

2024 Iowa Masters Short Course State Championship

Sunday, March 10, 2024

U.S. Masters Swimming Sanction Number: 404-S002

Hosted by: DSMY Marlins Masters

Location: Wellmark YMCA, 501 Grand Ave. Des Moines, IA 50309

Date: Sunday, March 10, 2024

Time: The Skywalk entrance to the MidAmerican Energy Company Aquatic Center will open at 11:30am Sunday. All meet spectators, volunteers and participants should use this entrance.

10:30am Pool Doors Open
11:00am Warm-ups begin
11:05am Officials Meeting (wet classroom)
11:30am Lanes opening for starts & one-way swims
11:45am Timers meeting by Admin table
11:50am <pools cleared>
11:56am National Anthem
12:00pm Competition Begins

Sanction: Sanctioned by USMS Inc. and Iowa Masters Swimming.

Pool: 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 and Colorado Backstroke Starting Devices will be used in all configurations.

Pool configuration and number of courses and will be determined once entries have been received. The 4 lane, 25 yard program pool may be made available for warm-up and cooldown if we run two pools.

The competition course has been certified in accordance with Rule 104.2.2C(4) of USA Swimming Rules and Regulations. A copy of the certification is on file with USA Swimming.

Awards: Team Traveling trophy for first place only. No individual or relay awards.

Team Scoring: Individual events: 9-7-6-5-4-3-2-1
Relay events: 18-14-12-10-8-6-4-2

Generally your "team" is the city or town where you live. See "team definition" below.

Rules: 2024 USMS rules prevail. Individual competition is age groups, 18-24, 25-29, 30-34,

35-39, etc. Age as of March 10, 2024 determines age for the meet. Relay age groups are: 18+, 25+, 35+, 45+, etc. The age of the youngest swimmer determines the age of the relay.

Event Limit: Swimmers may enter a maximum of six (6) individual events. A swimmer may enter each relay once. Swimmers may enter either the 1000 or 1650 freestyle, but not both.

Cost: \$35.00 entry fee. A late fee of \$10.00 will be added to all entries not received by Tuesday, February 27, 2024. Make check payable to Greater Des Moines YMCA.

Entry Deadline: **Tuesday, February 27, 2024.** After this date, deck entries will be accepted, but will be assessed a \$10.00 late fee. We do want to encourage all entries including deck entries. However, late entries must be received by 12:15 p.m. on the day of the meet.

Entries: Swimmers with late entries be sure to have your entry sheet completely filled out. Late entries are \$45.00. Make check payable to Greater Des Moines YMCA. Checks are preferred but cash is accepted.

The distance events will be deck-seeded. We will ask all distance swimmers to check in at the computer table to confirm their entry in the event. Entry cards for relay events can be completed at the meet, or submitted with this entry form.

Seed Times: Submit latest times for 25 yard course. Enter "NT" for no time.

Eligibility: Open to all swimmers with current U.S. Masters swimming cards.

USMS Registration: REQUIRED! It is strongly recommended that you complete your 2024 USMS registration prior to entering the meet. You may do so any time at usms.org. Please attach a photo copy of your 2024 USMS card with entry form and check.

Scratches: Swimmers not reporting for events will be scratched. No refunds.

Meet Director: James Lawson james.lawson@dmymca.org 515-229-0677 Meet

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

Mail entries and check to: Wellmark YMCA (checks payable to: **Greater Des Moines YMCA**)

Attn: John Van Meter
501 Grand Avenue
Des Moines, IA 50309

ENTRIES WILL NOT BE PROCESSED UNLESS THEY ARE ACCOMPANIED BY A CHECK. PLEASE MAKE SURE THAT ALL ENTRIES ARE WRITTEN LEGIBLY. ANY ENTRIES THAT CANNOT BE READ WILL BE DISCARDED AND RETURNED TO SENDER.

Team Definitions: All USMS swimmers registered in the state of Iowa are officially members of the same "Iowa Masters" club. FOR THE PURPOSES OF THIS MEET ONLY, in order to have a sporting competition for a State Championship Team Trophy, a "Team" is defined as follows:

- A team must have a designated City or Town which is a single city or town in Iowa.
- Every team member must reside in the designated city or town, or swim regularly (at

- least 20 times per year) at a pool within 25 miles of the designated city or town.
- Relays, to score team points must consist of the members from a single team.
- Entrants residing outside of Iowa and who have an "Iowa Masters" USMS card may swim for an Iowa team if rule 2 is satisfied.
- Teams outside the state of Iowa may score points, but are not eligible for the team trophy.

OFFICIAL ENTRY FORM

• IOWA MASTERS SHORT COURSE STATE CHAMPIONSHIP

Prairie Meadows Pool at the MidAmerican Energy Company Aquatic Center
 Wellmark YMCA, 501 Grand Avenue, Des Moines, Iowa 50309
 Sunday, March 10, 2024
 Sanctioned by: USMS, Inc. and Iowa Masters Swimming.
 Sanction Number: ???????

NAME _____ GENDER ____ AGE ____ (age on date: March 10, 2024)

ADDRESS _____ E-mail ADDRESS _____

HOME PHONE _____ CELL PHONE _____

US Masters Swimming Number _____ AGE GROUP _____ TEAM _____

Money enclosed: Meet entry and splash fee: \$35.00 (February 27th)
 Late entry and splash fee: \$45.00 (on/after February 28th)

Mail form to: Wellmark YMCA
 Attn: John Van Meter
 501 Grand Ave
 Des Moines, IA 50309

Total enclosed \$ _____ (checks payable to: **Greater Des Moines YMCA**)

EVENTS (please circle event number and enter seed time) limit of 6 individual events:

- Women's 400 Free Relay _____
- Men's 400 Free Relay _____
- Women's 200 Back _____
- Men's 200 Back _____
- Women's 200 Medley Relay _____
- Men's 200 Medley Relay _____
- 7. Women's 100 Fly _____
- Men's 100 Fly _____
- Women's 200 Breast _____
- Men's 200 Breast _____
- Women's 50 Free _____
- Men's 50 Free _____
- 200 Mixed Free Relay _____
- Women's 200 I.M. _____
- Men's 200 I.M. _____
- Women's 200 Free _____
- Men's 200 Free _____
- Women's 100 Back _____
- Men's 100 Back _____
- Women's 50 Breast _____
- Men's 50 Breast _____
- Women's 400 I.M. _____
- Men's 400 I.M. _____

<15 minute break>

- 25. Women's 500 Free _____
- 26. Men's 500 Free _____
- 27. Women's 50 Fly _____
- 28. Men's 50 Fly _____
- 29. Women's 100 Breast _____
- 30. Men's 100 Breast _____
- 31. 200 Mixed Medley Relay _____
- 33. Women's 100 Free _____
- 34. Men's 100 Free _____
- 35. Women's 50 Back _____
- 36. Men's 50 Back _____
- 37. Women's 200 Fly _____
- 38. Men's 200 Fly _____
- 39. Women's 100 I.M. _____
- 40. Men's 100 I.M. _____
- 41. Women's 200 Free Relay _____
- 42. Men's 200 Free Relay _____
- 43. Women's 1000 Free _____
- 44. Men's 1000 Free _____
- 45. Women's 1650 Free _____
- 46. Men's 1650 Free _____