

## New Parent Communication

*Topics of interest to new CIA families*

### **How to sign up for a swim meet**

To sign up your swimmer for a meet, first pick up a meet information sheet from the file cabinet on the pool deck at Central. They're often available online, too, at the host meet's Web site. This sheet will tell you the times, events, fees, and entry deadline.

Effective immediately, you can email your entries to Barb Beatty at [babeatty1@mchsi.com](mailto:babeatty1@mchsi.com). Send her your swimmer's name and age; the number and name of the events he/she wants to swim; and his/her times prior to the meet deadline.

Mail your entry fees to CIA Business Manager, Bill Colville, at 1019 W. 88th St. S. Colfax, IA 50054. Be sure to add up the fees correctly. There will be fees for individual events (usually about \$2/race), and one ISI splash fee (\$3) and one CIA processing fee (\$7) per meet. Your swimmer may be assigned relays by the coach; CIA pays the fees for relay entries.

### **How to keep track of your swimmer's times**

If your swimmer has participated in a USA Swimming-sanctioned meet, his or her times are listed on the USA Swimming Web site at [www.usaswimming.org](http://www.usaswimming.org). From the home page, click on "Times/Time Standards." Select "Individual Times" and enter your swimmer's name. You'll be able to see all of your swimmer's times in both meters and yards. This is helpful when your swimmer is setting new goals or when you're filling out meet entry envelopes.

### **What are Zones?**

CIA swimmers who have achieved their AAA times are eligible to join other swimmers from across the state on the Iowa team for the Zone Championship meet. This past summer, this elite meet – the Central Zones Championship – was held in Topeka, KS, August 9 – 12.

**What is a novelty meet?** CIA's fall invitational meet was a "novelty meet." This is a USA-S sanctioned meet that offers swimmers some variation from the regular meet format. For example, age groups might be "7 and under" or "10-11" as opposed to the standard "8 and under" or "11-12" groups. Events that aren't usually on the lineup – such as 50-yard sprint distances for older swimmers – can be added. Novelty meets offer a mix of good competition and a lot of fun.

**What's the All-Star meet?** The All-Star Meet is an annual elite meet for swimmers 14 and younger. This year's meet was held in Lawrence, KS, January 19-20, and CIA sent 21 swimmers to this meet! To participate in All-Stars, swimmers must have one of the top five fastest times in his/her event in the state. However, if a swimmer does well in club meets and is in the top ten or top 15 in the state, it's worth sending in the entry. Due to scheduling conflicts, some of the top swimmers may not be able to go on to the All-Star meet...and that means swimmers from the next tier could be selected to go in their place! CIA swimmers join up with swimmers from other clubs around the state as part of "Team Iowa" at the meet.

### **What are Regionals?**

Regional meets take place prior to the short or long course state meets. Swimmers may only compete in events in which they don't yet have a Q time. These meets are a great "last chance" opportunity for swimmers to pick up one or more Q times before a state swim meet.

A couple of qualifying notes: If a swimmer has achieved a Q time in an event swum long course, he/she can use that for short course swimming. A swimmer who has a Q time in an individual event also cannot swim that stroke on a relay. Swimmers can only swim the 1000 or the 1650, but not both. A swimmer can get a split for the 1000 during the 1650. There are no senior or open events, only 15 and over. A swimmer must swim the age group he/she falls into.