

Dubuque Area Swimmin' Hurricanes



Giving Thanks Invite

Friday - Sunday, November 21-23, 2025

**Dubuque Community Schools Aquatic Center at Hempstead High School, Dubuque, IA
OPEN**

IASI SANCTION: IA-26-008R. 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: Friday - Sunday, November 21-23, 2025

TIME:	<u>Day</u>	<u>Technical Mtg.</u>	<u>Warm-ups</u>	<u>Competition</u>
	Friday Evening	4:15 pm	4:30 pm	5:30 pm
	Saturday Morning Prelims	9:15 am	9:30 am	10:30 am
	Saturday Afternoon	TBD	Not before 2:00 pm	Not before 2:50 pm
	Saturday Evening Finals	TBD	Not before 5:00 pm	Not before 6:00 pm
	Sunday Morning	TBD	7:30 am	8:20 am
	Sunday Afternoon	TBD	Not before 10:30 am	Not before 11:30 am

If warm-ups will be split, teams shall be notified of their designated warm-up period by 6 p.m., Tuesday, November 21, 2024.

SITE: Dubuque Community Schools Aquatic Center at Hempstead High School
3715 Pennsylvania Ave., Dubuque, IA 52002

FACILITY: The host will ensure the required course dimensions.

The Dubuque Community Schools Aquatic Center features:

- The pool is 40 yds. long by 25 yards wide with a moveable bulkhead
- Racing course will be set for eight nine-foot wide 25-yard lanes turning at the bulkhead, with an additional five 25-yard eight-foot wide lanes for warm-up and cool-down

- Twelve-foot deep at the starting end and seven-feet deep at the turn end
- Paragon starting blocks that include wedges and side rails
- Spectrum Backstroke wedges are available for each lane, for 11 & older sessions.
- Daktronics Timing System with eight-foot touch pads, one button backup and pool-side speakers
- Daktronics Eight-Lane Timing & Video Display Board
- Stadium seating for approximately 350 spectators.
- Parking available around the Aquatic Center
- **GLASS IS NOT ALLOWED anywhere in the aquatic facility - on deck & spectator area.**
- **NO colored drinks - clear or light sports drinks are OK, but no purple, red, green, blue,, no coffee, no dark soda - on the pool deck.**

COACHES:	<u>Sign In</u> . 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 with USA Swimming. The official mobile application of USA Swimming is acceptable proof of USA Swimming membership.
WARM-UPS:	The IASI mandatory warm-up procedure will be followed in accordance with the IASI Code Book. The pool will be cleared 10 minutes prior to competition. The five (5) additional warm-up lanes noted under FACILITY above will be used for meet warm-up AND throughout the meet. Starts are only allowed in this area in designated lane(s) and with coach supervision.
SUPERVISION:	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 their warm-up. 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.
RACING STARTS:	Any swimmer 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.
MEDICAL SUPERVISION:	A lifeguard will be on duty during competition, covering the warm-up / warm-down lanes only. A FIRST AID kit is available in the pool office and an AED is available on the pool deck.
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 &	1. Event Limits - 4 events per day, except; S2 - Saturday Morning Prelims - 3 events

SEED TIMES: 2. Seed times must be submitted for a 25yd. course. Converted times are not allowed. If a swimmer does not have a recorded time for an event, please enter NT.

ENTRY FEES & SUBMISSION: Entry fees are as follows:

1. Individual events:
PRELIM / FINAL events: \$8.00 per event
TIMED FINAL events: \$6.00 per event
2. Relay events - \$8.00 per event
3. IASI swimmer surcharge: \$4.50 per swimmer.
4. Manual entries (for teams entering more than five swimmers): \$2.00 per swimmer.
5. The entry fee for each swimmer who qualifies for LSC outreach benefits is \$5.00 and covers all individual events swum by the outreach swimmer. The IASI swimmer surcharge is not assessed on outreach swimmers.

Electronic entries must be submitted in a format compatible with HY-TEK Meet Manager software. All other entries require manual input and must be submitted on the IASI Meet Entry Form (APP-7).

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.

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.

Payment shall be by check made payable to Dubuque Area Swimmin' Hurricanes. 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 canceled.

ENTRY DATES AND DEADLINES:

1. Entries will be accepted only from IASI teams and IASI affiliated unattached swimmers beginning at 1:00 p.m. on Monday, September 29, 2025.
2. All other entries will be accepted beginning at 1:00 p.m. on Monday, October 6, 2025.
3. Manual entries, along with entry fees and financial sheet, must be received no later than Wednesday, November 12, 2025.
4. Electronic entries must be received no later than Noon, Friday, November 14, 2025. A hardcopy of the entries, along with entry fees and financial sheet, must be received by Wednesday, November 19, 2025. Failure to submit the hardcopy and fees by this deadline could result in entries being scratched.
5. Entries **will not** be accepted by phone or fax.

LATE ENTRIES: Late entries WILL NOT be accepted.

SWIMMERS WITH DISABILITIES: Athletes 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 by email to Doug Colin at coachdoug@teamdash.org. Receipt will be confirmed by email.

Send all print materials to –
DASH / Doug Colin
P.O. Box 1062
Dubuque, IA 52004-1062

If sent by rush delivery, indicate no signature required, and send to;
Doug Colin
1235 Cleveland Ave.
Dubuque, IA 52003

MEET DIRECTOR: Doug Colin
coachdoug@teamdash.org
563-543-1105

Christy Beimborn
christy.beimborn@gmail.com
(563) 543-2861

REFEREE: Jason Wenger
jwenger74@gmail.com
563-608-9028

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 in accordance with IASI Policy & Procedures. 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. There will be NO Clerk of Course, however, volunteers will be stationed behind the starting area to help guide swimmers to their lanes.
2. Events may be combined to facilitate meet operation and separated later for results and scoring.
3. Prelim / Final events;
 - 11 & 12 age group will swim prelims combined in the 11 & Over prelim events. The top-16 prelim finishers will return to finals, w/prelim places 9-16 in the "B" Final and prelim places 1-8 in the "A" Final.
 - 13 & Older age group will swim prelims combined in the 11 & Over prelim events. The top-24 prelim finishers will return to finals, w/prelim places 17-24 in the "C" Final, places 9-16 in the "B" Final, and places 1-8 in the "A" Final.
 - See point "8" below for 11 & Over 50 Freestyle "Super Final" procedure and explanation.
4. Timed Final events - 11 & Over events are combined and separated for scoring into 11 & 12 and 13 & Over, **except as noted below in MEET OPERATIONS "12"**. 10 & Under events are combined and separated for scoring into 9 & 10 and 8 & Under.
5. Deck changes are prohibited.
6. The host is not responsible for providing rest for swimmers between events, EXCEPT as noted in the Order of Events page for swimmers competing in the 500 Free AND 400 IM. If a swimmer has less than 10 minutes between swims, the swimmer (or swimmer's coach) should inform the referee.
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.

8. For events 33 & 34, THE fastest eight (8) finishers from prelims, regardless of age, will move forward in the “Super Final” competition. The finals heats of the 50 Free for events 33 & 34 will be contested as follows;

- Heat 1 - Girls “Super Final” Quarterfinal, prelim places 1-8 ALL ages
- Heat 2 - Boys “Super Final” Quarterfinal, prelim places 1-8 ALL ages
- Heat 3 - Girls 11&12 “B” Final
- Heat 4 - Girls 11&12 “A” Final
- Heat 5 - Boys 11&12 “B” Final
- Heat 6 - Boys 11&12 “A” Final
- Heat 7 - Girls Semifinal, places 1-4 from Quarterfinals
- Heat 8 - Boys Semifinal, places 1-4 from Quarterfinals
- Heat 9 - Girls 13&Over “C” Final
- Heat 10 - Girls 13&Over “B” Final
- Heat 11 - Girls 13&Over “A” Final
- Heat 12 - Boys 13&Over “C” Final
- Heat 13 - Boys 13&Over “B” Final
- Heat 14 - Boys 13&Over “A” Final
- Heat 15 - Girls Championship, places 1&2 from Semifinal
- Heat 16 - Boys Championship, places 1&2 from Semifinal

9. Events 1 and 2 (500 Freestyles) and 11 & 12 (400 IMs) will be limited to the fastest 40 entries per event per gender. Should there be less than 40 in one gender, additional entries will be accepted until a total of 80 for both genders are entered.

10. Events 77 & 78 (1000 Freestyles) will be limited to the fastest 24 entries per event per gender. Should there be less than 24 in one gender, additional entries will be accepted until a total of 48 for both genders is entered.

11. The 1000 Freestyles will be contested fastest to slowest, alternating girls / boys heats, combined when possible.

12. The 11 & 12 1000 Free, previously listed as Events 77 & 78, will now be Events 277 & 278 and contested prior to Events 75 & 76 (200 Free Relay). 13 & Over will still swim following the Free Relays.

13. Events 277 & 278 will be limited to the fastest 8 entries per event per gender. Should there be less than 8 in one gender, additional entries will be accepted until a total of 16 for both genders is entered.

SCORING:

10 & Under individual events will be scored.

Place;

1st	2nd	3rd	4th	5th	6th	7th	8th
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Points;

9	7	6	5	4	3	2	1
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AWARDS:

Individual Events	1st - 8th Ribbons
Relay Events	1st - 3rd Ribbons
“Skins” 50 Free	1st - 8th place - TBD Speedo prizes!

9 & 10 and 8 & Under - 1st through 3rd Individual High Point Trophies

SCRATCHES:

The IASI scratch rule is in effect.

NO SHOWS will be considered as an event contested and count toward the total.

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.

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 OR
ALCOHOL:

ALL Dubuque Community School District property, including Hempstead High School, are "Tobacco Free" areas. The use of any tobacco products or alcohol is prohibited.

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:

Programs. Printed programs WILL NOT be sold at the meet. Programs will be posted on-line under the "meet landing page" of the TeamDASH website and sent to each entering team to disseminate to their families by 8 p.m., Wednesday, November 19, 2025. Each team will receive a copy of the program 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 and DASH websites. A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$10.00.

Concessions. TBD

Swim apparel/merchandise. Simply Swimming OR Splash Multi-sport will be available.

Spectator information. No admission for spectators. Free parking is available.

INDEMNITY: In granting this approval 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.

SESSIONS and ORDER of EVENTS

Friday, November 21, 2025

Session ONE

Warm-ups: 4:30-5:20 pm

Competition: 5:30 p.m.

GIRLS EVENT #	Age Group	EVENT	BOYS EVENT #
1*+	11 & Over	500 yd. Free	2*+
3	10 & Under	500 yd. Free	4
5*+	11 & Over	400 yd. Individual Medley	6*+

* Events 1 & 2 (500 Frees) and 5 & 6 (400 I.M.) are limited to the fastest 40 entries in each gender in each event, or, if not 40 in one of the genders, will fill to 80 total.

+ A thirty (30) minute break between swims in the 500 Free and 400 I.M. will be guaranteed, for any swimmers doing both events.

Saturday, November 22, 2025

Session TWO - Morning PRELIMS

Warm-ups: 9:30-10:20 a.m.

Competition: 10:30 a.m.

GIRLS EVENT #	Age Group	EVENT	BOYS EVENT #
23p	11 & Older	200 yd. Individual Medley	24p
25p	11 & Older	100 yd. Freestyle	26p
27p	11 & Older	100 yd. Breaststroke	28p
29p	11 & Older	100 yd. Backstroke	30p
31p	11 & Older	100 yd. Butterfly	32p
33p	11 & Older	50 yd. Freestyle	34p

Session THREE

Warm-ups: Not before 2:00 p.m. / Minimum of 40 minutes

Competition: Not before 2:50 p.m.

GIRLS EVENT #	Age Group	EVENT	BOYS EVENT #
7	10 & Under	100 yd. Individual Medley	8
9	10 & Under	50 yd. Freestyle	10
11	10 & Under	50 yd. Breaststroke	12
13	10 & Under	50 yd. Backstroke	14
15	10 & Under	50 yd. Butterfly	16
17	10 & Under	100 yd. Freestyle	18
19	8 & Under	100 yd. Medley Relay	20
21	10 & Under	200 yd. Medley Relay	22

Session FOUR - Evening FINALS / Heats contested for each gender as;

11 & 12 "B-A" / 13 & Over "C-B-A", except #33 & #34 (see below)

Warm-ups: Not before 5:00 p.m. / Minimum of 50 minutes

Competition: Not before 6:00 p.m.

GIRLS EVENT #	Age Group	EVENT	BOYS EVENT #
23f	11 & Older	200 yd. Individual Medley	24f
25f	11 & Older	100 yd. Freestyle	26f
27f	11 & Older	100 yd. Breaststroke	28f
29f	11 & Older	100 yd. Backstroke	30f
31f	11 & Older	100 yd. Butterfly	32f
33f**	11 & Older	50 yd. Freestyle	34f**

**Heat Order for #33 & #34 50 Free, each gender;

Super Final Quarterfinal (Top-8, any age, from Prelims)

11 & 12 "B-A"

Super Final Semifinal (Top-4 from Quarterfinal round)

13 & Over "C-B-A"

Super Final Championship (Top-2 from Semifinal round)

Sunday, November 23, 2025

Session FIVE

Warm-ups: 7:30-8:10 a.m.

Competition: 8:20 a.m.

GIRLS EVENT #	Age Group	EVENT	BOYS EVENT #
35	10 & Under	200 yd. Individual Medley	36
37	8 & Under	25 yd. Butterfly	38
39	10 & Under	100 yd. Butterfly	40
41	8 & Under	25 yd. Backstroke	42
43	10 & Under	100 yd. Backstroke	44
45	8 & Under	25 yd. Breaststroke	46
47	10 & Under	100 yd. Breaststroke	48
49	8 & Under	25 yd. Freestyle	50
51	10 & Under	200 yd. Freestyle	52
53	8 & Under	100 yd. Free Relay	54
55	10 & Under	200 yd. Free Relay	56

Session SIX

Warm-ups: Not before 10:30 a.m. / Minimum of 50 minutes

Competition: Not before 11:30 a.m.

GIRLS EVENT #	Age Group	EVENT	BOYS EVENT #
57	11 & Over	200 yd. Medley Relay	58
59	11 & Over	200 yd. Butterfly	60
61	11 & Over	50 yd. Backstroke	62
63	11 & Over	200 yd. Freestyle	64
65	11 & Over	100 yd. Individual Medley	66
67	11 & Over	200 yd. Breaststroke	68
69	11 & Over	50 yd. Butterfly	70
71	11 & Over	200 yd. Backstroke	72
73	11 & Over	50 yd. Breaststroke	74
277****	11 & 12	1000 yd. Freestyle	278****
75	11 & Over	200 yd. Free Relay	76
77***	13 & Over	1000 yd. Freestyle	78***

*** Events #77 & #78, 1000 Frees are limited to the fastest 24 entries in each gender in each event, or, if not 24 in one of the genders, will fill to 48 total.

**** Events #277 & #278, 1000 Frees are limited to the fastest 8 entries in each gender in each event, or, if not 8 in one of the genders, will fill to 16 total.