

Council Bluffs Swim Club
Gold/Silver IMX Distance Meet
January 4-6, 2008

SANCTION: Held under the Sanction of USA Swimming and Midwestern Swimming, Inc.
Sanction #MWS08010

LOCATION: Titan Hill Intermediate School
Highway 275
Council Bluffs, Iowa 51503

FACILITIES: Titan Hill Intermediate School Swimming Pool is an 8 Lane, 25 yard pool. Non-turbulant lane lines with Daktronics Electronic timing system with 8-lane Daktronics scoreboard. Water Depth at the starting end is 12'. The starting blocks are 30" off the water surface.

SCHEDULE:	SESSIONS	WARM-UP	MEET
	I- Friday Evening, Jan 4	5:00 PM/SPLIT	6:00 PM
	II- Saturday Morning, Jan 5	7:30 AM/40 MIN SPLIT	9:00 AM
	III- Sunday Morning, Jan 6	7:30 AM/40 MIN SPLIT	9:00 AM

MEET DIRECTOR: Bruce Schomburg
109 Golden Circle
Council Bluffs, Iowa 51503
Phone: (712) 328-6876

RULES: Current USA Swimming and Midwestern Swimming rules will govern the conduct of the meet.

ELIGIBILITY: All swimmers, coaches and clubs must be currently registered with USA Swimming. The age of the swimmer on January 4, 2008, will determine his/her age group for the entire meet.

CREDENTIALS: Presentation of coach's membership card will be required at coach sign-in. Credentials shall be visible at all times.

ENTRY LIMITS: Swimmers may participate in a maximum of 3 individual events for each session.

ENTRY PROCEDURE: Entries may be submitted either in electronic format (Commlink file with hard copy) or on a Midwestern Meet Entry Form. A check for the total amount of entries must accompany all entries.

ENTRY FEES: Individual Events: \$2.00
Midwestern Swimming Fee \$4.00
Make check payable to Council Bluffs Swim Club. NO REFUNDS.

DEADLINE: Friday, December 28, 2007. Late entries will be accepted at the discretion of the Meet Director. Deck entries will be double fees. Late entries and deck entries must show proof of current registration.

MAIL ENTRIES TO: Bruce Schomburg
109 Golden Circle
Council Bluffs, IA 51503
Email: baswmr@yahoo.com

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- MEET CONDUCT:** Age groups will be seeded together in each event but placed separately for both Gold and Silver levels. The meet will be preseeded except for the 1650 and the 1000 yard swims. These events will be deck seeded, both age groups together, scored separately. Swimmers entered in the 1650 and or the 1000 must do a positive check-in 30 minutes before the start of the meet. There will be a 10-minute warm-up prior to these events.
- WARM-UP PROCEDURE:** Teams will be assigned to lanes and warm-ups will be divided into two 40 min sessions. Clubs will be notified of warm-up time. The team(s) in each lane will be allowed to organize their own warm-up procedure and do starts when lane is clear for one-way swimming. A Meet Marshal will be on deck to enforce warm-ups. Sit and slide pool entry will be used.
- AWARDS:** Swim Meet Mementos will be given to each swimmer participating in the meet.
- OFFICIALS:** Bruce Schomburg – Meet Referee
Craig Bircher – Meet Marshal
- TEAM SUPERVISION:** Only registered coaches, swimmers, and officials will be allowed on the pool deck. Each team must provide a responsible adult with current USA Swimming non-athlete card to supervise its swimmers at all times. **CBSC reserves the right to remove from the premises any individual who might jeopardize safety and facility privileges.**
- FINAL RESULTS:** Final results will be mailed to each club. Commlink files will be available at the end of the meet. Additional copies may be purchased at the cost of \$3.00 for handling.
- CONCESSIONS:** Programs, food, drink and swimming apparel will be available.

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EVENT SCHEDULE

SESSION I- FRIDAY JANUARY 4TH

SPLIT WARM-UP 5:00 PM

MEET 6:00 PM

GIRLS

1
1
1
3
3
5
5
5
7
7
7

10 & Under 200 yd. Ind. Medley
11 – 12 200 yd Ind. Medley
13 & Over 200 yd Ind. Medley
11 – 12 200 yd Breaststroke
13 & Over 200 yd Breaststroke
10 & Under 100 yd Backstroke
11 – 12 100 yd Backstroke
13 & Over 100 yd Backstroke
10 & Under 500 yd Freestyle
11 – 12 500 yd Freestyle
13 & Over 500 yd Freestyle

BOYS

2
2
2
4
4
6
6
6
8
8
8

SESSION II - SATURDAY, JANUARY 5TH

SPLIT WARM-UP 7:30 AM

MEET 9:00 AM

GIRLS

9
11
11
11
13
13
15
15
15
15
17
17
17
17
19

21
21

8 & Under 50 yd Butterfly
10 & Under 100 yd Breaststroke
11 – 12 100 yd Breaststroke
13 & Over 100 yd Breaststroke
11 – 12 400 yd Ind. Medley
13 & Over 400 yd nd. Medley
8 & Under 100 yd Freestyle
9 – 10 100 yd Freestyle
11 – 12 100 yd Freestyle
13 & Over 100 yd Freestyle
10 & Under 100 yd Butterfly
11 – 12 100 yd Butterfly
13 & Over 100 yd Butterfly
8 & Under 50 yd Backstroke
10 Minute Warm-up
11- 12 1000 yd Freestyle
13 & Over 1000 yd Freestyle

BOYS

10
12
12
12
14
14
16
16
16
16
18
18
18
18
20

22
22

SESSION III – SUNDAY, JANUARY 6TH

SPLIT WARM-UP 7:30 AM

MEET 9:00 AM

GIRLS

23
25
25
27
27
27
27
29
29
29
31
31
33
33
33
33

35
35

8 & U 50 yd Breaststroke
11-12 200 yd Backstroke
13 & O 200 yd Backstroke
10 & U 200 yd Freestyle
11-12 200 yd Freestyle
13 & O 200 yd Freestyle
8 & U 100 yd Ind Medley
9 – 10 100 yd Ind Medley
11 – 12 100 yd Ind Medley
11 – 12 200 yd Butterfly
13 & O 200 yd Butterfly
8 & U 50 yd Freestyle
9 – 10 50 yd Freestyle
11 – 12 50 yd Freestyle
13 & Over 50 yd Freestyle
10 Minute Warm-up
11 – 12 1650 yd Freestyle
13 & Over 1650 yd Freestyle

BOYS

24
26
26
28
28
28
28
30
30
30
32
32
34
34
34
34

36
36