

IOWA SWIMMING, INC.
2026 Winter REGIONAL AND 8 & UNDER CHAMPIONSHIPS - WEST

February 14 & 15, 2026

Hosted by
Ames Cyclone Aquatics Club



Teams Attending:
ACAC, ANKENY, DMSF, CAST, IASC, RAMS, BLAZ, LIFE, NSST, SEA, SSA, WW

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IASI SANCTION IA-26-035 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.

All adults participating in or associated with the 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 the MAAPP policy is a condition of participation in the conduct of this competition.

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>

DATES Saturday, February 14 & Sunday, February 15, 2026

TIMES

Session	Warm-Up	Competition
1 Saturday Morning	Not before 7:00 am	8:30 am
2 Saturday Afternoon	Not before 11:00 am	Not before 11:45 am
3 Saturday Evening	Not before 3:00 pm	Not before 4:00 pm
4 Sunday Morning	Not before 7:00 am	8:30 am
5 Sunday Afternoon	Not before 11:00 am	Not before 12:00 pm

Should warm-up need to be split, clubs will be notified by 6:00 pm on Wednesday, February 11, 2026

The pool deck will open 30-minutes prior to warm-ups and will close 30-minutes after the conclusion of the last event each day. Athletes must remove all personal items each day. Items left on the pool deck will be collected and placed in lost and found.

**TECHNICAL
MEETING**

The technical meeting will be held at the pool site at 7:20 am, Saturday, February 14. Should warm-ups be split and begin at 7:00 am, the meeting will be held at 6:40 am and as necessary throughout the meet. Meet details will be discussed.

Details and information discussed at this meeting will be emailed to all coaches and available from the Meet Referee following the meeting. Coaches are responsible for all information presented and included in this information.

SITE

Ames High School Pool, 1801 Ridgewood Ave, Ames 50010

FACILITY

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

Athletes, coaches, meet personnel, and officials will be limited to the natatorium and competitive swimming areas in the facility. Accessing other areas of the building without permission is prohibited. Entry into other areas of the facility could result in expulsion from the meet without entry fees or admission reimbursement.

COACHES

Sign In. Only currently registered USA Swimming member coaches 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 with USA Swimming. The official mobile application of USA Swimming is acceptable proof of USA Swimming membership.

WARM UP

The IASI Mandatory 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.

SUPERVISION

All athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or 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.

MEDICAL SUPERVISION

Coaches and volunteers will be monitoring during warmup, cool down, and competition. A first-aid kit is available. A certified lifeguard will be on duty during warm-up and competition.

RACING STARTS

Any athlete 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 a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the athlete or the athlete's legal guardian to ensure compliance with this requirement.

ENTRY REQUIREMENTS

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 is 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.

ENTRY & SEED TIMES

1. For all events, a swimmer shall be entered using their fastest conforming (SCY) time for the event from the SWIMS database, if available. If a swimmer has no available entry time for the event in SWIMS, the coach shall enter an estimated SCY time which best reflects the ability of the swimmer. NT entries are not allowed.
2. Athletes who age up to a new age group between these Regional Championships and the IASI Age Group Championships on February 20 - 22, 2026 or the IASI Short Course Championships on February 26 - March 1, 2026 will be able to swim in the age group corresponding to their age on the first day of the Regional Championships in those events offered in their current age group in which they do not have an Iowa Q-time standard for their new age group, even if they have an Iowa Q-time standard in those events for their current age group. Athletes who swim events under this rule will swim as EXHIBITION and not be eligible for awards or points. This rule will not change the current IASI rule regarding relay competition.

8 & Under Championship Session

1. There are no qualifying standards for 8 & Under events.
2. Athletes may enter a maximum of five (5) individual events during the 8 & Under session plus relays, provided they do not enter any 10 & Under events on the same day.
3. Athletes entering 10 & Under events on the day of the 8 & Under session must subtract the number of 10 & Under events entered from the allowable amount for the 8 & Under session.
4. Athletes 8 & Under who enter 10 & Under events cannot have a time faster than a 10 & Under Iowa Q time standard for the event they are entering.

All Other Sessions

1. Athletes may enter events in which they have not achieved the IASI Q-time standard.
2. Athletes may not enter more than four (4) individual events per day plus relays.

RELAY ENTRIES

There is no relay entry limit per individual athlete. Relay entries do not count towards the individual event entry limits per session, per day or for the meet. An athlete may only swim on one relay team per event. Unattached athletes may not swim on relays.

Athletes who have an Iowa Q-Time standard in the 50 yard or meter distance of a stroke may not swim that leg in a 200 relay. Athletes 13 & Over who also have an Iowa Q-Time standard in the 100 yard or meter Back, Breast, Fly, or Free may not swim the leg of that particular stroke in the 200 medley relay.

WIN & SWIM!

Swimmers who win an event at the IASI Regional meet, 500 or shorter, AND meet the National B Minimum for the age group in which they would enter for 14 & younger ages or National BB Minimum for 15 & 16 for SENIOR events will qualify for the current season's IASI Championship meet in that corresponding age group (for Senior events at Short Course Champs, winners of 15 & Over age group events can advance) and event. They ARE eligible for BONUS events, up to the stated limit. This "win & swim" DOES NOT carryover to any future seasons, nor does it apply to winners of 8 & Under Championship events.

ENTRIES

Entries Open: Tuesday, January 6, 2026 at 12:00 pm (Noon)
Entry Deadline: Friday, February 6, 2026 at 12:00 pm (Noon)

ENTRY SUBMISSION

1. Entries may be submitted by:

- a. Electronic entry file in a format compatible with Hy-Tek Meet Manager software, or
 - b. Manual entries on the IASI Meet Entry Form (APP-7)
2. If submitting electronic entries, the team must include a copy of the entries and a financial summary in PDF format. No team generated electronic entries will be accepted without these attachments.
3. Send electronic entries by email to; Kaitlyn Vos/ meetentries@swimacac.com. Receipt will be confirmed by email. Send all printed materials to the Entry Chair at the address listed below. If sent by rush delivery, indicate no signature required. Neither entries or entry changes will be accepted by phone or fax.
4. If an athlete entered in an event achieves an Iowa Q-Time standard after the entry deadline and the athlete or coach notifies the entry chair by Noon on Monday, February 9, 2026, the athlete may change the event without the entry being a late entry. The athlete will be refunded for the individual event entry fee should there be no other events eligible due to having achieved Iowa Q-Time standards in all available events.

ENTRY FEES

Individual Events	\$10.00 per event
Relay Events	\$14.00 per relay
IASI Swimmer Surcharge	\$4.50 per athlete
Outreach Athletes	\$5.00 total fee per athlete
Manual Entries	\$2.00 per athlete

Outreach Athletes. Swimmers must be a USA Swimming and IASI Outreach Athlete who qualifies for benefits to enter as Outreach. For swimmers that qualify, the entry fee for all individual events is \$5.00 total, including the IASI Swimmer Surcharge. Entries must be submitted by the listed entry deadline. To qualify for the reduced entry fee, teams must provide the total number of Outreach Athletes and their individual entries by 12:00 pm (Noon) on Monday, February 9, 2026. Names of Outreach Athletes must not be provided to host clubs.

Manual Entries. An additional fee of \$2.00 per athlete will be assessed for:

- a. Teams using APP-7 to enter five (5) or more athletes on or before the first day of the meet,
- b. Teams using APP-7 for entries submitted after the first day of the meet, or
- c. For IASI-affiliated unattached athletes who use APP-7 for entry.

Payment Deadline. Entry fees are due 15 minutes before the start of warmups of the first session in which the team is competing. A hard copy of the financial sheet (APP-8) must accompany entry fees.

Payment shall be made by check payable to **Ames Cyclone Aquatics Club or ACAC**. The meet host 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.

LATE ENTRIES

1. Late entry deadline is 6:00 pm on the day prior to the event via email or on deck at the administration table. Athletes who late enter the meet will be required to provide proof of USA Swimming registration in the Iowa LSC.
2. Late entries will be seeded in open lanes. If necessary, a zero heat will be created.
3. All late entry relays will be seeded with a No Time.
4. Late entry fees are:

Individual Events	\$20.00 per event
Relay Events	\$28.00 per relay

PSYCH SHEETS

Psych Sheets will be posted on [Ames Cyclone Aquatics Club - Winter Regional - West](#), under the HOSTED EVENTS tab, on the meet landing page, by 5:00 pm on Wednesday, February 11, 2026.

ATHLETES WITH DISABILITIES

Athletes with disabilities are encouraged to compete. Athletes with disabilities may not compete in events in which they hold an Iowa Q-Time standard.

The information Form for Adapted Competitive Athletes (APP-21) indicating accommodations and requested modifications should be completed and attached to the meet entries. Modifications will be determined by the Meet Referee. The athlete (or athletes' coach) is responsible for providing any equipment or assistance required. See Article 105 of USA Swimming Rules.

SEND ENTRIES TO

Send electronic entries by email to the Entry Chair. Receipt will be confirmed by email.

Mail printed materials to:

ACAC
Kaitlyn Vos
PO Box 183
Ames, IA 50010

If sent by rush delivery, indicate no signature required, and send to;
Kaitlyn Vos
1215 Curtiss Ave
Ames, IA 50010

ENTRY CHAIR

Kaitlyn Vos / 515-450-8863 / meetentries@swimacac.com

**MEET
DIRECTOR**

Erin Kiojai/ 515-480-8118/ meetdirector@swimacac.com

MEET REFEREE

Doug McCorkle/ 515-450-1413 / doug.mccorkle@gmail.com

OFFICIALS

Officials must be signed up by **12:00 pm (Noon), Monday, February 9, 2026**, for those sessions to count towards their club's number of required positions.

Officials' meetings for each session will commence one hour prior to the start of competition for each session.

**TIMERS
ALLOCATIONS**

The host team will provide at least 50% of the necessary timers. Visiting teams will be informed of the number of timers needed and sessions to be worked by **8:00 pm on Tuesday, February 10, 2026**. Teams may divide timing assignments among more than one person, provided everyone participating attends the timer's briefing for that session. The timer briefing will be held 25 minutes before the start of the competition for each session.

Additionally, each club (or unattached athlete) must provide one (1) timer for each athlete competing in the 500 Free, 1000 Free or 1650 Free.

The host team is responsible for providing a timer allocation for visiting teams. Visiting teams that are assigned a timer spot are responsible for that timer spot for a full session. **If a spot is not filled by an assigned team then that team will be fined \$300. That team cannot register in Iowa for the following season until this fee is paid in full to the host club.**

LAP COUNTERS

Each athlete competing in the 500, 1000, and 1650 Free is responsible for providing their own lap counter, if desired. Lap counting cards will be provided by the host club.

MEET COMMITTEE

A meet committee consisting of the Meet Director, Meet Referee, a coach representative, an athlete representative, and a certified official acting at large will be established. The committee shall serve as the meet jury to consider any administrative protests filed at the meet. Protests against judgment decisions can only be considered by the Meet Referee and the decision of the Meet Referee is final.

**MEET
OPERATIONS**

1. Heat sheets will be posted on the club website:
[Ames Cyclone Aquatics Club - Winter Regional - West](#).
2. All events are timed finals.
3. Athletes shall report directly to the blocks.

4. Events may be combined to facilitate meet operations and separated afterward for scoring and results.
5. World Aquatics whistle starts and no recall on false starts policy will be used. Flyover starts may be used during all events.
6. All events will be pre-seeded, except for the 500, 1000 and 1650 Free. Positive check-in closes 30 minutes before the start of competition for the event's session. Athletes who fail to check in by the deadline and want to swim the event will be down-seeded to the slowest heat and the slowest lane if lanes are available, however, additional heats will not be added.
7. The 13-14 and 15 & Over 1000 Free and 1650 Free will be seeded together, alternating girls and boys heats, fastest to slowest. For results and scoring, the events will be separated later. The 11-12 1000 Free will be swum fastest to slowest, alternating girls and boys.
8. Other events may be combined as necessary.
9. If names are on entry sheets for relays, those names will be on the relay cards at the meet. All relay cards for each day will be distributed before morning warm-ups. All four (4) full athlete names, ages, and order of swimming must be listed on each card and order should be verified by the coach. All relay cards should be submitted at least thirty (30) minutes before the relay event is scheduled to swim. Submission times are based on the published timeline of the session's events. Relay cards are submitted to the administration table. Any relay that enters the water before a relay card is presented to the administration table will be disqualified. Once recorded by the administration table, teams may change names and/or order of athletes with the timers prior to the start of the heat.
10. Deck changes are prohibited.
11. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athletes/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and / or spectators are present.

SCRATCHES

The IASI Scratch Rules are in effect.

USA SWIMMING REGISTRATION

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 is 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.

SCORING Individual Events (8 & Under Championship events ONLY) – Place & Points

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th	13 th	14 th	15 th	16 th
20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

Relay Events (8 & Under Championship events ONLY) - Place & Points

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th	13 th	14 th	15 th	16 th
40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Only two relays per team, per event, per gender may score points.

AWARDS

8 & Under Events

Individual Events

1st - 8th Medals

Relay Events

1st - 3rd Medals
4th - 8th Ribbons

9 & Over Age Groups

Individual Events

1st - 3rd Medals
4th - 8th Ribbons

Relay Events

1st - 3rd Ribbons

Presentation. Awards for the 8 & Under Championships will be presented on the pool deck following every two event cycles for the top eight (8) finishing athletes in each event.

Swimmers with Disabilities. For medals and ribbons, swimmers with disabilities will be awarded individually based on classification.

High Point. An award will be presented to the top three (3) athletes, boys and girls, for the 8 & Under age group only.

Team Age Group Awards. An 8 & Under Championship banner will be presented to the team scoring the most combined points during the 8 & Under Championship session. No other age groups will be awarded.

IASI Sportsmanship & Spirit Award. IASI will provide and present this award. One coach and one athlete from each team will vote, as well as the Meet Referee. Criteria to use will be included in the coaches' packet.

RESULTS	Electronic results will be provided to all teams participating in the meet. Final results will be posted on the IASI website and on the meet landing page. A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00.
CONCESSIONS	Concessions will be available throughout the meet.
MERCHANDISE	Elsmore will be on site selling suits, apparel, and a small assortment of equipment - days and times to be determined.
MEET PROGRAMS	Heat sheets will be available on the meet landing page.
PARKING	Parking is available in the Ames High School parking lot adjacent to the pool.
CAMERAS	Use of audio or visual recording devices, including cell phones, is not permitted at any time in changing areas, restrooms, or locker rooms.
NO TOBACCO	The use of any tobacco products or the consumption of alcohol is not permitted OR ALCOHOL anywhere in the swimming venue.
IMAGE AUTHORIZATION	All participants agree to be filmed and photographed by the official photographer(s) and network(s) of IASI. Participants authorize the use of names, pictures, likenesses, and biographical information before, during, or after the meet to promote competitive swimming. All participants agree not to use awards received in the competition for the purpose of trade or financial gain.
DISCLOSURES	It is understood and agreed that USA Swimming and IASI shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. 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.

SESSION & EVENT ORDER

Session 1 - Saturday Morning

Warm Up: Not before 7:00 am

Competition: 8:30 am

Girl's Event #	Event	Boy's Event #
1	11-12 100 Freestyle	2
3	11-12 400 I.M.	4
5	10 & Under 100 Freestyle	6
7	11-12 100 Breaststroke	8
9	10 & Under 50 Breaststroke	10
11	11-12 200 Backstroke	12
13	10 & Under 100 Backstroke	14
15	11-12 50 Butterfly	16
17	10 & Under 50 Butterfly	18
19	11-12 100 I.M.	20
21	10 & Under 100 I.M.	22
23	11-12 50 Backstroke	24
25	11-12 200 Butterfly	26
27	10 & Under 200 Medley Relay	28
29	11-12 200 Medley Relay	30
15 Minute Break		
31	10 & Under 500 Freestyle	32
33	11-12 500 Freestyle	34

Session 2 - Saturday Afternoon

Warm Up: Not before 11:00 pm

Competition: Not before 11:45 pm

Girl's Event #	Event	Boy's Event #
35	8 & Under 100 Medley Relay	36
5 Minute Break		
37	8 & Under 100 Freestyle	38
Awards Break		
39	8 & Under 25 Breaststroke	40
5 Minute Break		
41	8 & Under 50 Backstroke	42
Awards Break		
43	8 & Under 25 Butterfly	44
5 Minute Break		
45	8 & Under 50 Freestyle	46
Awards Break		
47	8 & Under 100 I.M.	48
5 Minute Break		
49	8 & Under 50 Breaststroke	50
Awards Break		
51	8 & Under 25 Backstroke	52
5 Minute Break		
53	8 & Under 50 Butterfly	54

Awards Break		
55	8 & Under 25 Freestyle	56
5 Minute Break		
57	8 & Under 100 Freestyle Relay	58
Awards		

Session 3 - Saturday Evening

Warm Up: Not before 3:00 pm

Competition: Not before 4:00 pm

Girl's Event #	Event	Boy's Event #
59	13-14 200 Backstroke	60
61	15 & Over 200 Backstroke	62
63	13 & 14 100 Freestyle	64
65	15 & Over 100 Freestyle	66
67	13-14 400 I.M.	68
69	15 & Over 400 I.M.	70
71	13-14 100 Breaststroke	72
73	15 & Over 100 Breaststroke	74
75	13-14 50 Backstroke	76
77	15 & Over 50 Backstroke	78
79	13-14 100 Butterfly	80
81	15 & Over 100 Butterfly	82
83	13-14 200 Medley Relay	84
85	15 & Over 200 Medley Relay	86
15 minute break - pool open 10 minutes		
87	13-14 500 Freestyle	88
89	15 & Over 500 Freestyle	90

Session 4 - Sunday Morning

Warm-ups: Not before 7:00 am

Competition: Not before 8:30 am

Girl's Event #	Event	Boy's Event #
91	11-12 50 Freestyle	92
93	10 & Under 50 Freestyle	94
95	11-12 200 I.M.	96
97	10 & Under 200 I.M.	98
99	11-12 200 Breaststroke	100
101	10 & Under 100 Breaststroke	102
103	11-12 100 Backstroke	104
105	10 & Under 50 Backstroke	106
107	11-12 100 Butterfly	108
109	10 & Under 100 Butterfly	110
111	11-12 200 Freestyle	112
113	10 & Under 200 Freestyle	114
115	11-12 50 Breaststroke	116
117	10 & Under 200 Freestyle Relay	118
119	11-12 200 Freestyle Relay	120
15 Minute Break - pool open 10 minutes		

Session 5 - Sunday Afternoon

Warm-ups: Not before 11:00 am

Competition: Not before 12:00 pm

Girl's Event #	Event	Boy's Event #
123	13-14 50 Butterfly	124
125	15 & Over 50 Butterfly	126
127	13-14 200 I.M.	128
129	15 & Over 200 I.M.	130
131	13-14 50 Freestyle	132
133	15 & Over 50 Freestyle	134
135	13-14 200 Breaststroke	136
137	15 & Over 200 Breaststroke	138
139	13-14 100 Backstroke	140
141	15 & Over 100 Backstroke	142
143	13-14 200 Freestyle	144
145	15 & Over 200 Freestyle	146
147	13-14 200 Butterfly	148
149	15 & Over 200 Butterfly	150
151	13-14 50 Breaststroke	152
153	15 & Over 50 Breaststroke	154
155	13-14 200 Freestyle Relay	156
157	15 & Over 200 Freestyle Relay	158
15 Minute Break - pool open 10 minutes		
159	13-14 1000 Freestyle	160
161	15 & Over 1000 Freestyle	162
163	13-14 1650 Freestyle	164
165	15 & Over 1650 Freestyle	166

2026 IASI Q-TIMES

			Event			
	Girls		<u>10&U</u>		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
40.39	39.29	35.59	50 Freestyle	34.59	38.19	39.79
1:31.69	1:28.39	1:19.89	100 Freestyle	1:18.89	1:27.19	1:30.59
3:22.59	3:16.49	2:57.89	200 Freestyle	2:50.59	3:08.49	3:14.99
6:55.89	6:41.29	7:38.69	400/500 Freestyle	7:33.79	6:37.09	6:52.49
48.99	47.09	42.69	50 Backstroke	42.89	47.39	49.29
1:46.49	1:42.29	1:32.59	100 Backstroke	1:30.09	1:39.59	1:44.49
57.19	55.49	50.19	50 Breaststroke	49.19	54.39	56.09
2:01.99	1:56.39	1:45.29	100 Breaststroke	1:42.29	1:53.09	1:59.19
49.69	48.79	44.19	50 Butterfly	42.59	47.09	47.89
1:53.29	1:49.99	1:39.49	100 Butterfly	1:38.99	1:49.29	1:52.89
	1:41.49	1:31.89	100 IM	1:29.69	1:39.09	
3:45.59	3:36.39	3:15.89	200 IM	3:15.99	3:36.59	3:43.69
	Girls		<u>11-12</u>		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
34.29	33.39	30.19	50 Freestyle	29.89	33.09	34.19
1:15.69	1:12.99	1:06.09	100 Freestyle	1:05.19	1:11.89	1:14.79
2:46.49	2:40.39	2:25.09	200 Freestyle	2:22.09	2:37.09	2:43.19
5:50.79	5:41.39	6:30.09	400/500 Freestyle	6:22.49	5:34.69	5:47.09
12:28.29	11:59.39	13:42.09	800/1000 Freestyle	13:40.39	11:57.89	12:22.99
39.99	38.29	34.59	50 Backstroke	34.89	38.49	40.29
1:27.79	1:23.49	1:15.59	100 Backstroke	1:14.09	1:21.89	1:27.69
3:09.59	3:00.69	2:43.49	200 Backstroke	2:40.49	2:57.39	3:08.49
45.39	44.39	40.09	50 Breaststroke	40.09	44.29	45.89
1:40.19	1:36.79	1:27.59	100 Breaststroke	1:25.49	1:34.49	1:39.59
3:35.69	3:27.09	3:07.39	200 Breaststroke	3:02.39	3:21.59	3:31.59
38.09	37.09	33.69	50 Butterfly	34.19	37.69	38.69
1:28.59	1:25.29	1:17.19	100 Butterfly	1:16.09	1:24.09	1:27.29
3:15.99	3:08.19	2:50.29	200 Butterfly	2:43.99	3:01.19	3:10.19
	1:25.79	1:17.59	100 IM	1:15.89	1:23.89	
3:11.89	3:05.09	2:47.49	200 IM	2:45.79	3:03.19	3:08.99
6:56.79	6:41.89	6:03.69	400 IM	5:50.09	6:26.89	6:46.59
	Girls		<u>13-14</u>		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
31.79	30.69	27.79	50 Freestyle	25.59	28.29	29.39
1:09.29	1:06.99	1:00.59	100 Freestyle	55.69	1:01.49	1:04.39
2:31.89	2:27.09	2:13.09	200 Freestyle	2:04.79	2:17.79	2:23.59
5:18.79	5:12.49	5:57.09	400/500 Freestyle	5:37.49	4:55.39	5:04.89
11:02.99	10:44.99	12:17.09	800/1000 Freestyle	11:52.49	10:23.49	10:43.49
21:11.79	20:24.99	20:32.29	1500/1650 Freestyle	19:59.09	19:51.89	20:36.29
38.49	36.49	32.99	50 Backstroke	31.19	34.49	36.59
1:20.09	1:15.89	1:08.69	100 Backstroke	1:04.99	1:11.69	1:16.19
2:52.59	2:44.19	2:28.59	200 Backstroke	2:20.99	2:35.69	2:45.59
42.99	41.19	37.19	50 Breaststroke	34.49	38.09	40.19
1:31.39	1:27.49	1:19.19	100 Breaststroke	1:13.39	1:21.09	1:25.49

3:16.79	3:08.49	2:50.59	200 Breaststroke	2:40.89	2:57.69	3:06.49
36.69	35.69	32.29	50 Butterfly	30.19	33.39	34.39
1:17.89	1:15.79	1:08.59	100 Butterfly	1:04.29	1:10.99	1:13.19
3:01.69	2:55.69	2:38.99	200 Butterfly	2:25.59	2:40.89	2:46.79
2:52.59	2:46.09	2:30.29	200 IM	2:21.09	2:35.89	2:43.29
6:13.29	6:00.89	5:26.59	400 IM	5:07.59	5:39.89	5:55.89
	Girls		Senior		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
29.99	29.19	26.39	50 Freestyle	23.49	25.99	27.29
1:05.09	1:03.09	57.09	100 Freestyle	51.59	56.99	59.69
2:22.09	2:18.29	2:05.09	200 Freestyle	1:54.19	2:06.19	2:11.49
5:01.39	4:57.69	5:40.19	400/500 Freestyle	5:12.59	4:33.49	4:43.39
10:32.39	10:24.69	11:53.99	800/1000 Freestyle	11:01.59	9:38.89	9:54.79
20:11.59	19:49.29	19:56.49	1500/1650 Freestyle	18:22.79	18:16.19	18:58.49
35.79	33.99	30.79	50 Backstroke	27.79	30.79	32.69
1:14.49	1:10.79	1:04.09	100 Backstroke	57.89	1:03.99	1:07.99
2:43.49	2:36.89	2:21.99	200 Backstroke	2:09.29	2:22.79	2:30.79
39.79	38.29	34.69	50 Breaststroke	30.99	34.29	36.09
1:24.49	1:21.39	1:13.69	100 Breaststroke	1:05.89	1:12.79	1:16.69
3:09.69	3:03.59	2:46.09	200 Breaststroke	2:29.19	2:44.89	2:53.69
33.99	33.09	29.99	50 Butterfly	27.09	29.99	30.99
1:12.29	1:10.39	1:03.79	100 Butterfly	57.59	1:03.69	1:05.79
2:47.69	2:43.59	2:28.09	200 Butterfly	2:14.19	2:28.29	2:33.39
2:43.89	2:37.39	2:22.39	200 IM	2:09.39	2:22.99	2:30.99
5:46.89	5:36.29	5:04.29	400 IM	4:36.19	5:05.19	5:21.19

2026 IASI BONUS TIME STANDARDS

			Event			
	Girls		10&U		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
45.29	43.99	39.79	50 Freestyle	38.19	42.19	43.89
1:44.09	1:40.29	1:30.79	100 Freestyle	1:27.99	1:37.19	1:40.99
3:50.99	3:43.99	3:22.79	200 Freestyle	3:09.49	3:29.39	3:36.69
55.79	53.69	48.59	50 Backstroke	48.29	53.39	55.39
2:01.59	1:56.89	1:45.79	100 Backstroke	1:40.69	1:51.19	1:56.69
1:02.19	1:00.29	54.59	50 Breaststroke	53.39	58.99	1:00.89
2:19.39	2:12.89	2:00.29	100 Breaststroke	1:54.09	2:06.09	2:12.89
54.49	53.49	48.39	50 Butterfly	46.49	51.39	52.29
2:12.79	2:08.89	1:56.69	100 Butterfly	1:53.49	2:05.49	2:09.49
	1:55.19	1:44.29	100 IM	1:39.69	1:50.09	
4:15.69	4:05.39	3:42.09	200 IM	3:38.59	4:01.59	4:09.49
	Girls		11-12		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
38.49	37.59	33.99	50 Freestyle	32.79	36.29	37.39
1:25.59	1:22.49	1:14.69	100 Freestyle	1:11.49	1:18.99	1:22.09
3:06.39	2:59.59	2:42.59	200 Freestyle	2:35.99	2:52.39	2:59.19
44.79	42.79	38.79	50 Backstroke	38.49	42.59	44.49
1:40.59	1:35.69	1:26.59	100 Backstroke	1:22.19	1:30.79	1:37.19
3:28.09	3:18.29	2:59.49	200 Backstroke	2:52.89	3:10.99	3:22.99
49.79	48.59	43.99	50 Breaststroke	43.49	48.09	49.79
1:50.39	1:46.59	1:36.49	100 Breaststroke	1:32.59	1:42.29	1:47.79
3:56.79	3:47.29	3:25.69	200 Breaststroke	3:16.39	3:37.09	3:47.89
41.79	40.79	36.89	50 Butterfly	37.09	40.99	41.99
1:38.29	1:34.79	1:25.79	100 Butterfly	1:22.89	1:31.59	1:35.09
3:31.09	3:22.59	3:03.39	200 Butterfly	2:56.59	3:15.09	3:24.79
	1:34.19	1:25.19	100 IM	1:21.89	1:30.49	
3:30.59	3:23.19	3:03.89	200 IM	2:59.29	3:18.09	3:24.39
	Girls		13-14		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
37.19	35.99	32.49	50 Freestyle	29.89	32.99	34.29
1:21.19	1:18.49	1:10.99	100 Freestyle	1:04.99	1:11.79	1:15.09
2:55.29	2:49.79	2:33.59	200 Freestyle	2:22.49	2:37.49	2:43.99
43.09	40.79	36.99	50 Backstroke	34.29	37.89	40.19
1:29.69	1:24.99	1:16.89	100 Backstroke	1:11.29	1:18.79	1:23.69
3:13.29	3:03.89	2:46.39	200 Backstroke	2:34.69	2:50.99	3:01.79
48.19	46.09	41.69	50 Breaststroke	37.89	41.89	44.09
1:42.39	1:37.99	1:28.69	100 Breaststroke	1:20.49	1:28.99	1:33.79
3:40.29	3:31.09	3:10.99	200 Breaststroke	2:54.89	3:13.19	3:22.79
40.99	39.89	36.09	50 Butterfly	33.19	36.69	37.79
1:27.19	1:24.89	1:16.79	100 Butterfly	1:10.49	1:17.89	1:20.29
3:15.69	3:09.19	2:51.19	200 Butterfly	2:36.79	2:53.29	2:59.69
3:17.19	3:09.79	2:51.79	200 IM	2:37.99	2:54.49	3:02.89
	Girls		Senior		Boys	
LCM	SCM	SCY		SCY	SCM	LCM

33.49	32.59	29.49	50 Freestyle	26.29	28.99	30.59
1:12.79	1:10.49	1:03.79	100 Freestyle	57.59	1:03.69	1:06.69
2:37.09	2:32.89	2:18.39	200 Freestyle	2:06.29	2:19.59	2:25.39
38.79	36.89	33.39	50 Backstroke	30.09	33.29	35.39
1:20.69	1:16.69	1:09.39	100 Backstroke	1:02.69	1:09.29	1:13.69
2:53.39	2:46.49	2:30.59	200 Backstroke	2:17.09	2:31.49	2:39.99
43.09	41.49	37.59	50 Breaststroke	33.59	37.09	39.09
1:31.59	1:28.19	1:19.79	100 Breaststroke	1:11.39	1:18.89	1:23.09
3:17.29	3:10.89	2:52.69	200 Breaststroke	2:35.19	2:51.39	3:00.59
36.79	35.89	32.49	50 Butterfly	29.39	32.49	33.59
1:18.29	1:16.29	1:09.09	100 Butterfly	1:02.39	1:08.99	1:11.29
2:54.39	2:50.09	2:33.99	200 Butterfly	2:19.49	2:34.19	2:39.49
2:57.49	2:50.49	2:34.29	200 IM	2:20.19	2:34.89	2:43.59