOES NOT COUNT AS ONE OF THE 4 EVENTS PER DAY. ONE FEMALE & ONE MALE PER TEAM.

*** **The Plunge:** Each team is allowed to enter one male and one female swimmer for the **ICE Spring Meltdown Plunge**. Using lanes 1 and 8 we will be running this event two participants at a time. The person who glides the furthest with no movement will be declared the winner. The **stunning** Plunger Trophy will be awarded to the winner of both the male and female divisions. ***

Session 3

SUNDAY, MAY 7 *WARM-UPS 8:00 A.M. *MEET STARTS AT 9:30 A.M.

QUALIFYING TIMES YARDS/METERS	WOMEN'S	EVENT	MEN'S	QUALIFYING TIMES YARDS/METERS
5:40.29/6:26.29	13	400 I.M.	14	5:13.19/5:57.49
		(Limited to fastest 40)		
30.49/34.99	15	50 Freestyle	16	27.49/31.79
2:37.99/3:01.29	17	200 Backstroke	18	2:23.69/2:47.19
1:22.69/1:34.99	19	100 Breaststroke	20	1:14.99/1:27.29
2:22.39/2:41.89	21	200 Freestyle	22	2:10.89/2:30.49
1:12.39/1:22.19	23	100 Butterfly	24	1:05.59/1:14.79
6:17.39/5:38.19	25	400 Freestyle	26	5:52.29/5:17.79
		(Limited to fastest 40)		

THERE WILL BE A FIFTEEN (15) MINUTE BREAK AFTER EVENT 20, MEN'S 100 BREASTROKE