



Spring Into Summer

Saturday, June 7, 2025

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

OPEN INVITE

Hosted by the Dubuque Area Swimmin' Hurricanes (DASH)

IASI SANCTION: IA-25-88. Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).

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

All applicable 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 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>

DATE: Saturday, June 7, 2025

TIME:	<u>Day</u>	<u>Coaches Mtg.</u>	<u>Warm-ups*</u>	<u>Competition</u>
	Morning (11&Under)	8:15 am	8:30 - 9:10 am	Not before 9:20 am
	Afternoon (12&Over)	TBD	Not before 11:00 am	Not before Noon
	Session 2 start times will be determined once entries are received.			

* Warm-ups WILL be split if numbers dictate. Groups will be determined once entries are received. Sessions will be 40 minutes each group.

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:

- A pool which is 40 yds. long by 25 yards wide with a moveable bulkhead
- Racing course will be set so that there are eight nine-foot wide 25-yard lanes turning at the bulkhead, with an additional five 25-yard seven-foot wide lanes for warm-up and cool-down
- 6" deep at the starting end and 6'7" deep at the turn end
- 8 & Under 25 yd. events will start from the bulkhead
- Spectrum starting blocks that include wedges and side rails
- Daktronics Timing System with eight-foot touch pads, one button back up, and two timers w/stopwatch back-up
- Daktronics Eight-Lane Timing Scoreboard
- Parking available around the Aquatic Center
- The meet will be live-streamed via the DASH website. Details to follow.

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).

WARM-UPS: The IASI mandatory warm-up procedure will be followed in accordance with the IASI Policies and Procedures. The pool will be cleared 10 minutes prior to competition.

WARM-UPS: 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 Meet Referee prior to his or her warm-up. The 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.

MEDICAL: Lifeguards will supervise the warmup pool during competition, but not during warm-ups. First Aid and AED devices are available on the pool deck.

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. Swimmers may enter up to four (4) individual events.
3. Seed times must be submitted for a 25 yd. course. Converted times are not allowed. If a swimmer does not have a time for an event, please enter NT.
4. Swimmers must enter the age group as of June 7, 2025.

ENTRY FEES & SUBMISSION:

1. Individual events: \$7.00 per event.

2. IASI swimmer surcharge: \$6.00 per swimmer.
3. Manual entries (for teams entering more than five swimmers): \$2.00 per swimmer.
4. The entry fee for each outreach swimmer who qualifies for LSC benefits is \$5.00 and covers all individual events swum by an outreach swimmer.

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 Swimm' 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 beginning on Monday, May 5, 2025, 10:00 a.m. CT.
2. All other entries will be accepted beginning on Monday, May 12, 2025, 10:00 a.m. CT.
3. Handwritten entries, along with entry fees and financial sheet, must be received no later than Noon CT, Friday, May 30, 2025.
4. Electronic entries must be received no later than Noon, Monday, June 2, 2025. A hardcopy of the entries, along with entry fees and financial sheet, must be received by Noon CT, Wednesday, June 4, 2025 OR arrangements made to pay at the meet. Failure to submit the hardcopy and fees by this deadline, or make arrangements, will 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:

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 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

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

REFEREE: TBD

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. 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. Deck changes are prohibited.
4. The host is not responsible for providing rest for swimmers between events. Breaks WILL NOT be taken for swimmers who are swimming back to back or close races. Plan accordingly.
5. The USA Swimming mobile application is acceptable proof of membership in USA Swimming. Coaches and Officials must produce proof of membership in USA Swimming immediately upon request by the Referee or his/her delegate or leave the pool deck.
6. 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.
7. Events will be pre-seeded.

SCORING: None

AWARDS: Individual Events 1st - 8th Ribbons for 11 & Younger events only

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 for teams to disseminate to their families by 8 p.m., Thursday, June 6, 2025. Each team will receive a copy of the program in the coaches' packet. Each volunteer official will receive a complimentary program.

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 \$5.00.

Concessions. A light concession stand will be available.

Swim apparel/merchandise. TBD

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

INDEMNITY: In granting this approval it is understood and agreed that USA Swimming and IASI shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.



Spring Into Summer

Saturday, June 7, 2025

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

OPEN INVITE

Sanction: IA-25-88

Session ONE - Morning (11 & Under)

Warm-ups: 8:30-9:10 a.m.

Competition: 9:20 a.m.

GIRLS EVENT #	Age Group	EVENT	BOYS EVENT #
1	10 & 11	100 yd. Individual Medley	2
3	9 & Under	100 yd. Individual Medley	4
5	8 & Under	25 yd. Freestyle	6
7	10 & 11	50 yd. Freestyle	8
9	9 & Under	50 yd. Freestyle	10
11	8 & Under	25 yd. Breaststroke	12
13	10 & 11	50 yd. Breaststroke	14
15	9 & Under	50 yd. Breaststroke	16
17	8 & Under	25 yd. Backstroke	18
19	10 & 11	50 yd. Backstroke	20
21	9 & Under	50 yd. Backstroke	22
23	8 & Under	25 yd. Butterfly	24
25	10 & 11	50 yd. Butterfly	26
27	9 & Under	50 yd. Butterfly	28
29	8 & Under	50 yd. Freestyle	30
31	10 & 11	100 yd. Freestyle	32
33	9 & Under	100 yd. Freestyle	34
35	8 & Under	100 yd. Individual Medley	36

Session TWO - Afternoon (12 & Over)

Warm-ups: Not before 11:00 a.m.

Competition: Not before 12:00 p.m.

GIRLS EVENT #	Age Group	EVENT	BOYS EVENT #
37	12 & Over	200 yd. Individual Medley	38
39	12 & Over	50 yd. Breaststroke	40
41	12 & Over	100 yd. Freestyle	42
43	12 & Over	100 yd. Breaststroke	44
45	12 & Over	50 yd. Backstroke	46
47	12 & Over	200 yd. Backstroke	48
49	12 & Over	100 yd. Butterfly	50
51	12 & Over	50 yd. Freestyle	52
53	12 & Over	200 yd. Breaststroke	54
55	12 & Over	50 yd. Butterfly	56
57	12 & Over	100 yd. Backstroke	58
59	12 & Over	200 yd. Butterfly	60
61	12 & Over	100 yd. Individual Medley	62
63	12 & Over	200 yd. Freestyle	64
65	12 & Over	1000 yd. Freestyle	66
67	12 & Over	400 yd. Individual Medley	68