

# **42<sup>nd</sup> Annual DMSF Birdland Invitational**

**Des Moines Swimming Federation**

**June 13-15, 2025**

**Wellmark YMCA (50 Meter)**

**IASI SANCTION:** IA-25-89R  
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:** **Friday-Sunday, June 13-15, 2025**

**TIME:**

		<b>Morning</b>	<b>Afternoon</b>
<b>Friday</b>	Warm-ups	---	2:30PM
	Competition	---	4:00PM
	Coach's Meeting	---	2:15PM
<b>Saturday</b>	Warm-ups	8:00AM	not before 12:00PM
	Competition	9:00AM	not before 1:00PM
	Coach's Meeting	7:50AM (if needed)	
<b>Sunday</b>	Warm-ups	8:00AM	not before 12:00PM
	Competition	9:00AM	not before 1:00PM
	Coach's Meeting	7:50AM (if needed)	

\* This is a preliminary timeline. Precise timelines will be distributed to teams by June 9<sup>th</sup>.

**SITE:** **Wellmark YMCA**  
**501 Grand Avenue**  
**Des Moines, IA 50309**

**FACILITY:** The Prairie Meadows Pool (competition pool) is a 20 lane 25-yard short course pool with one moveable bulkhead allowing for an 8 lane 50-meter long course pool or multiple configurations when running short course competition(s). Water depth of the pool ranges from 10 feet 8 inches to 7 feet (minimum 5 feet required at start end). Lane width is 8 feet 3 inches. The host will ensure the required course dimensions.

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**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 that all certifications are current.

**WARM-UPS:** The IASI mandatory warm-up procedure will be followed. Teams will be notified by June 9<sup>th</sup> if warm-ups need to be split.

SUPERVISION:	USA Swimming athlete members 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.
MEDICAL SUPERVISION	Lifeguards will supervise all warm-up, competition, and cool down swimming. AED devices are available on premises.
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 begin 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:	<ol style="list-style-type: none"> <li>1. Swimmers must be currently registered as athlete members of USA Swimming in order to compete in this meet.</li> <li>2. Swimmers may enter no more than 4 individual events and 1 relay event per day.</li> <li>3. Seed times must be submitted for a 50 meter course (50 LCM). No Time (NT) entries will be accepted. Converted times are not allowed.</li> </ol>
ENTRY SUBMISSION:	<p>Entry fees are as follows:</p> <ol style="list-style-type: none"> <li>1. Individual events: \$8 per event</li> <li>2. Relays: \$12.00 per relay</li> <li>3. IASI Swimmer surcharge: \$6.00 per swimmer</li> <li>4. USA Swimming Outreach Member who qualifies for LSC benefits: \$5.00 total for all individual events (includes IASI swimmer surcharge)</li> <li>5. Handwritten entries: \$2.00 per swimmer</li> </ol> <p>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).</p> <p>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.</p> <p>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 and verified by the IASI Administrative office. The names of the outreach swimmers are not to be provided to the host club. Outreach members who qualify for LSC benefits may enter the maximum number of individual events for a total fee of \$5.00, including the IASI Splash Fee.</p> <p>Payment shall be by check or money order made payable to <b>Des Moines Swimming Federation</b>. 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 cancelled.</p>
ENTRY DATES AND DEADLINES:	<ol style="list-style-type: none"> <li>1. Entries will be accepted from teams in the Iowa LSC and the following teams from outside the LSC: CBSC-MW beginning on May 12th, 2025 at 10:00am.</li> </ol>

2. Entries will be accepted from all teams beginning May 19th, 2025 at 10:00am.
3. Electronic entries must be received no later than 12:00 pm on Wednesday, June 4th, 2025.
4. Handwritten entries, along with entry fees and financial sheet, must be received no later than Wednesday, June 4th, 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. A hardcopy of the entries, along with the entry fees and financial sheet, must be received by Monday, June 9th unless *prior arrangements have been made in writing*.
7. Entries will be confirmed via a return email receipt.
8. 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 the teams.

**LATE ENTRIES:**

Provided space is available, late entries will be accepted on deck up to the beginning of warm-ups for each session. No additional heats will be created. The late entry fee will be \$12 per individual event and \$18 per relay. Please contact the meet entry chair to find out if late entries can 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 [entries@desmoinesswim.org](mailto:entries@desmoinesswim.org). Receipt will be confirmed by email. Send all printed materials to: **Tony Stec 1132 39<sup>th</sup> Street, West Des Moines, IA 50266**. If sent by rush delivery, indicate no signature required.

**MEET DIRECTORS:**

Tyler Smith  
[tyler@desmoinesswim.org](mailto:tyler@desmoinesswim.org)  
515-988-2722

Natalie Lyons  
[natalielyons83@gmail.com](mailto:natalielyons83@gmail.com)  
515-708-3801

**REFEREES:**

Marie Koenigsfeld  
[Mariejkoel@gmail.com](mailto:Mariejkoel@gmail.com)  
(515) 419-6453

Stuart Wilson  
[stuwilson1969@gmail.com](mailto:stuwilson1969@gmail.com)  
(515) 321-6963

**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. All events will be timed finals.

2. All events will be pre-seeded. Positive check-in events may be reseeded if a heat can be eliminated or the Meet Referee deems it necessary.
3. Positive check-in is required for the 400 IM, 400 Free, and 800 Free, and 1500 Free. Positive check-in deadline will be 30 minutes prior to the start of the session for that event. Swimmers who fail to check in by the deadline will be scratched. Swimmers who are scratched will be allowed to re-enter only if there are open lanes in the slowest heat.
4. Events will swim from slowest to fastest, except the 400 IM, 800 Free, 400 Free and 1500 Free will be swum fastest to slowest, alternating women and men.
5. Athletes entered into the 800m and 1500m Freestyle must supply their own timer.
6. 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.
7. Events may be combined by both age and gender to facilitate meet operation and separated later.
8. Relay cards will be distributed to coaches. Relay cards must be handed to the lane timers before the start of the heat for which the relay has been assigned. If names for the relay events are included in entries, those names will be on the relay card at the meet.
9. Deck changes are prohibited.
10. The official mobile application of USA Swimming 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 delegate or leave the pool deck.
11. 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:**

**This meet will not be scored.**

**AWARDS:**

**Awards will be given only to 12 and Under swimmers.**

1. Individual Awards: Ribbons will be given to 1st through 8th place finishers for each age group: 8U, 9-10, and 11-12.
2. Relay Awards: Ribbons will be given to the top 3 relay finishers.
3. Awards will not be given for the Friday night Open 50s.

**SCRATCHES:**

Please notify meet personnel if an athlete will not be competing all weekend. The IASI scratch rule is in effect.

**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:	<b>USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED AT ANY TIME IN CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS.</b>
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:	<ol style="list-style-type: none"> <li>1. <u>Program</u>: Programs/heat sheets will be uploaded to the DMSF website by noon on Thursday before the meet and uploaded to Meet Mobile prior to each session starting.</li> <li>2. <u>Results</u>: 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.</li> <li>3. <u>Concessions</u>: Concessions will be available.</li> <li>4. Meet results will be posted on Meet Mobile.</li> </ol>
MAAPP	<p>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.</p> <p>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.</p> <p>Additional information regarding the Required Quality Control System for Safe Sport may be found on the Iowa Swimming Website &gt; Meet Host Resources page <a href="http://www.gomotionapp.com/team/lscis/page/competition-resources">http://www.gomotionapp.com/team/lscis/page/competition-resources</a></p>
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.

# 42nd Annual DMSF Birdland Invitational

**Des Moines Swimming Federation**

**June 13-15, 2025**

## SESSION 1

**Friday, June 13, 2025**

Session 1						
Warm Ups - 2:30pm				Competition - 4:00pm		
Girls Event #		Age Group	Distance	Event		Boys Event #
1		Open	50m	Free		2
3		Open	50m	Breaststroke		4
5		11 & Over	400m	IM		6
7		Open	50m	Backstroke		8
9		11-12	800m	Free		10
11		Open	50m	Fly		12
13		11 & Over	1500m	Free		14
Positive check-in required for the 400IM, 800 free and 1500 free 30 minutes before the session starts.						

## SESSION 2

**Saturday Morning, June 14, 2025**

Session 2						
Warm Ups – 8:00am				Competition – 9:00am		
Girls Event #		Age Group	Distance	Event		Boys Event #
15		11-12	200m	Backstroke		16
17		10 & Under	100m	Breaststroke		18
19		11-12	100m	Breaststroke		20
21		10 & Under	200m	Free		22
23		11-12	200m	Free		24
25		10 & Under	50m	Backstroke		26
27		11-12	50m	Backstroke		28
29		10 & Under	100m	Fly		30
31		11-12	100m	Fly		32
33		10 & Under	50m	Free		34
35		11-12	50m	Free		36

5 Minute Break						
37		12 and Under	200m	Free Relay		38
10 Minute Break						
39		9-12	400m	Free		40
Positive check-in required for the 400m Free 30 minutes before the session starts.						

**SESSION 3**  
**Saturday Afternoon, June 14, 2025**

Session 3						
Warm Ups - not before 12:00pm				Competition - not before 1:00pm		
Girls Event #		Age Group	Distance	Event		Boys Event #
41		13 & Over	200m	IM		42
43		13 & Over	100m	Breaststroke		44
45		13 & Over	100m	Free		46
47		13 & Over	200m	Backstroke		48
49		13 & Over	100m	Fly		50
5 Minute Break						
51		13 & Over	400m	Free Relay		52
10 Minute Break						
53		13 & Over	400m	Free		54
Positive check-in required for the 400 free 30 minutes before the session starts.						

**SESSION 4**  
**Sunday Morning, June 15, 2025**

Session 4						
Warm Ups – 8:00am				Competition – 9:00am		
Girls Event #		Age Group	Distance	Event		Boys Event #
55		11-12	200m	IM		56
57		10 & Under	200m	IM		58
59		11-12	100m	Free		60
61		10 & Under	100m	Free		62
63		11-12	200m	Breaststroke		64
65		11-12	50m	Fly		66
67		10 & Under	50m	Fly		68

69		11-12	100m	Backstroke		70
71		10 & Under	100m	Backstroke		72
73		11-12	50m	Breaststroke		74
75		10 & Under	50m	Breaststroke		76
77		11-12	200m	Fly		78
5 Minute Break						
79		12 and Under	200m	Medley Relay		80

**SESSION 5**  
**Sunday Afternoon, June 15, 2025**

Session 5						
Warm Ups - not before 12:00pm				Competition - not before 1:00pm		
Girls Event #		Age Group	Distance	Event		Boys Event #
81		13 & Over	200m	Free		82
83		13 & Over	200m	Breaststroke		84
85		13 & Over	100m	Backstroke		86
87		13 & Over	50m	Free		88
89		13 & Over	200m	Fly		90
5 Minute Break						
91		13 & Over	400m	Medley Relay		92
10 Minute Break						
93		13 & Over	800m	Free		94
Positive check-in required for the 800 free 30 minutes before the session starts.						

*\*This is a preliminary timeline. Precise timelines will be distributed to teams once all entries are received.*



## FINANCIAL SHEET

MEET NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_ CODE: \_\_\_\_\_

COACHES ATTENDING MEET: \_\_\_\_\_

ENTRY CONTACT: \_\_\_\_\_

PHONE: (\_\_\_\_) \_\_\_\_ - \_\_\_\_ EMAIL: \_\_\_\_\_

ENTRY FEES	NUMBER	FEE	TOTAL \$
INDIVIDUAL ENTRIES TIMED FINAL EVENTS		\$ 8.00	
RELAY ENTRIES		\$ 12.00	
# SWIMMERS (Splash Fee)		\$ 6.00	
OUTREACH ATHLETES		\$5.00 total fees	
# SWIMMERS (Manual Entry Fee)		\$2.00	
	TOTAL ENTRY FEES		

TO WHOM DO FINAL RESULTS GO, IF REQUESTING A HARD COPY?

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