

Congratulations on qualifying for the 2021 IHSAA State Swimming Meet. We know this year has been anything but normal for all competitors and coaches. With that being said, there are some changes, other than just a new venue, from years past we have put into place as a result of COVID-19 recommendations.

Coaches' Meeting - The coaches meeting will be held virtually, Friday, February 12th at 7:15 am. The meeting will be recorded for coaches to reference prior to the meet on Saturday. A link to the meeting will be sent next Thursday to participating schools.

Masks Required – All athletes, except for when they are in the pool, coaches, and officials are required to wear a mask. Athletes will be given a Ziploc bag to store their mask in while competing. After each race, athletes will then swim the length of the pool with their Ziploc and exit the pool.

Deck Space/Restrictions - *The number of team personnel will be limited to the following:*

A. 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 swimmers and coaches as they enter the facility. The competitor list must be completed and sent to Jared Chizek (jchizek@iahsaa.org) by Noon on Tuesday, February 9.

B. Due to facility capacity and the need to social distance, no school will be allowed more than one alternate for the 2021 state meet. Regardless of the number of relays your school qualifies, only one alternate will be permitted. Relay alternates will not receive a complimentary picture plaque.

C. Schools are given a maximum of three complimentary coaches' wristbands. All coaches must be bona-fide, school coaches. Due to the need to social distance for this year's meet, no additional coaches and manager deck passes will be sold.

Team Photos – Participating team photos will not be taken this year. Schools will be asked to submit a photo for their picture plaques. Chad Elsberry will be sending information to each participating school's athletic director regarding this photo.

Team Areas - Each team will be assigned a camp location either along the

deck of the competition lanes, the warm-up/cool down lanes, or in the bleachers above the competition pool. Coaches whose teams are placed in the bleachers will be able to access the deck when their athletes are competing.

No Parade of Events – Due to COVID-19, there will not be an event/heat march as in years past. Competitors will need to report to the blocks on their own. It is the athlete's responsibility to report to the starting blocks prior to the start of the race.

Virtual Parade of Teams – There will not be a grand march of teams this year, but we do plan to have a virtual parade of teams within the facility as part of the live stream. A school approved banner/sign is allowed during the parade of teams.

Spectators and Live Stream Information – No spectators will be permitted at the 2021 State Swimming Championships. The meet will be streamed through the NFHS Network (<https://www.nfhsnetwork.com/>). The cost to view the meet is \$10.99.

Relay Changes - Relay cards will not be sent this year. To promote social distancing, coaches with relay changes are asked to email those changes to Mike Johnson at mike_johnson@mchsi.com by 6:00 p.m. Thursday, February 11. Coaches will also have an opportunity to make changes when they arrive at the venue on Saturday.

Miscellaneous Information - Glass containers are not allowed in the natatorium. Team banners & signs are not allowed directly over the competition pool. Towels are not allowed on the starting blocks. Lockers are not available for athletes to use during the competition.

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.

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.

DISTRICT SWIMMING COACHES OF THE YEAR, 2021

DISTRICT SITE

DISTRICT COACH OF THE YEAR

Clinton

Chris Cruise; Cedar Rapids, Washington

Davenport

Byron Butler; Iowa City, West

Dubuque

Tom Belin; Linn-Mar

Fort Dodge

Joe Fisher; Ames

Johnston

Dan Briggs; Waukee

Southeast Polk

Bobby Shepherd; Indianola

DISTRICT SWIMMER OF THE YEAR, 2021

DISTRICT SITE

DISTRICT SWIMMER OF THE YEAR

Clinton

Isaac Weigel; Iowa City, City

Davenport

Alex Stone; Bettendorf

Dubuque

Cooper Callahan; Linn-Mar

Fort Dodge

Trevor Danner; Carroll

Johnston

Ryan Overton; Johnston

Southeast Polk

Trent Frandson; Ankeny
Jaden Dydell; Newton

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 and 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. Masks are required at the start of the awards ceremony, but athletes can, if they feel comfortable, remove the mask for a quick photo at the end of the awards presentation.
3. Head coaches of event champions may present the awards to his/her athlete during the award ceremony. Athletes from other schools will be asked to drape themselves with their medal.
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. 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
6. Pictures of the Championship Team will be taken after the award ceremonies at the conclusion of the meet.
7. Awards for 9th-12th place can be picked up at the end of meet.
8. Hats will be distributed after the meet to event and team champions.

Boys State Swim Meet Competition and Award Schedule

12:00 Noon – Competition and Warmup Pool Closes

IHSSCA Team Power Point Champion

IHSSCA Service Awards

12:10 PM – Virtual Parade of Teams

National Anthem

Swimming competition begins immediately following the National Anthem (Warm-up lanes 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.

Group A

10:10 am to 10:40 am

All lanes assigned, circle swimming. **NO DIVING!** Feet first entry.

Group B

10:40 am to 11:10 am

All lanes assigned, circle swimming. **NO DIVING!** Feet first entry.

All Schools

11:10 am to 11:30 am

Competition pool – Turns; warm-up pool – circle swim

11:30 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 VIRTUAL PARADE OF TEAMS BEGINS AT 12:10PM.

The warm-up/cool down pool may be used during competition.

Group A – Bettendorf, Cedar Falls, Cedar Rapids Jefferson, Cedar Rapids Kennedy, Cedar Rapids Washington, Davenport Central, Dubuque Hempstead, Dubuque Senior, Grinnell/BGM, Iowa City City, Iowa City West, Linn-Mar, Marshalltown, Muscatine, Pleasant Valley, Vinton-Shellsburg, Williamsburg

Group B – Ames, Ankeny, Boone, Burlington, Carroll, Decorah, Des Moines Roosevelt, Dowling Catholic, Indianola, Johnston, Keokuk, Lewis Central, Mason City, Newton-NCMP, Oskaloosa, Ottumwa, Sioux City Metro, Southeast Polk, Spencer, Valley, Waukee