



## 2026 ACAC – The Tundra Team Information

- 1) **Meet Website:** You can access information from the ACAC website about the meet at:

<https://www.swimacac.com/> or directly at:  
<https://www.gomotionapp.com/team/iaacac/page/autum-opener/the-tundra>

- 2) **Entering the Facility:** All swimmers and parents should enter the pool through the main pool door on the southeast side of the high school at 1801 Ridgewood Avenue. Upon entering, there is a door to the right with stairs leading down to the pool deck. This is how swimmers will enter and exit the pool. The adjacent elevator is reserved for physically challenged or disabled individuals only. Please advise your swimmers that the elevator is not for general public use. Please advise all families and swimmers that they may not enter into any other areas of the school, and anyone found in other areas of the school will be removed from the facility and the meet.
- 3) **Meet programs & Heat Sheets:** There will be no printed programs or heat sheets for sale at the facility. All heat sheets are available for free on Meet Mobile and also can be downloaded from our team website as PDFs (see the website address in item 1). Finals heat sheets will be published on all platforms as soon as possible after the preliminary sessions on Saturday and Sunday.
- 4) **Warmup & Competition times:** Warmups will be split for all sessions except for finals on Saturday and Sunday evening. Please see the document “2026 ACAC Tundra - Split Warmup Info.pdf” for details.
- 5) **Bulkhead:** SWIMMING UNDER THE BULKHEAD IS PROHIBITED. This is a facility rule. Any swimmer found to have swum under the bulkhead will be removed from the facility and barred from competing for the remainder of the meet.
- 6) **Livestream:** Every session will be livestreamed on the Ames Cyclone Aquatics Club YouTube Channel (@swimacactv)  
<https://www.youtube.com/@swimacactv/streams>
- 7) **Locker Rooms & Changing Areas:** The host team will be strictly observing Safe Sport protocols. Locker rooms are designated for the swimmers only. There are five individual-use restrooms available in a hallway on the north side of the deck, and these are reserved for volunteers, coaches, and officials only. If an athlete needs an accommodation, the athlete’s coach must obtain an accommodation from the Meet Referee. The spectator restrooms are located by the concession stand. Please, advise your athletes that swimmers are not allowed to change in the spectator restrooms.
- 8) **Swimmer Seating:** Teams are welcome to sit on deck around the competition and warm up pool areas where space allows if they do not interfere with meet operations. ***Athletes are strongly encouraged to bring their own fold-up chairs for use on the pool deck.*** Please, no fold-up chairs in the main bleacher area.
- 9) **Concessions:** We will offer a variety of food and beverages at the concession stand during the entire meet.
- 10) **Swimming Apparel & Equipment.** Elsmore Swim Shop will be on-site with a variety of suits, apparel, and equipment items. They will be located in the crash area.
- 11) **Distribution of Meet Information.** Each team will have a box at the administration table. Meet information, including each team’s allotment of heat sheets, awards, DQ slips, and other meet information will be in each team’s box.



- 12) **Awards:** Awards will be provided on deck to coaches. Currently, it is planned to be after the afternoon and finals session on Sunday. High point awards will be provided following finals on Sunday. These plans are subject to change.
- 13) **Bleacher courtesy:** While watching a session, parents and spectators are asked to sit in the bleachers and avoid standing in front of the glass barriers in this area. These spaces near the glass barriers are to remain open or be used by physically challenged or disabled individuals.
- 14) **Facility:** We are asking everyone to help keep our facility clean. Please dispose of any trash from the bleachers, on deck, or from the crash area after each session.