

IOWA HIGH SCHOOL ATHLETIC ASSOCIATION BOYS' DISTRICT SWIM MEET INFORMATION SHEET

The Iowa High School Athletic Association must receive your online entry by 10:00 P.M., Thursday, February 2, 2023. If your school does not plan on participating in the District Meet, please inform the District Meet Manager where your school is assigned and the Athletic Association. If you have any further questions, please don't hesitate to contact us.

Meet Entries: Entries open on Monday, January 23. Each school is limited to three (3) entries in each individual event and one (1) team in each relay event. No contestant shall compete in more than four (4) events, no more than two (2) of which may be individual events.

All entry times must be able to be verified by meet results entered into Bound. If entry times cannot be verified, the swimmer(s) will be seeded last. Metric times entered into Bound have already been converted using the NFHS Conversion Chart and will be allowed as official district entry times for district swimming meets.

Aggregate times from the 50-Yard Freestyle and the 100-Yard Freestyle are permitted as seed times for the 200-Yard Freestyle Relay and 400-Yard Freestyle Relay, respectively. However, if aggregate times are used as seed times, the 4 swimmers posting those times must be the swimmers actually swimming in the relay(s).

If an automatic timing system was used, only the first swimmer in the 200-Yard Freestyle and 400-Yard Freestyle may use an official time from those events as seed times for the 50-Yard Freestyle and 100-Yard Freestyle, respectively. Bound has recorded and noted if a time was the result of a leadoff swimmer in a relay.

Relay Entries: The first four swimmers listed on the entry blank for each relay should be the four swimmers the coach believes will actually swim in the relay. A school may list up to four alternates on each relay card. The relay will count as an event only for the four swimmers who actually compete in the event. Coaches may change which swimmers are going to swim in each relay until the start of the first heat of that relay (when the swimmers are called to the blocks). (EXAMPLE: Changes in the 200-yard freestyle relay may be made until the start of the first heat of the 200-yard freestyle relay.) If no changes in relay participants are made by the specified times, the first four swimmers listed for that relay become the official entries in the relay.

2023 DISTRICT MEET ENTRY TIME SCHEDULE

Thursday, February 2: District swimming online entries are due at 10:00 p.m. No additions shall be made after 10:00 p.m. From 10:00 p.m. on Thursday until 10:00 a.m. on Saturday, withdrawals and minor substitutions (withdrawal/change) only, will be allowed in individual events. A swimmer who is substituted for another does not need to be already entered as a meet participant or relay alternate. He does however have to be listed on the team's roster submitted by 10:00 p.m. on Thursday. Any swimmer withdrawing from an individual event after 10:00 p.m. on Thursday will count the withdrawal as one of his two individual events as per rule 3-2-1. Any changes made in the entries after this time must be made via phone call or e-mail to the Iowa High School Athletic Association before 9:00 a.m., Friday, February 3.

Friday, February 4: Seeded Hy-Tek files will be sent to host schools by 12:00 Noon. The district manager needs to be contacted regarding any changes (scratches or minor changes) after 12:00 Noon. Again, this does not allow teams to make wholesale changes in their rosters. It does allow flexibility for swimmers withdrawing due to injury, illness or other school administrator's verified excuse.

Saturday, February 5: Final substitutions in individual events must be made by this time. A substitution for a swimmer already entered in an individual event is only allowed if at least one swimmer from that school is withdrawn from that particular event. A substitute does NOT need to be listed on the original entry form but does have to be listed on the team's roster submitted by 10:00 p.m. on Thursday. A withdrawal under these circumstances does NOT count as a team entry in that event, but it does count as an individual entry for a competitor withdrawing and substituting for another. Clerical errors made by personnel hosting the district meet can be corrected at the coaches meeting, or when the coaches receive their district entry information at the district site. After 10:00 a.m. Saturday, a swimmer may declare a false start until the swimmers are called to the blocks for the first heat of the event in which he will be declaring the false start.

Saturday Schedule:

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| District Officials Arrive- | 9:45 AM |
| District Coaches Meeting - | 10:00 AM |
| Swimming Warm Ups - | 10:15 AM |
| Pool Closed - | 11:45 AM |
| Timed Finals - | 12:00 PM |

Warm Up Schedule: Each individual district manager will determine the warm-up schedule for each district site.

The following will be order of events for district swimming:

1. 200-yard medley relay
2. 200-yard freestyle
3. 200-yard individual medley
4. 50-yard freestyle
- *- **20-minute break** -
5. 100-yard butterfly
6. 100-yard freestyle
7. 500-yard freestyle
8. 200-yard freestyle relay
- *- **15-minute break** -
9. 100-yard backstroke
10. 100-yard breaststroke
11. 400-yard freestyle relay

A five-minute break/cool down will be offered after every event where the competition pool and any other pool, approved by meet management, is open for all competitors. This five-minute break is included in the already scheduled 20- and 15-minute break respectively. This five-minute break replaces the one-minute break at the conclusion of each of the heats as was previously administered. The break/cool down period is not to begin until all competitors have finished in the final heat.

Awards: Medals will be awarded to the 1st - 6th place finishers in each event. The District Champion will also receive a banner.

Inclement Weather: If the meet is postponed or delayed due to inclement weather the decision should be made by 8:00 a.m. and communicated to each school.

Number of Lanes: All eight lanes will be used for all district competition.

Rules: Please consult the NFHS Swimming and Diving Rule Book and the current IHSAA Winter Manual.

Use of Foreign Substances Banned at the District and State Meets:

The Swimming 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 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, but the analgesic 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.

State Meet Qualifying: The fastest 32 individual swimmers and 24 relay teams from district competition will qualify for state competition. There will be a maximum of 32 individual and 24 relay qualifiers to the State Meet in each event. In the event of a tie for the last qualifying position, please refer to the current IHSAA Swimming Manual for the tie breaking system.

Post-Meet Time Trials: Each site is allowed to offer unofficial time trials at the conclusion of the meet; however, all IHSAA assigned officials are not to be involved with the time trials

SCHEDULE OF AWARDS AT DISTRICT SWIMMING

The coach of the swimmer or relay team winning the event will present the awards. Only school issued attire may be worn during the award ceremonies and for all pictures. A five-minute cool down will directly follow each event prior to the awards ceremony, except after event four and event eight where a break is already scheduled.

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

20-minute break

Awards for the 200-yard Individual Medley

Awards for the 50-yard Freestyle

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

15-minute break

Awards for the 500-yard Freestyle

Event # 9 - 100-yard Backstroke

Awards for the 200-yard Freestyle Relay

Event # 10 - 100-yard Breaststroke

Awards for the 100-yard Backstroke

Event #11 - 400-yard Freestyle Relay

Awards for the 100-yard Breaststroke

Awards for the 400-yard Freestyle Relay