

# **SWIM COACH'S STATE** **MEET PACKET**

**THE INFORMATION IN THIS PACKET IS COMPLETE AND IS THE ONLY MATERIAL YOU WILL RECEIVE FOR THE STATE SWIMMING MEET.** The only thing you will receive at the state meet site is a complimentary program for each head coach. This packet should contain:

1. Coaches Information Sheet,
2. Team Photo Procedures,
3. State Swimming Warmup Procedures,
4. Awards Information Sheet,
5. District Coaches of the Year,
6. District Swimmers of the Year,
7. Parking Map

**ALL TEAMS MUST ENTER THROUGH THE PASS GATE STARTING AT 8:30AM!**

Qualifier information has been on the Athletic Association's web site since Saturday evening and is NOT included in this packet. The Athletic Association's web site is [www.iahsaa.org](http://www.iahsaa.org)

**COACHES' MEETING - The coaches meeting is scheduled for 10:00am, sharp, on the day of the State Swimming Meet.**

**RESERVED TICKETS SENT TO SCHOOLS –** All qualifying schools have the opportunity to sell both reserved and general admission tickets to the state swim meet in Iowa City. Doors to the natatorium will open at 11:00 AM. General admission tickets will be available for sale the day of the meet.

**DECK SPACE/RESTRICTIONS - *The number of team personnel will be limited to the following:***

A. Schools are given a maximum of three complimentary coaches' wristbands. All coaches must be bona-fide, school coaches. Any team wishing to have additional coaches or up to two managers on the deck must purchase a deck pass the day of the meet at the pass gate. A letter from the school administration must accompany the additional coach and manager in order to purchase the deck pass. Only these coaches, competing swimmers (including alternates) and managers (up to 2) will be allowed on the deck. Wristbands for coaches permitted to be on the deck will be handed out at the pass gate at the meet. Only these coaches and managers will be permitted to enter through the pass gate at 8:30 AM.

B. Each school is required to prepare a pass list for its state qualifiers. The list was sent to each qualifying school and was also posted on the web. Pass Gate personnel will have names of the coaches, swimmers, and alternates are allowed through the pass gate. Please do not bring non-qualifying personnel through the pass gate. They need to enter through the main ticket entrance of the Campus Recreation and Wellness Center.

C. No school will be allowed more than three alternates. These alternates are based on the amount of relay teams that you have qualified. One relay team, one alternate; two relay teams, two alternates; three relay teams, three alternates. Your pass gate information is based on the number of swimmers who actually swam at the district meet and your alternates, up to three. Alternates may be in the team photo, but they will not receive a complimentary picture plaque.

Glass containers are not allowed in the natatorium.

Each team will be assigned a "camp" location along the deck of the warm-

up/cool down pool and diving well. Athletes may leave their belongings on or behind the bleachers on the deck. No bags can be placed in front of the athlete seating.

Lockers are available for athletes to rent during the competition.

**Parade of Events** - Competitors for each event will parade together from the staging area in the southwest corner of the pool to the starting area. Swimmers should meet in the staging area one event before the event in which they will swim. Swimmers in each heat will parade together to the starting area prior to each heat.

**Parade of Teams** - All swimmers, alternates, and coaches are asked to report to the locker room connector at 12:00 PM for the pre-meet parade of teams which will begin at 12:10 PM. Schools will be lined up alphabetically with the coach(es) leading their team onto the deck. Swimmers must be dressed in school-issued swim attire. Each team will enter the pool with individuals walking side-by-side. Workers will be stationed around the pool to assist in positioning teams. The Hall of Fame Ceremony will follow the parade of teams. All team personnel will face the color guard during the National Anthem and the public address announcer will release all team personnel after the Anthem.

Parking will be charged at a graduated hourly rate at all lots and garages around the CRWC. **This is different from the 2018 meet.** Please refer to the following link to find the available lots and garages the day of the meet.

**Pouring Home Pool Water into the State Meet Pool** - These are the rules that will be followed if a team feels it is necessary to pour home pool water into the state meet pool:

- 1) it shall be done in a manner that is NOT disruptive to other people on deck, including officials, members of other teams, and workers;
- 2) it MUST be done before the pool closes at 12:00 PM;
- 3) containers used for pouring home pool water into the pool must be small enough to be held in one hand and may NOT be glass containers.

**Relay Cards** - Relay cards will be sent with the spectator tickets on Monday. Please fill out the relay cards, including alternates and give those to Mike Johnson at the coach's meeting.

Team banners & signs are not allowed directly over the competition pool. A school approved banner/sign is allowed during the parade of teams.

Towels are not allowed on the starting blocks.

**Use of Foreign Substances Banned** - The Swim 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 the 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. These substances can only be applied in the warm-up/cool down area. Analgesics 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.

**Per NFHS Rules, the backstroke wedge is illegal to use during competition.**

**Judging the 200 Individual Medley** - Some swimmers in the 200 Individual Medley are using a "cross-over" turn, rather than an "open" turn, to transition from the backstroke to the breaststroke. Rule 8-2-5 states each section of the IM must be finished in accordance with the finish rule that applies to the stroke concerned. Rule 8-2-1 states the finish of the backstroke requires the swimmer to remain on his back "to the degree the shoulders do not turn over beyond the vertical plane" before contact with the wall. Officials judging turns at the State Meet have been positioned on the sides of the pool, making enforcement of this rule difficult if a 200 IM swimmer executes a cross-over turn when finishing the backstroke section. During the 200 IM only, the referee, starter, bench official, and the official serving as head timer will move to positions between the starting blocks to observe the backstroke to breaststroke turns from above.

**Electronic Relay Judging Equipment** – Electronic relay judging equipment will be used during the meet. Officials will use the protocol found under Appendix B in the NFHS Swimming and Diving Rules Book.

## **DISTRICT SWIMMING COACHES OF THE YEAR, 2019**

### **DISTRICT SITE**

### **DISTRICT COACH OF THE YEAR**

Davenport, Central

Rick Loeffelholz; Dubuque, Hempstead

Fort Dodge

Dan Flannery; Ames

Indianola

Nicholas Spike; Dowling Catholic

Johnston

Dan Briggs; Waukee

Linn-Mar, Marion

Byron Butler; Iowa City, West

Southeast Polk

Mike Loupee; Marshalltown

## DISTRICT SWIMMER OF THE YEAR, 2019

### DISTRICT SITE

### DISTRICT SWIMMER OF THE YEAR

Davenport, Central

Charlie Bunn; Bettendorf

Fort Dodge

William Rankin; Sioux City

Indianola

Alex Liu; Des Moines, East  
Jaxson Mahlstadt; Indianola  
Jacob Keller; Valley, WDM

Johnston

Cameron Linder; Waukee

Linn-Mar, Marion

Izaak Hajek; Iowa City, West

Southeast Polk

Trent Frandson; Ankeny

## **BOYS' STATE SWIMMING AWARDS**

1. The top eight place finishers in each event will receive medals on the award stand.
2. Only school issued attire may be worn during the award ceremonies and for all pictures. **SWIMMERS MUST WEAR TOPS & BOTTOMS ON THE AWARDS STAND.** No hats or caps can be worn during photos. Swimmers not conforming to this rule will not be allowed to participate in the award ceremony or picture taking.
3. Head coaches of event champions are encouraged to present the awards to eight individuals/relays on the awards stand.
4. NO swimmers are allowed in the competition pool during the awards ceremonies. The order for receiving awards during the break following the 50-Yard Freestyle will be as follows:
  - A. 200-Yard Individual Medley awards
  - B. District Swimmers & Coaches of the Year awards
  - C. Other Special awards
  - D. 50-Yard Freestyle awards
5. The order for receiving awards at the conclusion of the 400-Yard Freestyle Relay will be as follows:
  - A. 100-yard Breaststroke awards
  - B. 400-yard Freestyle Relay awards
  - C. IHSSCA Coach & Athlete of the Year awards
  - D. Third-place, Runner-up & Championship Team Trophy and Banner presentations
6. Pictures of the Championship Team will be taken after the award ceremonies at the conclusion of the meet.
7. Medals for swimmers placing 9-12 will be in each school's packet on the deck following the meet.
8. Hats will be distributed after the meet to event and team champions.

## **Boys State Swim Meet Competition and Award Schedule**

The coach of the swimmer or relay team winning the event will present the awards. All competitors must wear school issued clothing over their suits.

12:00 Noon – Competition and Warmup Pool Closes

IHSSCA Team Power Point Champion

IHSSCA Service Awards

12:10 PM – Parade of Teams

IHSSCA Hall of Fame Awards

National Anthem

Swimming competition begins immediately following the National Anthem (Warm-up pool reopens)

Event #1 - 200-yard Medley Relay

Event #2 - 200-yard Freestyle

**Awards for the 200-yard Medley Relay**

Event #3 - 200-yard Individual Medley

**Awards for the 200-yard Freestyle**

Event #4 - 50-yard Freestyle

**Awards for the 200-yard Individual Medley**

**IHSSCA District Swimmers & Coaches of the Year**

**Awards for the 50-yard Freestyle**

**20-minute break**

Event #5 - 100-yard Butterfly

Event #6 - 100-yard Freestyle

**Awards for the 100-yard Butterfly**

Event #7 - 500-yard Freestyle

**Awards for the 100-yard Freestyle**

Event # 8 - 200-yard Freestyle Relay

**Awards for the 500-yard Freestyle**

**15-minute break**

Event # 9 - 100-yard Backstroke

**Awards for the 200-yard Freestyle Relay**

Event # 10 - 100-yard Breaststroke

**Awards for the 100-yard Back stroke**

Event #11 - 400-yard Freestyle Relay

**Awards for the 100-yard Breaststroke**

**Awards for the 400-yard Freestyle Relay**

**IHSSCA Swimmer & Coach of the Year  
Third-place, runner-up & Championship team trophies**

## **STATE SWIMMING MEET WARM-UP PROCEDURES**

Listed below are the warm-up procedures for all swimmers at the State Swimming Meet. These warm-up procedures were recommended by the Swim Coaches Advisory Committee. You will want to inform any contestants you may have that this is the procedure that will be followed. This is being done for the safety of all swimmers involved. **A lifeguard will be on duty during warm-ups and competition.**

**NO ONE IS TO ENTER THE WATER UNTIL DIRECTED TO DO SO BY THE SUPERVISING OFFICIAL. NO EQUIPMENT (SNORKLES, KICKBOARDS, ETC.) ARE ALLOWED IN THE COMPETITION POOL DURING THE WARM-UP PERIOD OR THE TWO BREAKS DURING THE MEET.**

### **ALL QUALIFYING TEAMS**

#### **10:30 am to 11:15 am**

Both pools: All lanes, circle swimming. **NO DIVING!** Feet first entry.

#### **11:15 am to 12:00 pm**

Competition Pool: Lane 1-4: Starts/Sprints **Swim to other end and get out.**

Competition Pool: Lane 5 - 8: Relay Exchanges

Warm-up Pool: All lanes: Circle Swim

\*A coach can request a change in these assignments if a lane becomes available during the warm-up period.

#### **12:00 pm ----- Clear Pool**

**THE PARADE OF TEAMS BEGINS AT 12:10PM, SHARP!**

The warm-up/cool down pool may be used during competition. At no point, including pre-meet warm-ups, will any athlete be allowed to swim in the area between the two bulkheads.

## **STATE SWIMMING TEAM PHOTO PROCEDURES**

Team photos will be taken from 8:30 am until 10:30 am, prior to warm-ups beginning. These photos will be taken by IHSAA staff in the hallway adjacent to the natatorium.

### **STATE TOURNAMENT PLAQUES**

Each team that qualifies for the state swimming meet will have a team picture taken by the IHSAA prior to the 10:30 AM warm-up. A color photo of the team will be taken and placed on a plaque designating that your team was a state tournament participant. Each team member and head coach will receive a plaque compliments of the IHSAA. Relay alternates will not receive a complimentary picture plaque. Additional plaques can be ordered through the IHSAA.

Only school issued attire may be worn during the team photo and for all pictures. **SWIMMERS MUST WEAR TOPS & BOTTOMS ON THE AWARDS STAND.** Swimmers not conforming to this rule will not be allowed to participate in the picture taking or award ceremony.

No plaques will be presented to individual or relay place winners. Those photos may be purchased by visiting Tucker Photography at <http://rtphoto.photorelect.com/>.