

IOWA SWIMMING, INC.
2025 East Winter REGIONAL AND 8 & UNDER
CHAMPIONSHIPS

February 15 & 16, 2025

Hosted by
Dubuque Area Swimmin' Hurricanes



Teams Attending East Regions

DASH - BETT - NS - DMET - COE - MACR - ICE - IFLY - PSC - GRAC - LSMT - BAB

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IASI SANCTION IA-25-48. 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.

DATES Saturday, February 15 & Sunday February February 16, 2025

TIMES	Session	Warm-Up	Competition
1	Saturday Morning	Not before 7:00 am	8:30 am
2	Saturday Afternoon	Not before 12:00 pm	Not before 12:45 pm
3	Saturday Evening	Not before 4:00 pm	Not before 5:00 pm
4	Sunday Morning	Not before 7:00 am	8:30 am
5	Sunday Afternoon	Not before 12:00 pm	Not before 1:00 pm

Should warm-up need to be split, clubs will be notified by 6:00 pm on Thursday February 13th.

The pool deck will open 30-minutes prior to warm-ups and will close 30-minutes after the conclusion of the last event each day. Athletes must remove all personal items each day. Items left on the pool deck will be collected and placed in lost and found.

**TECHNICAL
MEETING**

Saturday, February 15, 2025 at 6:45am in the pool deck wet classroom, and, as necessary throughout the meet.

Meet details will be discussed.

Details and information discussed at this meeting will be emailed to all coaches and available from the Meet Referee following the meeting. Coaches are responsible for all information presented and included in this information.

SITE Dubuque Community Schools Aquatic Center at Hempstead High School
3715 Pennsylvania Avenue
Dubuque, IA 52002

FACILITY The pool is an 8-lane, 25 yd. competition pool, 9' wide lanes, 12' depth at primary start end, 7' depth at the turn and 8 & Under 25 yd. event start end, with

additional five (5) 7', 25 yd. warm-up lanes, Daktronics timing system and readout board, touchpad, 2 buttons and 2 watches per lane.

The host will ensure the required course dimensions.

Athletes, coaches, meet personnel, and officials will be limited to the natatorium and competitive swimming areas in the facility. Accessing other areas of the building without permission is prohibited. Entry into other areas of the facility could result in expulsion from the meet without entry fees or admission reimbursement.

COACHES

Sign In. Only currently registered USA Swimming member coaches 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 membership.

WARM UP

The IASI Mandatory Warm-Up Procedure and IASI Championship Warm-Up Procedure will be followed. 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, except during the 8 & Under Championship session warm-ups, for warm-up and warm-down. 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.

MEDICAL SUPERVISION

A lifeguard will be on duty during competition, covering the warm-up /warm-up down lanes only.

An AED is available on the pool deck.

RACING STARTS

Any athlete 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 athlete or the athlete's legal guardian to ensure compliance with this requirement.

ENTRY

1. Athletes must be current IASI registered athletes.

REQUIREMENTS

2. USA Swimming registrations will not be accepted at the meet. Meet hosts will notify clubs of any entered swimmers whose membership cannot be verified through the pre-meet reconciliation process. Swimmer have until 10-minutes prior to the opening of warm-up for the first session in which they are entered to compete to provide proof of membership by either:
 - (i) presenting a membership card from the USA Swimming mobile app or website (screenshots of membership cards will not be accepted)
 - (ii) demonstrating that the swimmer appears on the current club roster report produced from the USA Swimming SWIMS 3.0 database
3. Any swimmer that fails to provide proof of membership will not be permitted to compete, forfeits their entry fees, and will be administratively disqualified from the entire meet.
4. All athletes must be entered into the meet prior to entering the water or competing in an event. If an athlete participates in a relay prior to entering the meet, the relay team shall be disqualified, even if proof of registration is provided after the relay has competed.

ENTRY & SEED TIME

1. For all events, a swimmer shall be entered using their fastest conforming (SCY) time for the event from the SWIMS database, if available. If a swimmer has no available entry time for the event in SWIMS, the coach shall enter an estimated SCY time which best reflects the ability of the swimmer. NT entries are not allowed.
2. Athletes who age up to a new age group between the Regional Championships and the IASI {Age Group State and Senior State} will be able to swim in the age group corresponding to their age on the first day of the Regional Championships in those events offered in their current age group in which they do not have an Iowa Q-time standard for their new age group, even if they have an Iowa Q-time standard in those events for their current age group. Athletes who swim events under this rule will not be eligible for awards or points. This rule will not change the current IASI rule regarding relay competition.

8 & Under Championship Session

1. There are no qualifying standards for 8 & Under events.
2. Athletes may enter a maximum of five (5) individual events during the 8 & Under session plus relays, provided they do not enter any 10 & Under events on the same day.

3. Athletes entering 10 & Under events on the day of the 8 & Under session must subtract the number of 10 & Under events entered from the allowable amount for the 8 & Under session.
4. Athletes 8 & Under who enter 10 & Under events cannot have a time faster than a 10 & Under Iowa Q time standard for the event they are entering.

All Other Sessions

1. Athletes may enter events in which they have not achieved the IASI Q-time standard.
2. Athletes may not enter more than four (4) individual events per day plus relays.

RELAY ENTRIES

There is no relay entry limit per individual athlete. Relay entries do not count towards the individual event entry limits per session, per day or for the meet. An athlete may only swim on one relay team per event. Unattached athletes may not swim on relays.

Athletes who have an Iowa Q-Time standard in the 50 yard or meter distance of a stroke may not swim that leg in a 200 relay. Athletes 13 & Over who have an Iowa Q-Time standard in the 100 yard or meter Back, Breast, or Fly may not swim the leg of that particular stroke in the 200 medley relay.

ENTRIES

Entries Open: Tuesday, January 14, 2025 at 12:00 pm (Noon)
Entry Deadline: Friday, February 7, 2025 at 12:00 pm (Noon)

ENTRY SUBMISSION

1. Entries may be submitted by:
 - a. Electronic entry file in a format compatible with Hy-Tek Meet Manager software, or
 - b. Manual entries on the IASI Meet Entry Form (APP-7)
2. If submitting electronic entries, the team must include a copy of the entries and a financial summary in PDF format. No team generated electronic entries will be accepted without these attachments.
3. Send electronic entries by email to Doug Colin / coachdoug@teamdash.org. Receipt will be confirmed by email. Send all printed materials to the Entry Chair at the address listed below. If sent by rush delivery, indicate no signature required. Neither entries nor entry changes will be accepted by phone or fax.
4. Entries for new qualifying times achieved after the entry deadline must be

submitted by 12:00 pm (Noon) on Monday, February 10, 2025 via email and will be charged the standard entry fees.

5. If an athlete entered in an event achieves an Iowa Q-Time standard after the entry deadline and the athlete or coach notifies the entry chair by Noon on Monday, February 10, 2025, the athlete may change the event without the entry being a late entry. The athlete will be refunded for the individual event entry fee should there be no other events eligible due to having achieved Iowa Q-Time standards in all available events.

ENTRY FEES

Individual Events	\$8.00 per event
Relay Events	\$12.00 per relay
IASI Swimmer Surcharge	\$6.00 per athlete
Outreach Athletes	\$5.00 total fee per athlete
Manual Entries	\$2.00 per athlete

Outreach Athletes. Swimmers must be a USA Swimming and IASI Outreach Athlete who qualifies for benefits to enter as Outreach. For swimmers that qualify, the entry fee for all individual events is \$5.00 total, including the IASI Swimmer Surcharge. Entries must be submitted by the listed entry deadline. To qualify for the reduced entry fee, teams must provide the total number of Outreach Athletes and their individual entries by 12:00 pm (Noon) on Monday, {February 10th}. Names of Outreach Athletes must not be provided to host clubs.

Manual Entries. An additional fee of \$2.00 per athlete will be assessed for:

- a. Teams using APP-7 to enter five (5) or more athletes on or before the first day of the meet,
- b. Teams using APP-7 for entries submitted after the first day of the meet, or
- c. For IASI-affiliated unattached athletes who use APP-7 for entry.

Payment Deadline. Entry fees are due 15 minutes before the start of warmups of the first session in which the team is competing. A hard copy of the financial sheet (APP-8) must accompany entry fees.

Payment shall be made by check payable to **Dubuque Area Swimmin' Hurricanes**. The meet host 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.

LATE ENTRIES

1. Late entry deadline is 6:00 pm on the day prior to the event via email or on deck at the administration table. Athletes who late enter the meet will be required to provide proof of USA Swimming registration in the Iowa LSC.
2. Late entries, submitted with proof of time, will be seeded with their entry time. If necessary, a zero heat will be created.

3. All late entry relays will be seeded with a No Time.

4. Late entry fees are:

Individual Events	\$16.00 per event
Relay Events	\$24.00 per relay

PSYCH SHEETS Psych Sheets will be posted on the meet landing page on the TeamDASH website - www.teamdash.org by 5:00 pm on Wednesday, Wednesday February 12, 2025.

ATHLETES WITH DISABILITIES Athletes with disabilities are encouraged to compete. There are no qualifying time requirements for such athletes. Athletes with disabilities may not compete in events in which they hold an Iowa Q-Time standard.

The information Form for Adapted Competitive Athletes (APP-21) indicating accommodations and requested modifications should be completed and attached to the meet entries. Modifications will be determined by the Meet Referee. The athlete (or athletes' coach) is responsible for providing any equipment or assistance required. See Article 105 of USA Swimming Rules.

SEND ENTRIES TO Send electronic entries by email to the Entry Chair. Receipt will be confirmed by email.

Mail all printed materials to:
DASH
ATTN: 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

ENTRY CHAIR Doug Colin
(563) 543-1105
coachdoug@teamdash.org

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

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

OFFICIALS	Officials must be signed up by 12:00 pm (Noon), Monday, February 10, 2025, for those sessions to count towards their club's number of required positions. Officials meetings for each session will commence one hour prior to the start of competition for each session.
TIMERS	Teams will be informed of the number of timers needed and sessions to be worked by 8:00 pm on Tuesday, February 11, 2025. Teams may divide timing assignments among more than one person, provided everyone participating attends the timer's briefing for that session. The timer briefing will be held 25 minutes before the start of the competition for each session. Additionally, each club (or unattached athlete) must provide one (1) timer for each athlete competing in the 1000 Free or 1650 Free.
LAP COUNTERS	Each athlete competing in the 500, 1000 Free and 1650 Free are responsible for providing their own lap counter, if desired. Lap counting cards will be provided by the host club.
MEET COMMITTEE	A meet committee consisting of the Meet Director, Meet 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 Meet Referee and the decision of the Meet Referee is final.
MEET OPERATIONS	1. Heat sheets will be posted on the meet landing page. 2. All events are timed finals. 3. Athletes shall report directly to the blocks. 4. Events may be combined to facilitate meet operations and separated afterward for scoring and results. 5. FINA whistle starts and no recall on false starts policy will be used. Flyover starts may be used during all events. 6. All events will be pre-seeded, except for the 1000 Free and 1650 Free. Positive check-in closes 30 minutes before the start of competition for the event's session. Athletes who fail to check in by the deadline and want to swim the event will be down-seeded to the slowest heats and the slowest lanes if lanes are available, however, additional heats will not be added. 7. The 13-14 and 15 & Over 1000 Free and 1650 Free will each be seeded

together, alternating girls and boys heats, fastest to slowest. For results and scoring, the events will be separated later. The 11-12 1000 Free will be swum fastest to slowest, alternating girls and boys.

8. If names are on entry sheets for relays, those names will be on the relay cards at the meet. All relay cards for each day will be distributed before morning warm-ups. All four (4) full athlete names, ages, and order of swimming must be listed on each card and order should be verified by the coach. All relay cards should be submitted at least thirty (30) minutes before the relay event is scheduled to swim. Submission times are based on the published timeline of the session's events. Relay cards are submitted to the administration table. Any relay that enters the water before a relay card is presented to the administration table will be disqualified. Once recorded by the administration table, teams may change names and/or order of athletes with the timers prior to the start of the heat.
9. Deck changes are prohibited.
10. Operation of a drone - foreign or domestic, or any other flying apparatus, is prohibited over the venue (pools, athletes/coach areas, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and / or spectators are present.

SCRATCHES

The IASI Scratch Rules are in effect.

SCORING

For 8 & Under ONLY;

Individual Events

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

Relay Events

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Points	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Only two relays per team, per event, per gender may score points.

AWARDS

Individual Events

8 & Under Events

1st - 8th	Medals
9th - 16th	Ribbons

9 & Over Age Groups

1st - 3rd	Medals
4th - 8th	Ribbons

Relay Events

1st - 3rd	Medals
4th - 8th	Ribbons

Presentation. Awards for the 8 & Under Championships will be presented on the pool deck following every two event cycles for the top eight (8) finishing athletes in each event.

Swimmers with Disabilities. For medals and ribbons, swimmers with disabilities will be awarded individually based on classification.

High Point. An award will be presented to the top three (3) athletes, boys and girls, for the 8 & Under age group only.

Team Age Group Awards. An 8 & Under Championship banner will be presented to the team scoring the most combined points during the 8 & Under Championship session. No other age groups will be awarded.

IASI Sportsmanship & Spirit Award. IASI will provide and present this award. One coach and one athlete from each team will vote, as well as the Meet Referee. Criteria to use will be included 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 website and on the meet landing page. A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00.

CONCESSIONS

A variety of light concessions will be available, food bars, sports drinks, water.

MERCHANDISE

Simply Swimming will be on-site w/apparel and swim supplies.

MEET PROGRAMS

Heat sheets will be available on the meet landing page.

PARKING

Available adjacent to the aquatic center, north side of the high school.

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

The use of any tobacco products or the consumption of alcohol is not permitted anywhere in the swimming venue.

IMAGE AUTHORIZATION

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of IASI. Participants authorize the use of names, pictures, likenesses, and biographical information before, during, or after the meet to promote competitive swimming. All participants agree not to use awards received in the competition for the purpose of trade or financial gain.

DISCLOSURES

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.

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 the 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/coaches-and-administrators/meet-policy-procedure-documents-and-resources>

EVENT ORDER**Session 1 - Saturday Morning**
February 15, 2025

Warm Up: Not before 7:00 am

Competition: 8:30 am

Girl's Event #	Event	Boy's Event #
1	11-12 100 Freestyle	2
3	11-12 400 I.M.	4
5	10 & Under 100 Freestyle	6
7	11-12 100 Breaststroke	8
9	10 & Under 50 Breaststroke	10
11	11-12 200 Backstroke	12
13	10 & Under 100 Backstroke	14
15	11-12 50 Butterfly	16
17	10 & Under 50 Butterfly	18
19	11-12 100 I.M.	20
21	10 & Under 100 I.M.	22
23	11-12 50 Backstroke	24
25	11-12 200 Butterfly	26
27	10 & Under 200 Medley Relay	28
29	11-12 200 Medley Relay	30
15 Minute Break		
31	10 & Under 500 Freestyle	32
33	11-12 500 Freestyle	34

Session 2 - Saturday Afternoon
February 15, 2025

Warm Up: Not before 12:00 pm

Competition: Not before 12:45 pm

Girl's Event #	Event	Boy's Event #
35	8 & Under 100 Medley Relay	36
5 Minute Break		
37	8 & Under 100 Freestyle	38
Awards Break		
39	8 & Under 25 Breaststroke	40
5 Minute Break		
41	8 & Under 50 Backstroke	42
Awards Break		
43	8 & Under 25 Butterfly	44
5 Minute Break		
45	8 & Under 50 Freestyle	46
Awards Break		
47	8 & Under 100 I.M.	48
5 Minute Break		
49	8 & Under 50 Breaststroke	50
Awards Break		
51	8 & Under 25 Backstroke	52
5 Minute Break		

53	8 & Under 50 Butterfly	54
Awards Break		
55	8 & Under 25 Freestyle	56
5 Minute Break		
57	8 & Under 100 Freestyle Relay	58
Awards		

Session 3 - Saturday Evening February 15, 2025

Warm Up: Not before 4:00 pm

Competition: Not before 5:00 pm

Girl's Event #	Event	Boy's Event #
59	13-14 100 Freestyle	60
61	15 & Over 100 Freestyle	62
63	13-14 400 I.M.	64
65	15 & Over 400 I.M.	66
67	13-14 100 Breaststroke	68
69	15 & Over 100 Breaststroke	70
71	13-14 200 Backstroke	72
73	15 & Over 200 Backstroke	74
75	13-14 100 Butterfly	76
77	15 & Over 100 Butterfly	78
79	13-14 200 Medley Relay	80
81	15 & Over 200 Medley Relay	82
15 Minute Break		
83	13-14 500 Freestyle	84
85	15 & Over 500 Freestyle	86

Session 4 - Sunday Morning February 16, 2025

Warm-ups: Not before 7:00 am

Competition: Not before 8:30 am

Girl's Event #	Event	Boy's Event #
87	11-12 50 Freestyle	88
89	10 & Under 50 Freestyle	90
91	11-12 200 I.M.	92
93	10 & Under 200 I.M.	94
95	11-12 200 Breaststroke	96
97	10 & Under 100 Breaststroke	98
99	11-12 100 Backstroke	100
101	10 & Under 50 Backstroke	102
103	11-12 100 Butterfly	104
105	10 & Under 100 Butterfly	106
107	11-12 200 Freestyle	108
109	10 & Under 200 Freestyle	110
111	11-12 50 Breaststroke	112
113	10 & Under 200 Freestyle Relay	114

115	11-12 200 Freestyle Relay	116
	15 Minute Break	
117	11-12 1000 Freestyle	118

Session 5 - Sunday Afternoon
February 16, 2025

Warm-ups: Not before 12:00 pm

Competition: Not before 1:00 pm

Girl's Event #	Event	Boy's Event #
119	13-14 200 I.M.	120
121	15 & Over 200 I.M.	122
123	13-14 50 Freestyle	124
125	15 & Over 50 Freestyle	126
127	13-14 200 Breaststroke	128
129	15 & Over 200 Breaststroke	130
131	13-14 100 Backstroke	132
133	15 & Over 100 Backstroke	134
135	13-14 200 Freestyle	136
137	15 & Over 200 Freestyle	138
139	13-14 200 Butterfly	140
141	15 & Over 200 Butterfly	142
143	13-14 200 Freestyle Relay	144
145	15 & Over 200 Freestyle Relay	146
	15 Minute Break	
147	13-14 1000 Freestyle	148
149	15 & Over 1000 Freestyle	150
151	13-14 1650 Freestyle	152
153	15 & Over 1650 Freestyle	154