

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

Please review this information as there are new items for the 2023 meet with the prelim/final format and with the meet returning to the University of Iowa after the year hiatus. The only thing you will receive at the state meet site is a complimentary program for each head coach and coaching wristbands.

## **Meet Schedule**

### **Friday, February 10**

2:00 pm – Pass gate opens for teams  
2:15 pm – Team photos begin  
3:00 pm – Coaches meeting  
3:30 pm – Warm-ups begin  
4:00 pm – Doors open to public  
4:45 pm – Pool closes  
4:50 pm – National Anthem  
5:00 pm – Start of preliminary heats

### **Saturday, February 11**

9:00 am – Pass gate opens for teams  
10:15 am – Coaches meeting  
10:30 am – Warm-ups begin  
11:00 am – Doors open to the public  
Noon – Pool closes  
12:05 pm – IHSSCA Power Point Team Recognition, Introduction of teams, IHSSCA Hall of Fame, National Anthem  
12:30 pm - Start of final heats

## **Reserved Tickets Sent to Schools**

Schools were sent passcodes on Monday, February 6 for reserved ticket sales for both Friday's prelims and Saturday's finals.

## **Deck Passes**

Schools are given three complimentary coaches' wristbands. All coaches must be bona-fide, school coaches. Any team wishing to have additional coaches or managers on the deck must purchase a deck pass at the pass gate on Friday, February 10. A letter from the school administration must accompany the additional coach and manager in order to purchase the deck pass for \$20. Only these coaches, competing swimmers (including

alternates) and managers 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.

Each school is required to prepare a pass list for its state qualifiers at the following link: <https://www.iahsaa.org/2023-state-swimming-competitor-list/> Pass Gate personnel will have names of the coaches, swimmers, and alternates and only these individuals 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.

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 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.

### **Parade of Events**

For both the prelims and finals, 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.

### **Introduction of Teams**

In working with the advisory committee, teams will not parade in the venue prior to Saturday's finals. We will introduce each team on the deck. Swimmers must be dressed in school-issued swim attire. A school approved banner/sign is allowed during these introductions.

### **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 on both days;
- 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**

Coaches will be given relay sheets prior to the start of Saturday morning's coaches meeting. Coaches are asked to update relay order and competitors prior to the first heat of the specific relay at the bench.

### **Deck Restrictions**

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.

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.

### **Preliminary/Final Reminders**

The fastest eight swims from Friday will qualify for the championship finals with the next eight swims qualifying for the consolation finals on Saturday.

The next two highest non-qualifiers (17<sup>th</sup> and 18<sup>th</sup> place) will be named in order to guarantee a full complement of finalists, provided there is no delay in the meet, in case one of the 16 qualifiers cannot swim due to illness or injury.

In case of a swim-off, swimmers shall have a 25-minute period between the swim-off and any other event in which they participate.

## **DISTRICT SWIMMING COACHES OF THE YEAR, 2023**

### **DISTRICT SITE**

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

Ames

Bobby Shepherd, Indianola

Davenport

Stacey Zapolski, Pleasant Valley

Dubuque

Clif Paulsen, Cedar Falls

Fort Dodge

Dan Briggs, Waukee

Johnston

Sarah Patterson, Newton

Linn-Mar, Marion

Tom Belin, Linn-Mar

## **DISTRICT SWIMMER OF THE YEAR, 2023**

### **DISTRICT SITE**

### **DISTRICT SWIMMER OF THE YEAR**

Ames

Lance Swanepoel, Ankeny

Davenport

Will Gorman, Pleasant Valley

Dubuque

Holden Carter, Iowa City West

Fort Dodge

Reid Tigges, Spencer

Johnston

Jacob Pins, Valley

Linn-Mar, Marion

Sheppard West, Cedar Rapids Jefferson

## **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.
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. IHSSCA Service 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. Para-Team Championship Trophy
  - E. 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.

### **Friday, February 11**

4:45 PM – Competition and Warmup Pool Closes

National Anthem

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

Event #1 - 200-yard Freestyle

Event #2 - 200-yard Individual Medley

Event #3 - 50-yard Freestyle

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

#### **20-minute break**

Event #4 - 100-yard Butterfly

Event #5 - 100-yard Freestyle

Event #6 - 500-yard Freestyle

#### **15-minute break**

Event # 7 - 100-yard Backstroke

Event # 8 - 100-yard Breaststroke

### **Saturday, February 12**

12:00 Noon – Competition and Warmup Pool Closes

12:05 PM - IHSSCA Team Power Point Champion

Introduction 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 #2A - 200-yard Freestyle Para

Event #2 - 200-yard Freestyle



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

Event #3 - 200-yard Individual Medley

**Awards for the 200-yard Freestyle (including Para division)**

Event #4A - 50-yard Freestyle Para

Event #4 - 50-yard Freestyle

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

**IHSSCA Service Awards**

**Awards for the 50-yard Freestyle (including Para division)**

**20-minute break**

Event #5 - 100-yard Butterfly

Event #6A - 100-yard Freestyle Para

Event #6 - 100-yard Freestyle

**Awards for the 100-yard Butterfly**

Event #7 - 500-yard Freestyle

**Awards for the 100-yard Freestyle (including Para division)**

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 Backstroke**

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**

**Championship Para-team trophy**

**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**

#### **Friday - 3:30 pm to 4:00 pm**

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

#### **Friday 4:00 pm to 4:45 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.

#### **4:45 pm ----- Clear Pool**

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

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

#### **Saturday 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 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**

For schools participating on Friday, team photos will be taken from 2:15 pm until 4:00 pm.

For schools only swimming on Saturday, team photos will be taken from 9:30 am until 11:00 am. These photos will be taken on the north side of the natatorium past the rock-climbing wall.

### **STATE TOURNAMENT PLAQUES**

Each team that qualifies for the state swimming meet will have a team picture taken by the IHSAA. 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 complimentary plaque. Relay alternates will not receive a complimentary picture plaque. Athletic directors will be notified when the picture is available to identify athletes via Varsity Bound. Additional plaques can be ordered through the IHSAA at that time.

Only school issued attire may be worn during the team photo and for all pictures. Swimmers must wear tops and bottoms on the award 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 Jolesch Photography at <http://www.bandgroupphotography.com/IHSAA/Index.html>.