



2025 BLST IMX Challenge
November 2, 2025
Cedar Falls Community Natatorium,
Cedar Falls, IA
Open Invitational – 25 yd

IASI SANCTION: **IA-26-020**
Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).

RULES: Current USA Swimming and IASI technical and administrative rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet. All adults participating in or associated with this meet acknowledge that they are subject to the provisions of MAAPP and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

DATES: **Sunday, November 2, 2025**

TIME:	<u>Sessions</u>	<u>Warm-Ups</u>	<u>Competition</u>
	10&U	8:00am (50 mins)	9:00am
	11&O	11:00am* (50 mins)	12:00pm*

**No earlier than*

If warm-ups are to be split, teams will be notified by the Tuesday before the meet which warm-up period they are in. Timelines will also be provided to teams on Tuesday before the meet.

Coaches meeting at 8:45am

SITE: Cedar Falls
Community
Natatorium
2701 W 27th St.
Cedar Falls, IA 50613

FACILITY: Indoor, ten lane, twenty-five yard course with a separate four lane, twenty-five yard cool down pool. The water depth is seven feet at the starting end and twelve feet at the turn end. Colorado timing system with touch pads, push button back up, and a minimum of one stop watch per lane.

The host will ensure the required course dimensions.

MEDICAL
SUPERVISION: First Aid and AED devices are available on the pool deck.

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.
WARM-UPS:	The IASI mandatory warm-up procedure will be followed. All swimmers must be under the supervision of a USA Swimming member-coach during warm-up, competition, and warm-down. Any swimmer without a coach shall report to the Referee prior to his or her warm-up. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to ensure such arrangements are made 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 a 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 REQUIREMENTS:	1. Swimmers must be currently registered as athlete members of USA Swimming in order to compete in this meet. 2. Seed times must be submitted for a 25-yard course. A swimmer's seed time can be no faster than the best time the swimmer has achieved in an event swum in the same length pool as this meet. Converted times are not allowed. 3. NT's will be accepted.
ENTRY LIMITS:	Swimmers may enter no more than five individual events. Events may be combined at the discretion of the Referee to facilitate meet operations.
ENTRY SUBMISSION:	Entry fees are as follows: 1. Flat entry fee of \$35.00 per swimmer. 2. IASI swimmer surcharge: \$4.50 per swimmer. The surcharge is not assessed to outreach swimmers. 3. The entry fee for each outreach swimmer who qualifies for IASI benefits is \$5.00 and covers all events swum by the outreach swimmer. 4. Handwritten entries: additional \$5.00 per swimmer. 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). If submitting electronic entries, also send a hardcopy of the entries with the entry fees and financial sheet.

Clubs entering outreach swimmers should only provide the number of outreach swimmers and the number of events being swum by the outreach swimmers to the host club. The names of the outreach swimmers are not to be provided to the host club.

Payment shall be by check or money order made payable to BLST. All entry fees, including IASI swimmer surcharge fee, should be combined on 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 cancelled.

ENTRY DATES AND DEADLINES:

1. Entries will be accepted from teams/athletes in the Iowa LSC beginning Monday, September 29, 2025, at 10:00am.
2. Entries will be accepted from all teams/athletes Monday, October 6, 2025, at 10:00am.
3. Electronic entries must be received no later than noon on Monday, October 27, 2025.
4. Handwritten entries, along with entry fees, additional \$5 per swimmer and financial sheet, must be received no later than noon on Tuesday, October 28, 2025. Handwritten entries will not be considered entered in the meet until full payment is received.
5. Once a team's entries have been accepted by the meet host, that team is considered entered into the meet. The host team is not permitted to rescind a team's entries once the meet host sends the email confirmation that the team is entered into the meet. Changes or scratches in a team's entries prior to the meet deadline do not relieve a team of the responsibility to pay for confirmed entries.
6. Once entries are accepted only time updates will be allowed for teams with electronic entries. No time updates will be accepted for handwritten entries. Any additions/substitutions must be made via email to the Meet Director prior to the entry deadline.
7. A hardcopy of the entries, along with entry fees and financial sheet, must be received by Sunday, November 2, 2025, unless prior arrangements have been agreed to in writing.
8. Entries will be confirmed via a return email receipt.
9. Entries will NOT be accepted by phone or fax.

Entries will be accepted in the order received. Once the meet reaches capacity, the host team will inform IASI meet contacts as well as any non-IASI teams with entries already accepted.

LATE ENTRIES:

Late entries will be accepted. Once the meet is closed or after Monday, October 27, 2025 at noon, late entries will only be accepted in open lanes. Late entries will be entered with no time (NT) once the meet program has been sent to print. Late entry fee is \$50.00.

For questions regarding late entries or to find out if late entries are being accepted, contact the Meet Director.

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.	
SEND ENTRIES TO:	Send electronic entries to Melissa Woltz at mwoltz7@gmail.com . Receipt will be confirmed by email. Send all print materials to Melissa Woltz, 3222 Pendleton Dr., Cedar Falls, IA 50613. If sent by rush delivery, please indicate No Signature Required.	
MEET DIRECTORS:	Melissa Woltz 602-799-6944 mwoltz7@gmail.com	Erik Pinter 309-825-0735 coach.epinter@gmail.com
REFEREE:	Lori Rehmert, lorirehmert@gmail.com , 319-239-2396	
OFFICIALS:	BLST welcomes visiting USA Swimming officials who would like to officiate at this meet. If you are able to officiate, please contact the Referee.	
MEET COMMITTEE:	A meet committee consisting of the Meet Director, Referee, a coach representative, an athlete representative, and a certified official acting at large will be established prior to the start of competition. 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 Referee and the Referee's decision is final.	
MEET OPERATION:	1. All events will be pre-seeded. Check-in will not be required. 2. All events will swim slowest to fastest. 3. Deck Changes are prohibited. 4. Banners, signs or posters are not allowed to be adhered, displayed or affixed anywhere in the aquatic center facility. 5. Glass containers of any kind are not permitted in the aquatic center (including spectator seating) at any time. 6. Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended. 7. 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.	
SCORING:	The cumulative time for all five events will be used for awards. The lowest overall time for all five events will be considered first place. The second lowest overall time will be the second place and this format will be followed for all entrants. A DQ in any event will result in the swimmer not qualifying for any award. In order to qualify for awards, an athlete must successfully compete in all five events in the same age bracket.	

AWARDS:	Individual awards will be given to the top three individuals, men and women, in each age group (8&U, 10&U, 11-12, 13-14, 15&O), based on their cumulative time within those age group events.
SCRATCHES:	The IASI scratch rule is 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 provide 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.
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 ALCOHOL OR TOBACCO:	The use of any tobacco or alcohol products is prohibited in the swimming venue.
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.
ADDITIONAL INFORMATION:	1. <u>Programs</u>: Meet programs will NOT be sold. Meet programs will be available electronically only. 2. <u>Results</u>: Electronic results will be provided to all teams participating in the meet. Final Results will be posted on the IASI website. A hard copy of final results will be mailed for a fee of \$5.00 & may be requested on financial sheet. 3. Only registered swimmers, coaches and meet personnel will be allowed on deck of the pool. 4. Concessions will be available.
INDEMNITY:	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.



BLACKHAWK

2025 IA BLST IMX Challenge

November 2, 2025

Cedar Falls Community Natatorium,

Cedar Falls, IA

Open Invitational – 25 yd

Session #1

Warm-Ups: 8:00am

Competition: 9:00am

<u>Girls</u>	<u>Event Name</u>	<u>Boys</u>
1	8&U 25 Fly	2
3	10&U 50 Fly	4
5	8&U 25 Back	6
7	10&U 50 Back	8
9	8&U 25 Breast	10
11	10&U 50 Breast	12
13	8&U 25 Free	14
15	10&U 50 Free	16
17	8&U 100 IM	18
19	10&U 100 IM	20

Session #2

Warm-Ups: No earlier than 11:00am

Competition: No earlier than 12:00pm

<u>Event</u>	<u>Event Name</u>	<u>Event</u>
21	11&O 100 Fly	22
23	11&O 100 Back	24
25	11&O 100 Breast	26
27	11&O 100 Free	28
29	11&O 200 IM	30