

Rev. 1-4-2022
(REVISED TIME STANDARDS)



PRO SWIM SERIES



2022 TYR Pro Swim Des Moines, IA March 2-5 (Wed-Sat), 2022

The entry deadline for all participants is 11:59pm Mountain Time on Tuesday February 22, 2022 or until the entry cap is reached.

This event is sanctioned by USA Swimming

This meet may be capped at approximately 400 swimmers





**Des Moines, IA
March 2-5 (Wed-Sat), 2022**

- Please note that information in this document may be modified to meet current local, state, and federal COVID-19 protocols, including mandatory vaccinations, capacity limits, event postponement or cancellation. Proof of COVID-19 vaccination may also be required for anyone requiring deck access (this includes athletes, coaches, officials, and event staff).
- All swimmers, coaches, and team staff must be 2022 Premium or Outreach members of USA Swimming and must be current in all required certifications and trainings.
- Athletes with one or more qualifying standards may enter through USA Swimming's Online Meet Entry System (usaswimming.org/ome) beginning Tuesday, December 7, 2021 at 10:00 a.m. Mountain Time.
- USA Swimming National Team and/or National Junior Team members, and any additional members of their USA Swimming club who also have one or more qualifying standards will be allowed to enter one week prior to this date (beginning Tuesday, November 30, 2021 at 10:00 a.m. Mountain Time).
- The entry deadline for all participants is 11:59 p.m. Mountain Time on Tuesday, February 22, 2022 **or until the entry cap is reached.**
- Once the entry cap is reached, USA Swimming National Team and National Junior Team members may still enter until 11:59 p.m. Mountain Time on Sunday prior to the beginning of the meet, however the team or athlete must pay a one-time processing fee of \$150.00 and pay entry fees of \$40 per event.
- There will be no refunds once entries are accepted. Entry questions can be directed to Macie McNichols at mmcnichols@usaswimming.org.
- The qualification period is 24 months prior to the entry deadline. Entries are not accepted until they have been officially submitted in the OME system.

HOST Wellmark YMCA

EVENT PERSONNEL Referee: Jay Thomas jayfthomas@gmail.com
Admin Referee: TBD
Meet Directors: John Van Meter john.vanmeter@dmyymca.org

ABOUT THE VENUE The Wellmark YMCA is located at 501 Grand Ave, Des Moines, IA 50309 in downtown Des Moines at the corner of 5th and Grand Ave. The facility is centrally located and attached to the downtown skywalk system. It is within walking distance to many hotels, restaurants and amenities. The venue consists of an eight-lane 50-meter competition pool and four-lane 25 yard warm-up pool. Depths vary from 7' to 10'8". The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

SCHEDULE Wednesday: **Timed finals for the distance Freestyle events will begin at 4:00 p.m.**
Thu-Sat Prelims: 9:00 a.m.
Thu-Sat Finals: 6:00 p.m.

Venue hours of operation on Tuesday and Wednesday are as follows: Tuesday Noon – 8:00 p.m.; Wednesday 8:00 a.m. until one hour after the conclusion of the session. The venue will be open for practice starting at 7:00 a.m. on Thursday – Saturday.

PARKING Wellmark YMCA parking is available throughout downtown. The 5th & Keo garage is conveniently located across the street from the YMCA. Also available is street (metered) parking and most of

the downtown hotels have their own parking and are within walking distance of the YMCA via the skywalk system.

TICKETS

Ticket information can be found by contacting the Wellmark YMCA.

HOTELS

The event online hotel reservation system can be found here:

<https://info4832536.wixsite.com/sds-tts/usa-swimming>

EVENT ORDER

WOMEN'S EVENT #	TYR PRO SWIM SERIES Des Moines	MEN'S EVENT #
	Wednesday, March 2	
1	1500m Freestyle*	2
	Thursday, March 3	
3	100m Freestyle	4
5	100m Breaststroke	6
7	200m Butterfly	8
9	400m Freestyle	10
	Friday, March 4	
11	200m Freestyle	12
13	200m Backstroke	14
15	400m Individual Medley	16
17	100m Butterfly	18
	Saturday, March 5	
19	800m Freestyle**	20
21	100m Backstroke	22
23	200m Breaststroke	24
25	200m Individual Medley	26
27	50m Freestyle	28

*Will be swum fastest to slowest, alternating women and men as a timed final session.

**Preliminary heats for events 19 and 20 will be swum after event 28. The fastest 8 seeded athletes in each gender will swim in the Finals session.

COVID-19 INFO

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND THE LOCAL SWIMMING COMMITTEE (LSC) AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Every club planning to attend this competition must develop a "Return to Competition" plan. Return to competition can only occur when and if your local authorities have deemed it safe to return to competition. USA Swimming in no way endorses conducting practice or competition in violation of any local, state, or federal guidelines. For additional information, please consult usaswimming.org and/or your LSC.

SAFE SPORT

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

The Minor Athlete Abuse Prevention Policy ("MAAPP") prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes age 18 and older must complete Athlete Protection Training ("APT") to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after 30 days prior to the start of the competition, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after 30 days prior to the start of the competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay. The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Referee, Meet Director or Meet Marshall, is harmful to others or to other's property may be required to leave the competition. No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. During warm-up sessions, athletes must enter the water feet-first, except in designated lanes and times. Violations may result in disqualification from next individual event or expulsion from the meet.

Deck changing is prohibited.

Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks during the entire meet and are not permitted in changing areas, rest rooms or locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

All U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

It is understood and agreed that USA Swimming, the Meet Hosts, Facility Owners, Officials, and the LSCs shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

SANCTION

This meet and any associated competitions and/or time trials are sanctioned by USA Swimming. If a USMS swimmer establishes a new Masters record, it is the responsibility of that swimmer to request all necessary information and signatures prior to the end of the session in which the performance occurred.

RULES

Unless otherwise noted herein, this meet shall be conducted in accordance with current USA Swimming Rules and Regulations. A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

All U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

TECHNICAL MEETING

There will be a virtual (Zoom-based) technical meeting Tuesday evening at 7:00 p.m. local time. Details will be sent to each coach. Coaches are encouraged to check the USA Swimming website for last minute details about the event. Participating coaches and athletes are responsible for all information in this document, distributed at the technical meeting, and posted on the event website.

FORMAT

This meet will be conducted in LCM. All individual events except the 800/1500 freestyles will be conducted on a Preliminaries and Finals basis. At the Meet Referee's discretion, preliminary sessions may be conducted in flights. If preliminaries are flighted, information will be disseminated at or before the Technical Meeting. The top three heats of swimmers from preliminaries will advance to A, B, and C heats in the Finals. In the Finals, the B heat will swim first, followed by the A heat. After all the A and B Finals heats are completed, the C Final heats will swim.

DISTANCE FREESTYLE

The 800 and 1500 freestyle events will swim as Timed Finals. Positive check-in is required prior to the scratch deadlines in order to compete in the distance events. The distance freestyle events on Day 1 will swim fastest to slowest, alternating women and men. On day four all but the fastest seeded heat in each gender of the distance freestyle events will swim fastest to slowest at the end of the preliminary session, alternating women and men, with the fastest seeded heat in each gender swimming in the Finals session.

BONUS EVENTS

There will be no bonus events in this competition.

ENTRY LIMIT

Each swimmer may participate in a maximum of seven individual events per meet, with no more than three individual events per day including time trials.

LATE ENTRIES

If the entry cap has not been reached, any team or athlete missing the entry deadline will be permitted to enter through the Late Entry process, subject to the following requirements:

- Late entries must be submitted through the Online Meet Entry system (OME);
- These entries must be received no later than 11:59 p.m. Mountain Time on Sunday prior to the beginning of the meet.
- The team or athlete must pay a one-time processing fee of \$150.00 and pay entry fees of \$40 per event.

ENTRY FEES

Individual Events	\$20 per event
Coach Credential	\$20 per coach (\$25 if purchased on site)

SEEDING

Events shall be seeded in order of LCM, SCY, LCM Bonus, SCY Bonus.

SCORING & PRIZE MONEY

There will be no scoring or prize money distributed for this event.

SCRATCHES

Scratches and positive check-in for Day 1 events are due to the Administrative Referee no later than 2:00 p.m. on Day 1 of the competition and may be submitted by email to Bob Matlack at Bob@swmeets.com. All subsequent day's events scratches are due 30 minutes after the start of the previous evening's finals. There is no penalty for failing to compete in a preliminary or timed final heat, except an individual event in which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's three-event/day and seven-event/meet limit. A swimmer qualifying for an A, B, or C Final who fails to compete shall be barred from the remainder of the meet, unless excused by the Meet Referee.

TIME TRIALS

Time Trials may be conducted at the discretion of the Meet Referee. Entry fees for time trials will be the same as the meet entry fees. Time trials count toward a swimmer's individual event total for each day, but not the meet total. Athletes may need to provide their own lane timer and lap counter for time trial events.

FOREIGN ENTRIES

Foreign swimmers who are members of USA Swimming may enter through the OME system. Foreign individuals/teams who are not members of USA Swimming may not participate in this event.

CREDENTIALS

Deck access credentials for coaches, managers and team support shall be issued to those persons listed on the submitted team entry forms according to the following team size formula. Managers and Team Support personnel must be included in this formula and on the entry form to receive a credential. If athletes are scratched from the meet, teams may be asked to surrender Coach, Manager, or Team Support credentials in order to maintain compliance with the credential formula. Athletes entered in the meet will receive a deck pass credential as part of their entry fee. For clubs that wish to bring one certified massage therapist with their teams, a \$100 surcharge will apply if the massage therapist exceeds the deck pass credential formula below. These funds shall become the property of the meet host. All massage therapists must be non-athlete members of USA Swimming and will have limited access around the venue, including no hospitality access.

- 1-3 swimmers: 1 deck pass.
- 4-6 swimmers; 2 deck passes.
- 7-9 swimmers; 3 deck passes.
- 10-14 swimmers; 4 deck passes.
- 15-19 swimmers; 5 deck passes.
- 20-24 swimmers; 6 deck passes.
- 25-29 swimmers; 7 deck passes.
- 30- 34 swimmers; 8 deck passes
- 35-39 swimmers; 9 deck passes
- 40 or more swimmers; 10 deck passes
- Unattached swimmers not with a team: 1 deck pass.

OFFICIALS' INFO

The TYR Pro Swim Series meets have been designated as National Qualifying Meets to all officials who wish to and are eligible to be evaluated for advancement or re-certification. Request for evaluation should be made to the meet referee. An officials' meeting will be held one hour prior to each session.

BROADCAST STATEMENT

Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming.

IMAGE AUTHORIZATION

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions. All participants agree not to use or authorize use of pictures in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. All participants agree not to use medals or photos, or portraits or films with the medals, which are received for performances in this competition, for the purpose of trade. Furthermore, participants agree to return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.

SWIMMERS WITH DISABILITIES

Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the meet director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals.

SAFETY

Marshals will be in place during warm-up periods and USA Swimming safety rules will be in effect. It is the responsibility of the swimmer or of the swimmer's legal guardian to ensure compliance USA Swimming safety procedures.

LIABILITY

USA Swimming, the LSC, the facility, and the host organization shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in these events. Damage to the facility, when proved, will cause the offending participant, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All participants and guests must adhere to the facility rules and coaches must supervise their swimmers at all times. Glass containers are not permitted in the facility. Children must be supervised at all times.

DOPING CONTROL

The 2022 TYR Pro Swim Series events are subject to Doping Control. All athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA), WADA, and/or FINA under the In- Competition Testing program. This section is intended to give an overview of the key points relevant to this program and the testing which will be conducted at the competitions governed by this booklet. Athletes should visit usada.org/athletes/antidoping101/ for important information that all athletes, coaches, and their parents must be aware of. Key details from that document are listed below. Athletes should check their medications prior to use and note that some medications may require approval that will take at least 30 days.

What substances are banned?

Per USADA: "As a signatory to the World Anti-Doping Code, USADA tests for substances and methods found on the World Anti-Doping Agency [Prohibited List](#). It's important that athletes are aware of the substances and methods on the Prohibited List, as an athlete is responsible for any prohibited substance found in their body, regardless of intent. It's also important to understand that certain substances are prohibited at all times, while others are prohibited only during competition. In some cases, a substance is only prohibited in a certain sport. Use the resources on this tab in conjunction with the next step about medication and the resources available pertaining to medication to determine whether or not a substance is prohibited." [Read the Summary of Modifications for 2022](#)

What about medication?

Per USADA: "Athletes need to be aware of the prohibited status of any medication they are taking, whether it be an over-the-counter or prescription medication. The easiest way to understand your medication is to use USADA's [Global DRO](#) service, where generic and name brand products, or specific medications, can be searched. Results will yield information including the in- and out-of-competition status, any threshold information, as well as sport specific information for those

substances prohibited only in certain sports. Athletes or their support team can also speak to an expert by phone during business hours [8am – 5pm Mountain Time Monday-Friday] by calling Athlete Express at 719.785.2000.

It's important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons, USADA is unable to provide guidance on specific dietary supplement products. For more information visit [USADA's Supplement 411 resource](#).

Therapeutic Use Exemptions?

Per USADA: "In some situations, an athlete may have an illnesses or condition that requires the use of medication listed on the World Anti-Doping Agency's [Prohibited List](#). A Therapeutic Use Exemption or TUE provides permission for an athlete to have a prohibited substance in their body at the time of a drug test. The process for obtaining a TUE is thorough and balances the need to allow athletes access to critical medication while upholding clean athletes' rights to compete on a clean and level playing field. In some cases, the TUE requirements are different for national-level athletes vs. non-national level athletes. Athletes interested in obtaining a TUE should visit the [Therapeutic Use Exemption](#) page, where they can determine if they need a therapeutic use exemption, begin the application process, and find answers to the most frequently asked TUE questions."

Understand the Sample Collection Process:

Per USADA: "Athletes selected for testing are subject to both blood and urine testing. The processes are designed to be both effective in preserving the integrity of the sample, yet safe and comfortable for the athlete. Understanding the processes as well as an athlete's rights and responsibilities can help to make them less intimidating. There are additional considerations for minor athletes and disabled athletes. Learn more about the sample collection processes [here](#)." NOTE: Minor athlete should always have a representative with them in doping control.

Per established doping control testing protocol, a Witnessing Chaperone must directly observe an athlete providing a sample. The witnessing chaperone is always someone of the same gender as the athlete. To protect the rights of a minor athlete, someone must observe the witnessing chaperone observing the athlete as they provide a urine sample. That person cannot see the athlete – they can only see the witnessing chaperone watching the athlete. Per USADA's established protocol the athlete has the right to choose who will be in that role. In the event that a coach acts as an Athlete Representative for an athlete of the opposite gender, they may request that someone on USADA's crew observe the witnessing chaperone observing the athlete. Then the coach can be the athlete representative for the rest of the processing of the paperwork.

NCAA doping control rules are different than the rules for this meet. Be sure all athletes have checked their meds with USADA and understand this information.

Doping Control rule for athletes previously eligible for out of competition drug testing: Athletes who were previously eligible for out of competition (no-advance-notice) doping control and officially retired have a 6-month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of- competition testing during this reinstatement period. The athlete is not permitted to compete in any USA Swimming sanctioned events (local competitions all the way up through National competitions including meets with a dual sanction from Masters and USA Swimming) or FINA sanctioned events. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.



PRO SWIM
S E R I E S



CHAMPIONSHIP
SERIES ★★ ★★

2022 TIME STANDARDS

REVISED TYR PRO SWIM SERIES - DES MOINES

** Qualifying period is 24 months prior to the entry deadline*

WOMEN

MEN

SCY	LCM	EVENT	LCM	SCY
23.39	26.89	50 FR	24.29	20.79
50.69	58.19	100 FR	52.89	45.39
1:49.29	2:04.99	200 FR	1:55.69	1:39.39
4:53.09	4:23.79	400/500 FR	4:05.29	4:30.49
10:06.79	9:06.69	800/1000 FR	8:33.79	9:25.49
16:51.29	17:25.59	1500/1650 FR	16:14.99	15:46.99
55.39	1:04.79	100 BK	58.89	49.99
2:00.19	2:19.59	200 BK	2:08.49	1:49.49
1:03.19	1:13.79	100 BR	1:06.59	56.59
2:18.29	2:38.59	200 BR	2:24.99	2:03.79
55.09	1:02.69	100 FL	57.09	49.59
2:02.09	2:18.99	200 FL	2:06.89	1:50.79
2:02.69	2:22.09	200 IM	2:09.79	1:50.69
4:22.39	5:00.99	400 IM	4:36.99	3:58.79