



# AAU JUNIOR OLYMPIC GAMES SWIMMING



<b>LOCATION:</b>	Wellmark YMCA – Downtown Des Moines – 501 Grand Ave., Des Moines, IA 50309		
<b>DATES:</b>	Thursday, July 26	*Athlete Check-In (Iowa Events Center) Practice Coaches Meeting Competition: Session #1 - 11 & Older Distance Events	10:00 AM – 6:00 PM 12:00 PM – 4:00 PM 4:00 PM Warm Ups 5:00 PM Meet Starts 6:00 PM
	Friday, July 27	Competition: Session #2 - 13 & Older Prelims Session #3 - 12 & Under Prelims Session #4 - 11 & Older Finals	Warm Ups 7:00 AM Warm Ups Warm Ups 5:00 PM Meet Starts 8:30 AM <b>**See note below</b> Meet Starts 6:00 PM
	Saturday, July 28	Competition: Session #5 - 13 & Older Prelims Session #6 - 12 & Under Prelims Session #7 - 11 & Older Finals	Warm Ups 7:00 AM Warm Ups Warm Ups 5:00 PM Meet Starts 8:30 AM <b>**See note below</b> Meet Starts 6:00 PM
	Sunday, July 29	Competition: Session #8 - 13 & Older Prelims Session #9 - 12 & Under Prelims Session #10 - 11 & Older Finals	Warm Ups 7:00 AM Warm Ups Warm Ups 5:00 PM Meet Starts 8:30 AM <b>**See note below</b> Meet Starts 6:00 PM
	Monday, July 30	Celebration of Athletes	TBD Drake University

\*Athletes must check Iowa Events Center, 730 3<sup>rd</sup> St., Des Moines, IA 50309. See below for instructions.

**\*\*Afternoon Warm-ups:** Afternoon warm-ups will begin 15 minutes after the conclusion of the morning session and competition will begin 60 minutes after warm-ups; estimated start time will be 12 p.m. for warm ups and competition will start one (1) hour after warm-ups. Specific start times and lane assignments for Warm-ups will be posted online at [www.aaujrogames.org](http://www.aaujrogames.org) prior to the start of the meet.

**CHECK-IN:** Swimming participants must check-in at the Iowa Events Center, 730 3<sup>rd</sup> St., Des Moines, IA 50309 to receive their athlete credential or coach wristband. The appropriate credential or wristband will be needed prior to gaining admittance into the competition venues. *If that credential or wristband is lost or stolen there will be a replacement fee.* **Participants should check-in at least the day prior to competing.** For check-in hours, maps and additional directions please visit [www.aaujrogames.org](http://www.aaujrogames.org) (click on Event Info, then Registration).

**PRACTICE:** Practice will be available on Thursday, July 26 from 12 pm to 4 pm at the Wellmark YMCA – Downtown Des Moines. Athletes must check-in at the Iowa Events Center and have proper credentials prior to practicing.

**AAU MEMBERSHIP:** This meet is licensed by the AAU. All athletes and coaches must be AAU members. Athlete membership is \$14.00 and non-athlete (coach) membership is \$16.00. AAU membership can be obtained online at [www.aausports.org](http://www.aausports.org).

**BE PREPARED and register your coaches early! You can no longer register for non-athlete (coach) membership onsite at the event. Background screens are conducted for all non-athletes and adult athletes. Membership is no longer instant.**

**ENTRY FEE:** \$48.00 per swimmer, \$40.00 per coach (\$10 late fee if registering onsite with a current non-athlete membership). All entry fees are non-refundable.

**REGISTRATION  
& ENTRY DEADLINE:**

All entries must be completed online by **Wednesday, July 11, 2018.**

**Register Online at [www.aaujrogames.org](http://www.aaujrogames.org).** Visa, MasterCard, American Express and Discover are accepted. You will need to have your AAU membership at the time of registering. After registering online, you will receive an email confirming your entry and acceptance of payment.

**If you wish to have your scores count towards the team scores, be sure to enter your current club membership code when registering online.**

**In addition to registering online, we encourage all coaches to submit a HyTek Team Manager file. Additional information will be posted at [www.aaujrogames.org](http://www.aaujrogames.org).** Be sure to provide your USA Swimming number via your HyTek entry information for your times to count from this meet and be uploaded to SWIMS.

**SWIMMERS WITHOUT  
A COACH:**

Any swimmer entered in the meet, unaccompanied by a coach, must be approved by their coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**ENTRY LIMIT:**

Three (3) individual events per day, exclusive of relays. Any individual may only swim ten (10) events during the entire meet, exclusive of relays. Relay swimmers **cannot** swim both a club and mixed relay of the same event. A swimmer must register for an individual event in order to compete on in a relay.

**TIME TRIALS:**

There will be no time trials.

**QUALIFICATION:**

First, second, and third place finishers in approved AAU District Swimming Championship Meets in individual events under 400M, will qualify for the AAU Junior Olympic Games. Swimmers must place in the District Championship in the age division they will compete in during the AAU Junior Olympic Games.

In addition, swimmers who meet or beat the USA Swimming long course **"A" time standard for all 200M, 400M and 1500M events and "BB" time standard for events under 200M are eligible to compete** in the events where they meet the minimum time standards. Qualification for the 400M and 1500M is time only and they may not be entered as Bonus Events. The time standard must have been met during a bona fide competition between the date of the previous year's AAU Junior Olympic Games entry deadline and the current year's entry deadline, whether it was AAU, USA Swimming, YMCA, Boys and Girls Club, Parks & Recreation, etc. **No yard times will be accepted. Yard times must be converted to long course meter times!** Swimmers must list their time on the entry form and bring their time verification to the Championship.

Qualified swimmers may swim in bonus events, as approved, for 50M, 100M and 200M events. **For every qualified event, a swimmer may enter 2 bonus events.** *At a minimum, it is suggested to have a "B" time standard to request approval for bonus events.* **Bonus events are subject to approval by the AAU National Aquatics Committee.**

For the following events: 1) 11-12 400 meter Freestyle, 2) 13-14 1500 meter Freestyle and 3) 15-18 1500 meter Freestyle and 4) 400 IM. If room is available, the AAU Aquatics Committee will consider entries that do not meet the qualifying time standard. The remaining lanes will be filled according to best times until the heat is full (Post Scratches).

For the 8 & under division, USA Swimming long course time standards have not been established. The 8 & under division is open to any participant, however, he/she must submit an entry time to be used for seeding purpose and to verify that the athlete has swam in the event prior to the AAU Junior Olympic Games. Entries without times (NT) will not be accepted.

Qualifying period is from **August 1, 2017 through July 11, 2018.**

**The AAU suggests a helpful online tool for time conversion. Please visit the website at [www.auswimming.org](http://www.auswimming.org) or [www.aaujrogames.org](http://www.aaujrogames.org) (select swimming).**

**RULES:**

**This meet is a competition conducted under current USA Swimming & AAU Swimming rules – This meet is pending approval by USA Swimming.**

If you are a registered USA Swimming athlete, you may provide your USA Swimming number for your times to count from this meet. Please include the number with your HyTek Entry.

**AGE DIVISIONS:**

Girls & Boys: 8 & Under 10 & Under 11-12 13-14 15-18

Athlete's age on the first day of competition, July 26, 2018, shall determine the division of the competitor. The 8 & Under division is a recognized age group in the AAU Junior Olympic Games. The 8 & Under and 9-10 divisions are offered for the 50M events and 200M free relays. The heats for these age groups may be combined but will be awarded separately. Participants that are 8 & Under are also welcome to swim in the 10 & Under events if he/she meets the qualifying time standard for that event. The 10 & Under events were not

awarded separately in the past – if an 8 year old swam a 10 and under event then they were awarded where they finished

**FORMAT:** This meet is pre-seeded **WITH THE EXCEPTION OF RELAYS WHICH WILL BE DECK ENTERED.** No other deck entries will be permitted.

All 10 & Under events will swim as Timed Finals during the Prelim sessions. The 400 meter Freestyle (11-12 age group) and the 1500 meter freestyle (13-14 and 15-18 age groups) will be Timed Finals only. All relays are Timed Finals. All other events will swim as Prelims and Finals.

**RELAYS:** *Determining criteria for Club vs. Mixed Relays:*

**CLUB:** Only ONE (1) AAU Club is represented on the relay team. More than one (1) relay team per Club is encouraged in each age group event.

**MIXED RELAY:**

**NOTE:** This is an exhibition event **ONLY**; the AAU Aquatics Committee is providing another opportunity for athletes to be participate in a relay who may not have a chance to be part of a club relay at the AAU Junior Olympic Games. TWO (2) or more Clubs are represented on the relay team regardless of team affiliation. You may pre-register for Mixed Relays online by the registration deadline and we will also be accepting Deck Entries.

**DECK ENTRIES:** **INDIVIDUAL EVENTS:** No Deck entries will be accepted.

**MIXED RELAYS:** You may pre-register for Mixed Relays online by the registration deadline and we will also be accepting Deck Entries. Mixed Relays will be formed by the Meet Director or Meet Referee based on all entries.

**CLUB RELAYS:** Club Relays will be deck entered by submitting Relay Entry Forms, included in coach's packet (full relay for Club teams) to the meet director as follows:

400 Meter Club Medley Relay- Due no later than 6:30 PM on the 1<sup>st</sup> day of meet Thursday, July 26

400 Meter Club Freestyle Relay- Due no later than 6:30 PM on the 2<sup>nd</sup> day of the meet Friday, July 27

200 Meter Club Medley Relay- Due no later than 6:30 PM on the 3<sup>rd</sup> day of meet Saturday, July 28

200 Meter Club Freestyle Relay- Due no later than 6:30 PM on the 3<sup>rd</sup> day of meet Sunday, July 29

**ENTRY TIME VERIFICATION:** Time verification must be provided for 400M and 1500M events prior to the event. Swimmers placing first, second or third in the District Championship must also provide time verification from the District meet. For all other events the Meet Director reserves the right to request time verification and reject entries whose qualifying times cannot be substantiated. Proof of Time may be requested at the time the entry is received, before the start of the meet (at coaches meeting) or during the meet by the Meet Director or Meet Referee. Times may only be proved by presentation of Final meet results from a bona fide meet.

**SCRATCH MEETINGS:** Scratches must be submitted by **6:30 p.m. the evening before** the swimmer is to compete in the event. Scratch forms will be available at the scratch table and will be collected at 6:30 p.m. daily. No swimmer may scratch an event to enter another. The scratch procedures will be in accordance with current USA Swimming policies (207.12.6.c). Deadline for Thursday's events shall be 15 minutes after the coaches meeting on Thursday, July 26.

**SCRATCH RULE:** Failure to swim an individual prelim or timed final event will mean disqualification from further individual and relay events **for the day.**

For all prelim/final events, the finalists and alternates for finals shall be announced and shall have thirty (30) minutes after the announcement to scratch from finals. **Any qualified swimmer in the event (a swimmer is qualified for finals if he/she has successfully completed the event in Prelims) may be moved into finals due to scratches, therefore all swimmers who will not be present at finals must scratch to avoid a possible suspension from the meet.** Thirty (30) minutes after the announcement, no further scratches shall be accepted, the existing scratches will be tabulated and the finalists and two (2) alternates for the event shall be set. Only the finalists set at this point may be subject to the above fines and banishment from competition, even though any qualified swimmer may be moved into finals. The alternates, after the existing scratches are tabulated, will not be penalized if they are unavailable to compete in finals.

It is the swimmer's responsibility to report to the assigned heat and lane.

**FINALS  
QUALIFIERS:**

There are two heats of finals (top 16 swimmers), the top 8 swimmers will be presented their awards on the podium; subject to change according to the number of entries in the event. Swimmers who place 9-16 will pick up their ribbon at the awards table.

Will have thirty (30) minutes after results are announced to scratch.  
If you do not scratch from the finals and do not swim, you will be disqualified from the meet.

**FACILITY:**

Location: Wellmark YMCA, 501 Grand Avenue, Des Moines, IA 50309

The Prairie Meadows Pool located in the MidAmerican Energy Company Aquatic Center in the Wellmark YMCA-Downtown Des Moines will be configured as an 8 lane, 50 meter long course pool starting on the south end and turning off the bulkhead at the north end of the pool. Starting end is 10 feet deep with the turn end at 7 feet deep. Lane width is 8' 3." Colorado electronic timing system will be used. The competition course has been certified in accordance with USA Swimming Rule 104.2.2C(4). A copy of such certification is on file with USA Swimming.

The competition pool will be available for warm-ups during designated warm-up and practice times. The 4 lane, 25 yard program pool will be available to 8&Under swimmers during warm-ups and will be open to all swimmers during competition for cool-down.

The MidAmerican Energy Company Aquatic Center provides seating for 1200 spectators. Free wi-fi is available throughout the facility.

**AWARDS:**

**INDIVIDUAL:** AAU Junior Olympic Games medals will be awarded to the top eight (8) finishers in each individual age group event. Ribbons will be awarded to athletes placing 9<sup>th</sup> – 16<sup>th</sup>.

**CLUB RELAYS:** AAU Junior Olympic Games medals will be awarded to every team member on each of the top eight (8) places in age group **CLUB RELAY events only**. Ribbons will be awarded to each CLUB RELAY team member placing 9<sup>th</sup> – 16<sup>th</sup>.

**AWARD CEREMONIES:** AAU Junior Olympic Games medals will be presented to the top eight (8) finishers in individual events and Club Relays during award ceremonies following the completion of the events.

**COACHES  
CREDENTIALS:**

Coaches must complete the Coach's Entry Form and submit the \$40.00 coach's entry fee, in order to receive the coach's pass which allows admission into any of the venues for the AAU Junior Olympic Games. Coach entries received onsite in will require an additional \$10 late fee. All coaches must be non-athlete members of the AAU. Only coaches meeting the certification requirements below will be eligible to receive credentials allowing access to the deck.

Coaches' certification requirements are as follows:

1. Current certification in CPR and First Aid, and
  2. American Red Cross Coaches Safety Training and First Aid, American Red Cross, or YMCA Life Guard Training.
- OR**
3. Valid USA Swimming Coach's Card.

Swimmers with no certified coach will be assigned to another team for practice and warm-up.

Deck Access Coaches' Credentials will be provided to teams as follows:

1 – 5	Swimmers Entered	1 Coach
6 – 10	Swimmers Entered	2 Coaches
11 – 20	Swimmers Entered	3 Coaches
21 & Above	Swimmers Entered	4 Coaches

**One of the coaches, per the schedule above, must be designated as the Team Head Coach at the Coaches Meeting on July 26. Only these coaches will receive a coach's packet, be allowed on the deck and attend coaches meetings.**

**COACHES PACKET WILL INCLUDE:** Meet Information Sheet, Meet Schedule, Meet Heat Sheet, Relay Entry Forms, Scratch Sheets, Computer Input Error Form, Deck Information, Joel Ferrell Award Nomination Form.

**COACHES EDUCATION:** The AAU is happy to make available **FREE Coaches' Education** for all AAU non-athlete members. This excellent program is **MANDATORY** for all AAU non-athletes and will be administered by Positive Coaching Alliance (PCA). Please visit [www.aausports.org](http://www.aausports.org) and click on PCA COACHES EDUCATION order to enter and take the MANDATORY AAU/PCA coaches educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

- COACHES MEETING:** A mandatory coaches meeting will take place at **4:00 p.m. on July 26** at Wellmark YMCA-Downtown Des Moines. Coaches' packets will be distributed at this time.
- DECK ACCESS:** AAU Junior Olympic Games credentials (Athlete, Coach, Official, and Volunteer) will be required to be shown for access to the deck. In addition, coaches must also be able to present the AAU required coaches certifications during the meet.
- DECK PERSONNEL/ LOCKER ROOMS/ CREDENTIALING:** Only registered and current coaches, athletes, officials and meet personnel are allowed on the deck or in locker rooms. All access points to the pool deck and locker rooms will either be secured or staffed by a meet worker checking credentials throughout the duration of the meet.
- SWIMMING SAFETY AND WARM UP PROCEDURE:** USA Swimming warm up rules and AAU safety guidelines and warm-up procedures will be followed. Coaches must maintain contact with their swimmers during warm-up. To protect all swimmers during warm-ups, swimmers are required to enter the pool feet first from the starting end of the pool at all times except when sprint lanes have been designated. No jumping or diving. The same rules will apply with respect to the warm-down pool and diving well. Penalties for violating these rules will be in the sole discretion of the meet referee which may include ejection from the meet.
- The final 20 minutes of warm-ups will be conducted as follows:
- (a) Lanes 1 & 8: Pace Lanes, push off only, circle swimming only.
  - (b) Lanes 2 & 7: Sprint lanes, racing starts from the starting end of the pool, one way only.
  - (c) Lanes 3-6: General warm-up, no diving or racing starts, circle swimming only. Additional sprint lanes will be opened at the discretion of the Meet Referee or his designee.
- OFFICIALS:** All currently certified officials are cordially invited to participate. All USA Swimming officials must be registered with USA Swimming for 2018, have a current Background Check and participate in the athlete protection course acknowledged by USA Swimming.
- HOUSING:** The AAU makes every effort to provide the best quality experience for athletes, coaches and families that participate in AAU events. Athletes, coaches and families can choose from a wide variety of accommodations in various price points and with several levels of amenities. The Local Organizing Committee has carefully selected host hotels for participants with the lowest rates available. The hotels selected for the program not only provide great rates, but also the greatest convenience in regards to location and other amenities.
- All reservations are handled through Greater Des Moines Convention & Visitors Bureau. DO NOT CONTACT THE HOTELS DIRECTLY AS YOU WILL NOT RECEIVE THE DISCOUNTED RATE.** Please visit the website at [www.aaujrogames.org](http://www.aaujrogames.org) and click on Hotels to make your reservations. Please check online regarding deposit requirements and cancellation policies which may vary depending on hotel. AAU is not responsible for any refunds from cancellation.
- In order to complete your registration to participate in the 2018 AAU Junior Olympic Games, you are required to use hotel accommodations as advertised at [www.aaujrogames.org](http://www.aaujrogames.org).** If your team or athlete is local or not planning to stay at one of the recommended properties, you can submit a Housing Form available online at [www.aaujrogames.org](http://www.aaujrogames.org).
- TRANSPORTATION:** All participants and spectators are responsible for their own transportation to and from all activities, events, and hotels.
- PARKING:** Some locations may have parking fees. Please visit [www.aaujrogames.org](http://www.aaujrogames.org) and click on Maps & Directions for more information. Also, some hotels may charge for parking. Please check with your hotel for specific information as prices vary. Wellmark YMCA members are eligible for partial parking validation at the 5<sup>th</sup> & Keo Parking Garage. This does not apply to events held at the MidAmerican Energy Company Aquatic Center.
- SECURITY:** All AAU Junior Olympic Games facilities maintain the right to search any bags, backpacks, purses, jackets, etc. throughout the duration of the AAU Junior Olympic Games.
- FOOD:** All AAU Junior Olympic Games facilities maintain exclusive rights to concessions. Outside food and beverage are not permitted throughout the duration of the AAU Junior Olympic Games. No coolers at any venue.
- CELEBRATION OF ATHLETES:** The Celebration of Athletes will be held on **Monday, July 30, 2018 – TIME TBD at Drake University – Drake Stadium, 2719 Forest Ave., Des Moines, IA 50311**. You won't want to miss this year's Celebration! More information will be posted at [www.aaujrogames.org](http://www.aaujrogames.org) as it becomes available.
- ADMISSION FEE:** Athletes and coaches with a credential will receive admission to all competition venues and the Celebration of Athletes as part of your entry fee. Please note that you must check-in and pick up your credential prior to receiving admittance into any venue, including the Celebration of Athletes. You must have the appropriate wristband or credential.

Spectators can purchase tickets onsite at the venues. Daily passes are \$15.00 (6 & under free) and includes admission to all competition venues on the designated day only. Event passports are \$45.00 (6 & under free). For more information on ticket options, please visit [www.aaujrogames.org](http://www.aaujrogames.org).

**NO GUARANTEE:** The AAU cannot and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has sanctioned (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.

**RESULTS:** **Complete meet results will be posted on the AAU Junior Olympic Games website at [www.aaujrogames.org](http://www.aaujrogames.org).**

**GENERAL INFO:** Any errors or omissions in the program will be documented and signed by the meet Referee and available for review at the Clerk of Course for Coaches review. Information will also be covered at the Coaches' Meeting.

**FIRST AID:** Supplies will be kept in the first-aid station.

**TECH SUITS:** Swimmers ages ten years and younger shall not compete while wearing "Tech" suits, even when competing in Senior or Open events or time trials. A list of suits that are considered "Tech" suits is posted on the ISI Website.

**CONDUCT:** Each team is responsible for the behavior of their swimmers. Teams will be financially responsible for any damage caused to the facility by their athletes, coaches, or parents/spectators.

The Referee may remove any swimmer from competition for disruptive or disorderly behavior. The Meet Marshal will notify the Referee and the coach of any swimmer who is behaving/acting in an unsafe manner.

Deck changes are prohibited.

**USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED AT ANY TIME IN CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS.**

**INDEMNITY:** **In granting this approval, it is understood and agreed that USA Swimming and Iowa Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages by reason of injuries during the conduct of the event.**

**MEET ADMINISTRATOR:** Sarah Tobin  
440-552-7023  
[aauswimentries@gmail.com](mailto:aauswimentries@gmail.com)

**MEET REFEREE:** Doug Renze  
515-710-4168  
[drenze@gmail.com](mailto:drenze@gmail.com)

**MEET DIRECTOR:** John Van Meter  
Aquatic Event Staff Coordinator, Wellmark YMCA  
515-471-8560  
[john.vanmeter@dmymca.org](mailto:john.vanmeter@dmymca.org)

**FACILITY DIRECTOR:** Frankie Hanson  
Director of Aquatics Operations, Wellmark YMCA  
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