

IOWA SWIMMING, INC
2025 DOWLING CATHOLIC RIPTIDE H2OPENER
MAY 3RD TO MAY 4TH, 2025

IASI SANCTION:	IA-25-68. 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, May 3 rd and Sunday, May 4 th , 2025		
TIME:	Sessions	Warm-Ups	Competition
	1 – Saturday, May 3 rd	8:00 AM	9:00 AM
	2 – Saturday, May 3 rd	not before 12:00 PM	not before 1:00 PM
	3 – Sunday, May 4 th	8:00 AM	9:00 AM
	*Session 2 warm-up and competition times will start no earlier than the times listed. Final start times will be published on the landing page (www.dowlingcatholicriptide.com) prior to the start of the meet.		
SITE:	Wellmark YMCA 501 Grand Avenue Des Moines, IA 50309		
FACILITY:	The Prairie Meadows Pool is an 8 lane, 50 meter long course pool. Water depth of the pool ranges from 10 feet 8 inches to 7 feet. Lane width is 8 feet 3 inches. The 4 lane 25 yard program pool may be available for warm-up if needed. Colorado electronic timing systems will be used in all configurations. The host will ensure the required course dimensions.		
MEDICAL SUPERVISION:	The Wellmark YMCA will provide American Red Cross certified lifeguards on surveillance at all times the pool deck is open. A first aid station will be located on the pool deck near the gold wall and staffed with YMCA personnel certified in first aid, CPR and AED use. The nearest AED is located outside the main pool deck doors.		
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 all certifications are current. The official mobile application of USA Swimming is acceptable Proof of USA Swimming Membership.		
WARM-UP SUPERVISION:	The IASI mandatory warm-up procedure will be followed. Swimmers must be under the supervision of a USA Swimming member-coach during warm-up, competition and warm-down. The Meet Director or Meet 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.		
	Facility rules require a 3 point, feet first, slide in entry for lanes designated for circle swim during warm-up and cool-down.		

If there are no longer any swimmers warming up, the Referee may exercise, at his or her sole discretion, to declare the pool closed prior to the scheduled end of warm-up. Under such circumstances, competition may begin ahead of schedule.

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 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 no more than 4 individual events per day. 12 & Under swimmers must choose to swim in session 1 OR 2 on Day 1 (Saturday).
3. Seed times must be submitted for a 50 meter long course (LCM) pool. Converted times are not allowed.
4. NT entries are not allowed. IF a swimmer has no available entry time for the event in SWIMS, the coach shall enter an estimated LCM time which best reflects the ability of the swimmer.

**ENTRY
SUBMISSION:**

Entry fees are as follows:

1. Individual events: \$8.00 per event.
2. Facility fee: \$15 per swimmer
3. IASI swimmer surcharge: \$6 per swimmer. The surcharge is not assessed to outreach swimmers.
4. Handwritten entries are subject to a \$2.00 fee per athlete
5. The entry fee for each swimmer who qualifies for LSC outreach benefits is \$5.00 and all events swum by that athlete
6. 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)
7. Submit entries along with the appropriate IASI Financial Sheet (APP-8.1). If submitting electronic entries, include a copy of the entries including fees and the financial sheet
8. Clubs entering outreach swimmers should only provide the number of outreach swimmers and number of events being swum by those athletes to the host club. The names of the outreach swimmers are NOT to be provided to the host club
9. Payment shall be made by check or money order payable to: Dowling Catholic Riptide.
10. All entry fees, including IASI surcharges, 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 surcharges will only be refunded if the entire meet is cancelled

**ENTRY DATES
AND DEADLINES:**

1. Entries will be accepted from teams/athletes in the Iowa LSC beginning at Noon on April 1, 2025.
2. Entries will be accepted from all teams/athletes beginning at Noon on April 8, 2025.
3. Electronic entries must be received no later than Noon on April 28, 2025.
4. Handwritten entries, along with entry fees and a financial sheet must be received no later than Noon on April 28, 2025. Handwritten entries will not be considered entered into the meet until payment is received.

5. Once a team's entries have been accepted by the host club, that team is considered entered into the meet. The host club is not permitted to rescind a team's entries once the host club sends the email confirmation. 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, 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 a financial sheet and check for the fees must be received prior to the start of warm-ups on May 3rd unless other arrangements have been agreed upon. 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 a 10% late fee.
8. Entries will be confirmed via a return email receipt.
9. Entries will NOT be accepted by phone or fax.
10. 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:

Provided space is available, late entries will be accepted by email until Noon on May 1, 2025. After that time, late entries will only be accepted on deck up to the end of warm-ups of each session. Only swimmers already entered in the meet that have not reached their entry limit will be able to enter late after Noon on April 28, 2025. If the meet program has not been printed, swimmers shall be seeded into the meet and charged the late entry fee. If the meet has been seeded and programs printed, swimmers will be assigned to an empty lane. No heates will be added.

Late entry fees: Individual events - \$16 per event

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

SWIMMERS WITH DISABILITIES:

Swimmers with disabilities are encouraged to compete. The IASI Entry Form for Disability Athletes indicating limitations and requested modifications should be completed and attached to the meet entries. Modifications will be determined by the Meet Referee. The swimmer (or swimmer's coach) is responsible for providing any equipment or assistance required. See Article 105 of the USA Swimming Rules and Regulations.

SEND ENTRIES TO:

Send electronic entries and print materials by email to dchsriptide@gmail.com.

MEET DIRECTOR:

Dan Lake
dchsriptide@gmail.com
 515-577-4746

ENTRY CHAIR:

Dan Lake
dchsriptide@gmail.com
 515-577-4746

MEET REFEREE:	To Be Determined
OFFICIALS:	The Dowling Catholic Riptide welcome all visiting USA Swimming officials who would like to work the meet. If you are able to officiate, please contact the Meet Referee.
MEET COMMITTEE:	A meet committee consisting of the Meet Director, Meet Referee, Coach Representative, Athlete Representative, and a Certified Official 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 Meet Referee whose decision is final.
MEET OPERATION:	1. All events will be mixed age groups and genders. 2. All events will be pre-seeded EXCEPT the 12 & Under 400 Freestyle and the Open 800/1500 Freestyle which will have positive check-in and be deck seeded. The positive check-in deadline is 30 minutes prior to the start of competition. 3. All events will be swum fastest to slowest. 4. Fly-Over starts will be used. 5. Warm-up / Cool-down will be available in the program pool throughout competition. Continuous swimming is expected. 6. Deck changing is prohibited. 7. Participants may enter only one distance event (800 OR 1500 Freestyle). 8. 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) at any time athletes, coaches, officials, and / or spectators are present.
SCORING:	The meet will not be scored.
AWARDS:	Ribbons will be awarded for 1 st through 8 th place for events 1-11 for both male and female in the 8 & Under, 9-10, and 11-12 age groups.
SCRATCHES:	The IASI scratch rule is in effect. Swimmers are encouraged to declare a false start to the referee if they do not intend to swim an entered event. No-shows and DFS are considered entries for entry limits.
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 information to the host club by either 1. Showing the athlete's member card from the USA Swimming mobile app or website, or 2. Demonstrating 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-up for the first session in which they are entered to compete will not be permitted to compete, forfeits all 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, LOCKER ROOMS OR BEHIND THE STARTING BLOCKS.

ALCOHOL/TOBACCO:	The use of any alcohol or tobacco products, including vaping, 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, likeness, 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. Programs / Heat Sheets will be posted on the event landing page at www.dowlingcatholicriptide.com by Friday, May 2, 2025 and uploaded to Meet Mobile prior to the start of each session. 2. Electronic results will be provided to all teams participating in the meet once full payment and any additional fees for final payment are received. Final results will also be posted to the event landing page and the IASI website. A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00 3. A concession stand will be available on the skywalk level inside the venue during all sessions. 4. A hospitality room will be available for coaches and officials in the wet classroom. 5. Elsmore Swim Shop will be on-site during the meet selling apparel and merchandise. 6. There is no admission for spectators. 7. Deck access will be limited to only swimmers registered in the meet, coaches and meet personnel. 8. Glass containers of any kind are not permitted on the pool deck or in the spectator area at any time. 9. Parking is available in various parking garages around the YMCA. The garage at 5th & Keo is the closest to the facility and provides Skywalk access. Street parking is also available with meters charging between 9:00 AM and 9:00 PM.
INDEMNITY:	It is understood and agreed that USA Swimming, IASI, Dowling Catholic Riptide, and the Greater Des Moines YMCA shall be free from any liabilities or claims for damages arising by reason of Injuries to anyone during the conduct of the event.
MAAPP:	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.
QUALITY CONTROL:	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

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ORDER OF EVENTS

Session 1 – Saturday, May 3rd

Warm-Up: 8:00 AM, Competition: 9:00 AM

1. Mixed Open 100 Freestyle
2. Mixed Open 100 Butterfly
3. Mixed Open 400 Individual Medley
4. Mixed Open 100 Breaststroke
5. Mixed Open 100 Backstroke

Session 2 – Saturday, May 3rd

Warm Up: not before 12:00 PM, Competition: not before 1:00 PM

6. Mixed 12 & Under 200 Freestyle
7. Mixed 12 & Under 50 Freestyle
8. Mixed 12 & Under 50 Breaststroke
9. Mixed 12 & Under 50 Backstroke
10. Mixed 12 & Under 50 Butterfly
11. Mixed 12 & Under 400 Freestyle

Session 3 – Sunday, May 4th

Warm-Up: 8:00 AM, Competition: 9:00 AM

12. Mixed 13 & Over 400 Freestyle
13. Mixed Open 200 Backstroke
14. Mixed Open 200 Individual Medley
15. Mixed 13 & Over 50 Freestyle
16. Mixed Open 200 Breaststroke
17. Mixed Open 200 Butterfly
18. Mixed 13 & Over 200 Freestyle
19. Mixed 13 & Over 800 Freestyle*
20. Mixed 13 & Over 1500 Freestyle

*Swimmers may only enter 1 distance event (800 OR 1500 Freestyle)