

## IHSAA Swimming Advisory Recommendations for 2010

1. Have a one-minute cool down after each heat at all district meet sites. All other warm up/cool down areas are to be closed during competition.  
**Rationale:** To have all district sites at a fair and consistent level.
2. Move to a prelim/final format for the state meet, scoring 12 places. Consolation heat would score 9th-12th places. The championship heat would score 1st-8th places.  
**Rationale:** To showcase the championship meet in Iowa and have a championship format that is more reflective of championship meets at all levels of swimming.