



D.A.S.H. Spring Pentathlon

Hosted by Dubuque Area Swimmin' Hurricanes

14 & Under OPEN Novelty

Saturday, May 17, 2025

Dubuque Community Schools Aquatic Center at Hempstead H.S.

Dubuque, IA

25 yd. Course

IASI SANCTION: IA-25-72
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 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.

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, May 17, 2025**

TIME: **Coaches mtg: 9:50 a.m. / Warm-ups: 10:00-10:50 a.m. / Competition: 11:00 a.m.**

If necessary, teams will be notified of their designated warm-up sessions via email by **6 p.m., Tuesday, May 13, 2025**

SITE: **Dubuque Community Schools Aquatic Center at Hempstead H.S.
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 nine-foot wide lanes for warm-up and cool-down
- 6'4" 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 w/side rails
- Daktronics Timing System with eight-foot touch pads, one button and two timers with stop watches as back-up per lane
- 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. All coaches 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. The pool will be cleared 10 minutes prior to competition.

SUPERVISION: 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 Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

MEDICAL SUPERVISION: 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 all five 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 May 17, 2025

ENTRY SUBMISSION: Entry fees are as follows:

1. The entry fee is \$7.00 per individual event.
2. The IASI Surcharge is \$6.00 per swimmer
3. Handwritten entries: \$2.00 per swimmer.
4. The entry fee for each swimmer eligible for LSC outreach benefits is \$5.00 and covers all individual events swum by an outreach swimmer including the IASI

surcharge.

Electronic entries must be submitted in a format compatible with **HyTek 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 **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 from teams/athletes in the Iowa LSC and Unattached members of the Iowa LSC, beginning at **1 p.m., Thursday, April 10, 2025**.
2. Entries will be accepted from all teams/athletes at **1 p.m., Thursday, April 17, 2025**.
3. Electronic entries must be received no later than Noon, **Monday, May 12, 2025**.
4. Handwritten entries, along with entry fees, additional \$2 per swimmer and financial sheet, must be received no later than **8 p.m., Friday, May 9, 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 **8 p.m., Wednesday, May 14, 2025**, unless prior arrangements have been agreed to in writing. *Failure to meet this deadline will result in swimmers remaining in the meet but all confirmed entries will be billed at the late entry fee.* Any unpaid balance remaining at the start of competition for the final session will be assessed an additional 10% late fee.
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:

NO Late Entries

SWIMMERS WITH

Swimmers with disabilities are encouraged to compete. The Information Form for

DISABILITIES:	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 coachdoug@teamdash.org . Send all print materials to DASH / Doug Colin, P.O. Box 1062, Dubuque, IA 52004-1062.
MEET DIRECTORS:	Doug Colin coachdoug@teamdash.org 563-543-1105
REFEREE:	TBD
OFFICIALS:	The Dubuque Area Swimmin' Hurricanes welcome any visiting USA Swimming officials who would like to officiate at this meet. If you are able to officiate, please contact the Referee (TBD) OR sign-up on the meet page of the DASH website (www.teamdash.org).
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. 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. All events will be PRE-SEEDED. NO DECK ENTRIES will be allowed. 4. Deck changes are prohibited. 5. The host is not responsible for providing rest for swimmers between events. If a swimmer has less than 10 minutes between swims, the swimmer (or swimmer's coach) should inform the referee. 6. 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. 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 Pentathlon Awards will be determined by the fastest total time for swimmers legally completing all 5 events in their age group.
AWARDS:	Individual Events: Ribbons, 1st - 8th Pentathlon: Trophies, 1st - 3rd in each age group and gender
SCRATCHES:	There is no penalty for scratching OR missing an event.

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 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. Program: Printed programs WILL NOT be sold at the meet. Programs will be posted on-line under the "meet landing page" (HOSTED MEETS) of the TeamDASH website (www.teamdash.org) and sent to each entering team to disseminate to their families by 8 p.m., Thursday, May 15, 2025. Each team will receive a copy of the program in the coaches' packet. Each volunteer official will receive a complimentary program.
2. Results: Electronic results will be provided to all teams participating in the meet. Final Results will also be posted on IASI website. A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00.
3. Swim apparel/merchandise. There WILL NOT be a vendor present.
4. Concessions: A lite concession stand 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.



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Saturday, May 17, 2025

Dubuque Community Schools Aquatic Center at Hempstead H.S.

Dubuque, IA

25 yd. Course

Sanction #: IA-25-72

Order of Events

Coaches' Meeting: 9:50 a.m. / Warm-up: 10:00-10:50 a.m. / Competition: 11:00 a.m.

Girls Events	Age Group	Event	Boys Events
1	13 & 14	100 Fly	2
3	11 & 12	50 Fly	4
5	9 & 10	50 Fly	6
7	8 & Under	25 Fly	8
9	13 & 14	100 Back	10
11	11 & 12	50 Back	12
13	9 & 10	50 Back	14
15	8 & Under	25 Back	16
17	13 & 14	100 Breast	18
19	11 & 12	50 Breast	20
21	9 & 10	50 Breast	22
23	8 & Under	25 Breast	24
25	13 & 14	100 Free	26
27	11 & 12	50 Free	28
29	9 & 10	50 Free	30
31	8 & Under	25 Free	32
33	13 & 14	200 IM	34
35	11 & 12	100 IM	36
37	9 & 10	100 IM	38
39	8 & Under	100 IM	40