



AMES CYCLONE AQUATICS CLUB



The Tundra

January 16-18, 2026
(Prelim-Finals and Timed Finals)
Ames High School, Ames, IA
Open – 25yd

IASI SANCTION: IA-26-025 held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI)

RULES: Current USA Swimming technical and administrative rules and IASI policies and procedures will govern this meet.

DATES: Friday, January 16th, 2026
Saturday, January 17th, 2026
Sunday, January 18th, 2026

TIME:

	Morning	Afternoon	Evening
Coaches Meeting:	7:15am	If needed	No before 4:45pm (Friday) If needed (Sat, Sun)
Warm-ups:	7:30am*	Immediately following the morning session, not before 11:10am*	Immediately following the afternoon session, but not before 3:30pm*
Competition:	8:30 am	Not before 12:00pm	Not before 4:30pm

* Teams will be notified by the Tuesday before the meet starts if warm-ups are to be split and which warm-up period they will subsequently be in.

SITE: *Ames High School Pool, 1801 Ridgewood Ave, Ames 50010*

The host will ensure the required course dimensions. The aquatic center features the following:

- A Myrtha pool that is 33 1/3 meters long by 25 yards wide with a moveable bulkhead
- Racing course will be set so that there are 10 seven-foot six-inch 25-yard lanes with an additional five 25-yard seven-foot-wide lanes for warm-up and cool-down
- Competitor Gold six-inch diameter lane lines
- Twelve feet three inch deep at the starting end and six-foot seven inch deep at the turn end
- Myrtha starting blocks that include wedges
- Colorado Timing System with seven-foot four-inch touch pads, button back-ups and individual lane speakers

COACHES: Only currently registered USA Swimming coach-members will be permitted on deck in designated areas. Each coach must sign the Coaches Meet Sign-In (APP-29) to verify that all certifications are current and on file. Displaying credentials by the official mobile application of USA Swimming is acceptable proof of USA Swimming membership. Coaches shall wear their issued deck credentials,



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so they are clearly visible to swimmers and meet personnel at all times.

WARM-UPS:

The IASI warm-up procedure will be followed. The pool will be cleared 10 minutes prior to competition.

All athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any athlete without a coach shall report to the Meet Referee prior to his or her warm-up. The Meet Director or Meet Referee may assist the athlete in making arrangements for such supervision, but it is the athlete's responsibility to make such arrangements prior to the start of the meet.

RACING STARTS:

All swimmers entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ENTRY REQS:

- 1) All swimmers must be members of USA Swimming. The meet host will notify teams if they have entered swimmers whose memberships cannot be verified through pre-meet reconciliation. Those swimmers must prove membership to the meet host by either (i) showing the athlete's member card from the USA Swimming mobile app or website, or (ii) demonstrating that the athlete appears on a current club roster report produced from SWIMS 3.0. Screenshots of the athlete's member card are NOT acceptable proof of membership. Any swimmer who fails to prove membership no later than 10 minutes prior to warm-ups for the first session in which they are entered to compete will not be permitted to compete, forfeits their entry fees, and will be administratively disqualified from the entire meet.
- 2) Each swimmer in the 13-14 and 15 & Over age groups will be limited to four (4) individual events on Friday (timed finals) and three (3) individual events per day (prelims-finals) on Saturday and Sunday. Swimmers may also swim in two (2) relays per day.
- 3) 8 & Under, 9-10, and 11-12 swimmers are limited to five (5) individual events per day for the Friday, Saturday, and Sunday afternoon sessions (timed finals). Seed times must be submitted for a 25-yard course. NT entries will be accepted. A swimmer's seed time can be no faster than the best time the swimmer has achieved in an event swum in a 25-yard pool. Converted times are not allowed.

ENTRY FEES:

Entry fees are as follows:

- 1) Individual events are \$10.00 per event and relays are \$20.00 per event.
- 2) IASI swimmer surcharge of \$4.50 per swimmer.
- 3) Outreach swimmers qualified by IASI: \$5.00 per swimmer. This includes the IASI surcharge and covers all events swum. Clubs entering outreach swimmers should only provide the number of outreach swimmers and the total number of events being swum to the host club. The names of the outreach swimmers are not to be provided to the host club.



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- 4) Teams submitting entries requiring manual input will be charged \$2.00 per swimmer if there are more than 5 swimmers.
- 5) Weather: As this meet is in January, there is always the chance that bad weather may occur. If the facility is open and the meet is running, all entry fees are still required to be paid, regardless of the weather. Entry fees are only refundable if a session, or the entire meet, is canceled.

ENTRY FORMS:

Electronic entries must be submitted in a format compatible with HY-TEK Meet Manager software. Handwritten entries must be submitted on the IASI Meet Entry Form (APP-7). Submit entries along with the appropriate IASI Financial Sheet (APP-8.1) to meetentries@swimacac.com. Payment shall be by check made payable to **Ames Cyclone Aquatics Club or ACAC**. Entry fees can be mailed to:

ACAC

PO Box 183

Ames, IA 50010

All entry fees, including IASI swimmer surcharge fee, can be combined in one check. The host club reserves the right to require payment by money order or cashier's check. Entry fees are non-refundable; IASI swimmer surcharge fees will be refunded only if the entire meet is canceled.

ENTRY DEADLINES:

Wednesday, December 10, 2025 at 12:00pm (noon)	Entries will be accepted from teams/athletes in the Iowa LSC
Wednesday, December 17, 2025 at 12:00pm (noon)	Entries will be accepted from all teams/athletes
Friday, January 2, 2026 at 12:00pm (noon)	Entry deadline without late fee
Friday, January 9, 2026 at 12:00pm (noon)	Late entry deadline prior to seeding (at the discretion of the Admin and Meet Referees)
Friday, January 16, 2026	Entry fees must be received by ACAC

- 1) Financial sheet and fees must accompany handwritten entries. Express mailing entries NO SIGNATURE REQUIRED.
- 2) Entries will be confirmed via a return e-mail. Phone and Fax entries will NOT be accepted.

LATE ENTRIES:

- 1) Late entries will be accepted only from swimmers already entered in the meet up to the beginning of warm-ups for each session if an empty lane is available in the event requested. Contact the Entry Chair to inquire about late entry availability.
- 2) If the meet program has not been created, swimmers shall be seeded into the meet but will still be charged the late entry fee. If the meet program has been created, swimmers shall be assigned to an empty lane if available.



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3) Late entry fee: \$20 per individual event and \$40 per relay.

SWIMMERS WITH DISABILITIES:

Swimmers with disabilities are encouraged to compete. The Information Form for Adapted Competitive Swimmers (APP-21) indicating limitations and requested modifications should be completed and attached to the meet entries. Modifications will be determined by the Referee. The swimmer (or swimmer's coach) is responsible for providing any equipment or assistants required. See Article 105 of USA Swimming Rules and Regulations.

ENTRY CHAIR:

Eliot Winer & Kaitlyn Vos
(515) 450-1077 (515) 450-8863
meetentries@swimacac.com

MEET DIRECTOR:

Erin Kiojai
(515) 480-8118
meetdirector@swimacac.com

REFEREES:

Referee

Frank Feilmeyer
(515) 291-1403
frank@feilmeyer.com

Admin Referee

TBD

OFFICIALS:

ACAC welcomes any visiting USA Swimming Officials who would like to officiate at this meet. If you are able to officiate, please contact the Meet Referee. Apprentice sessions may also be provided.

MEET COMMITTEE:

A meet committee composed of the Meet Referee, Meet Director, a coach representative, an athlete representative and one certified official acting at large will be established to receive and act upon any administrative protest filed at the meet. The committee will not act upon protests against judgment decisions as those are under the jurisdiction of the Meet Referee.

MEET OPERATION:

- 1) All prelim and timed final sessions will be swum in 10 lanes. Finals will be swum in 8 lanes.
- 2) Some events, denoted in the event lineup, will be combined to facilitate meet operation and separated later for results.
- 3) All preliminary and timed final events will be pre-seeded.
- 4) All Friday, 9-10 and 8 & Under events are timed finals swum fastest to slowest
- 5) All events for the 13-14, and 15 & Over age groups on Saturday and Sunday are preliminary / final events except for the 1650 Freestyle and relays



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- 6) There will be consolation (B) and championship (A) final heats (Top 16) on Saturday and Sunday for the 13-14 age group. There will be bonus (C), consolation (B) and championship (A) finals (top 24) for the 15 & Over age group.
- 7) The check-in procedures for the Championship and Consolation Final Heats are:
 - a) Closing of final heats
 - i) Championship Heats – 10 minutes before the start of competition for the first event of a session and 15 minutes prior to the start of their event as published in the timeline of the session's events for all subsequent events.
 - ii) Consolation Heats – 10 minutes before the start of competition for the first event of a session and the end of the Championship Final Heat immediately before each subsequent event.
 - b) Championship Finals Check-In Procedure
 - i) Athletes in a Championship Heat must report to the Championship Ready Area by the closing time for their heat. An athlete does not need to remain in the Ready Area after checking-in. A coach may also check their athletes in for a championship heat.
 - ii) Athletes in a Consolation or Bonus Heat must report behind their respective blocks by the closing time for that heat.
 - c) Timelines: For each final session, a timeline of the events and full heat sheets will be available for free on Meet Mobile as well as on the ACAC website (www.swimacac.com).
- 8) The next two fastest athletes will be selected as alternates for each preliminary/final event. The alternates will swim in the Bonus final if an athlete who qualifies for the Final, Consolation, or Bonus final does not report for the evening's heats as outlined above. Swimmers may move up to another heat based on No Shows, and reseeding will be done, time permitting. Alternates should report to the Meet Referee or his delegate prior to the event's final heats being swum. Alternates will not be penalized if unavailable to compete in finals.
- 9) All 1650 Freestyle heats will be swum on Saturday (Girls) and Sunday (Boys) during preliminaries. The number of heats may be limited in each session based on entries and generated timelines.
- 10) Each 500 freestyle event is limited to 20 total entries (120 total entries across the 6 events). Adjustments will be made if there are less than 20 entries in one age and gender. Those spots will be filled with entries from other age and gender events to get to the 120 total entries.
- 11) The host team reserves the right to swim 2-per-lane in the 1650 Freestyle if necessary.
- 12) All heats of relays will swim in finals.
- 13) Swimmers in all events shall report directly to the starting blocks.
- 14) The host is not responsible for providing rest for swimmers between events. If a swimmer has less than 10 minutes between swims, the swimmer (or swimmer's coach) should inform the Deck Referee.
- 15) Additional preliminary and timed final events may be combined to facilitate meet operation



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and separated later for results.

- 16) Relay events may be eliminated based on entries and generated timelines.
- 17) Fly-over starts will be used for all preliminary and timed final events.
- 18) Deck Changes are prohibited.
- 19) Operation of a drone, or any other flying apparatus is prohibited over the venue (pools, athlete/coach area, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

SCORING & AWARDS:

Individual Event Scoring:

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points:	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

Awards and Presentations:

Individual Awards for all age groups: 1st through 3rd = Medals, 4th through 16th = Ribbons

High Point: An award will be presented to the top three athletes, male and female in the following age groups: 8 & Under, 9-10, 11-12, 13-14, 15 & Over.

SCRATCHES:

The IASI scratch rule is in effect for all sessions with modifications for no shows noted below. Swimmers are encouraged to declare a false start to the referee if they do not intend to swim an entered event. No shows and DFS will not be considered entries for entry limits.

GLASS CONTAINERS:

No glass containers of any kind are permitted in the Natatorium.

NO SMOKING OR ALCOHOL:

Use of tobacco products and the consumption of alcohol is not permitted anywhere in the swimming venue.

USA SWIMMING REGISTRATION:

No USA Swimming registrations will be accepted at the meet. Any swimmer who is not a currently registered athlete member at the time of pre-meet recon must ensure that IASI has received the appropriate application and fees at least 24 hours prior to the start of competition. Failure to do so will result in the swimmer's entries being scratched and the swimmer barred from entering the pool.

PROGRAMS & RESULTS:

A full meet program (heat sheets, psych lists, and timelines) will be posted on the ACAC website (www.swimacac.com) the Tuesday preceding the meet as well as available for free on Meet Mobile. There will be no program sales at the meet.

Coaches from each team entered in the meet will receive session heat sheets.

All participating teams will receive an electronic copy of the final results. Meet results will be



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posted on the IASI websites.

SPECTATOR SEATING:

Bleacher sections are available for spectators. Only officials, coaches, meet personnel, and athletes are permitted on deck. Team areas will be designated for athletes and coaches. Coaches, competitors, and spectators will be limited to the aquatic center and designated crash areas.

SWIMMING SUPPLIES:

Elsmore Swim shop will be onsite and will have a variety of swimwear and accessories available for sale on Saturday only (subject to change based on vendor's availability). You can visit them at: <https://elsmoreswim.com/>

IMAGE RELEASE:

Participants consent to be photographed/filmed by any authorized photographer(s) and/or network(s) of IASI and/or the host club under conditions determined by the host club, and authorize the use of names, pictures, likenesses, and biographical information before, during or after the event to promote swimming. No awards received in this competition may be used for trade or financial gain.

CONDUCT:

- 1) 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. Teams and spectators are charged with following all facility signs and rules regardless of whether those rules are described in this document. Please do not enter other areas of the school without permission. If any person enters restricted areas of the school without permission, they may be expelled from the meet and escorted out of the venue. In this case, entry fees and admission expenses will not be reimbursed.
- 2) 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.
- 3) **USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED AT ANY TIME IN CHANGING AREAS, RESTROOMS, BEHIND THE BLOCKS, OR LOCKER ROOMS.**

INDEMNITY:

It is understood and agreed that USA Swimming and Iowa Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

MINOR ATHLETE ABUSE PREVENTION POLICY:

All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.



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SAFE SPORT QUALITY CONTROL

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate at this meet. Additional information regarding the Required Quality Control System for Safe Sport may be found on the Iowa Swimming Website > Meet Host Resources page:

<https://www.gomotionapp.com/team/lscis/page/competition-resources>

MEDICAL SUPERVISION

Coaches and volunteers will be monitoring during warmup, cool down, and competition. A first-aid kit is available.

Session 1 – Fri PM

Warm-ups 4:30 PM, Competition 5:30 PM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	1	9-12 200 IM*	2	TF
TF	3	8 & Under 25 Backstroke	4	TF
TF	5	13 & Over 400 IM*	6	TF
TF	7	8 & Under 25 Breaststroke	8	TF
TF	9	9-10 200 Freestyle	10	TF
TF	11	11 & Over 500 Freestyle*	12	TF

Session 2 – Sat AM - 13 & Over Prelims

Warm-ups 7:30 AM, Competition 8:30 AM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
P	49	13 & Over 50 Fly*	50	P
P	51	13 & Over 200 Freestyle*	52	P
P	53	13 & Over 100 Breaststroke*	54	P
P	55	13 & Over 100 Backstroke*	56	P
P	57	13 & Over 200 Butterfly*	58	P
P	59	13 & Over 50 Freestyle*	60	P
TF	13	13 & Over Girls 1650 Freestyle*		

Session 3 – Sat PM - 12 & Under Timed Finals

Warm-ups no earlier than 11:10 AM, Competition no earlier than 12:00 PM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	15	11-12 50 Freestyle	16	TF
TF	17	9-10 50 Freestyle	18	TF
TF	19	8 & Under 50 Freestyle	20	TF
TF	21	11-12 50 Breaststroke	22	TF



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TF	23	9-10 50 Breaststroke	24	TF
TF	25	8 & Under 50 Breaststroke	26	TF
TF	27	11-12 100 Backstroke	28	TF
TF	29	9-10 100 Backstroke	30	TF
TF	31	8 & Under 50 Backstroke	32	TF
TF	33	11-12 100 Butterfly	34	TF
TF	35	9-10 100 Butterfly	36	TF
TF	37	8 & Under 50 Butterfly	38	TF
TF	39	11-12 100 Freestyle	40	TF
TF	41	9-10 100 Freestyle	42	TF
TF	43	8 & Under 100 Freestyle	44	TF
TF	45	11-12 200 Medley Relay	46	TF
TF	47	9-10 200 Medley Relay	48	TF

Session 4 – Sat PM – 13 & Over Finals

Warm-ups no earlier than 3:30 PM, Competition no earlier than 4:30 PM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
F	49	13-14 50 Fly	50	F
F	49	15 & Over 50 Fly	50	F
F	51	13-14 200 Freestyle	52	F
F	51	15 & Over 200 Freestyle	52	F
F	53	13-14 100 Breaststroke	54	F
F	53	15 & Over 100 Breaststroke	54	F
F	55	13-14 100 Backstroke	56	F
F	55	15 & Over 100 Backstroke	56	F
F	57	13-14 200 Butterfly	58	F
F	57	15 & Over 200 Butterfly	58	F
F	59	13-14 50 Freestyle	60	F
F	59	15 & Over 50 Freestyle	60	F
TF	61	13-14 200 Medley Relay	62	TF
TF	63	15 & Over 200 Medley Relay	64	TF

Session 5 – Sun AM – 13 & Over Prelims

Warm-ups 7:30 AM, Competition 8:30 AM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
P	101	13 & Over 50 Back	102	P
P	103	13 & Over 200 IM*	104	P
P	105	13 & Over 100 Butterfly*	106	P
P	107	13 & Over 200 Backstroke*	108	P
P	109	13 & Over 200 Breaststroke*	110	P
P	111	13 & Over 100 Freestyle*	112	P



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P	113	13 & Over 50 Breaststroke*	114	P
		13 & Over Boys 1650 Freestyle*	14	TF

Session 6 – Sun PM - 12 & Under Timed Finals

Warm-ups no earlier than 11:10 AM, Competition no earlier than 12:00 PM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
TF	65	11-12 100 IM	66	TF
TF	67	9-10 100 IM	68	TF
TF	69	8 & Under 100 IM	70	TF
TF	71	11-12 50 Backstroke	72	TF
TF	73	9-10 50 Backstroke	74	TF
TF	75	8 & Under 50 Backstroke	76	TF
TF	77	11-12 100 Breaststroke	78	TF
TF	79	9-10 100 Breaststroke	80	TF
TF	81	8 & Under 50 Breaststroke	82	TF
TF	83	11-12 200 Freestyle	84	TF
TF	85	9-10 200 Freestyle	86	TF
TF	87	8 & Under 25 Freestyle	88	TF
TF	89	11-12 50 Butterfly	90	TF
TF	91	9-10 50 Butterfly	92	TF
TF	93	8 & Under 25 Butterfly	94	TF
TF	95	11-12 200 Freestyle Relay	96	TF
TF	97	10 & Under 200 Freestyle Relay	98	TF
TF	99	8 & Under 100 Freestyle Relay	100	TF

Session 7 – Sun Finals

Warm-ups no earlier than 3:30 PM, Competition no earlier than 4:30 PM

	GIRLS EVENT #	EVENT	BOYS EVENT #	
F	101	13-14 50 Back	102	F
F	101	15 & Over 50 Back	102	F
F	103	13-14 200 IM	104	F
F	103	15 & Over 200 IM	104	F
F	105	13-14 100 Butterfly	106	F
F	105	15 & Over 100 Butterfly	106	F
F	107	13-14 200 Backstroke	108	F
F	107	15 & Over 200 Backstroke	108	F
F	109	13-14 200 Breaststroke	110	F
F	109	15 & Over 200 Breaststroke	110	F



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F	111	13-14 100 Freestyle	112	F
F	111	15 & Over 100 Freestyle	112	F
F	113	13-14 50 Breaststroke	114	F
F	113	15 & Over 50 Breaststroke	114	F
TF	115	13-14 200 Freestyle Relay	116	TF
TF	117	15 & Over 200 Freestyle Relay	118	TF