

**IOWA SWIMMING, INC.**  
**2026 SHORT COURSE CHAMPIONSHIPS**

**Thursday, February 26 - Sunday, March 1, 2026**

**Hosted by**  
Des Moines Swimming Federation



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**February 26, 27, 28, and March 1, 2026**

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<b>IASI SANCTION</b>	IA-26-037. Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).
<b>RULES</b>	Current USA Swimming technical and administrative rules and IASI policies and procedures will govern this meet.
<b>MAAPP</b>	<p>All 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 policy 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</p> <p style="text-align: center;"><a href="https://www.gomotionapp.com/team/lscis/page/competition">https://www.gomotionapp.com/team/lscis/page/competition</a></p>
<b>SITE</b>	Wellmark YMCA 501 Grand Avenue Des Moines, IA 50309
<b>FACILITY AND DECK ACCESS</b>	<p>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.</p> <p>The competition concourse has been certified in accordance with Rule 104.2.2C(4) of USA Swimming Rules and Regulations. The certification is on file with USA Swimming.</p> <p>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.</p>
<b>DATES</b>	Thursday, February 26 through Sunday, March 1, 2026

## **TIMES**

	<b>Warm-ups</b>	<b>Competition</b>
<b>Thursday Afternoon</b>	2:30 pm	3:30 pm
<b>Prelims</b>	7:00 am	8:30 am
<b>Finals - Friday &amp; Saturday</b>	4:00 pm	5:00 pm
<b>Finals – Sunday</b>	Not before 3:00 pm	Not before 4:00 pm

Should warm-ups need to be split, clubs will be notified by 6:00 pm on Tuesday, February 24, 2026.

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 MEETINGS**

Two initial technical meetings will be held covering the same agenda.

**Wednesday, February 25 @ 6:00 pm** via Google Meet.

**Thursday, February 26 @ 2:00 pm** In person in the wet classroom.

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.

## **SPLIT POOL COMPETITION**

The number of swimmers in a session will determine if two pools of eight lanes each, one pool with ten lanes, or one pool of eight lanes will be used for the preliminary sessions. One pool of eight lanes will be used for finals.

Teams will be notified by 6 pm, Tuesday, February 24, 2026, by the Meet Host about the pool and session formats to be used.

## **DECK ACCESS**

Only athletes, coaches, meet personnel, and officials are permitted on the pool deck. Team areas will be designated for athletes and coaches. Coaches and athletes must remain behind the white chain barriers alongside the competition pool during competition.

Team Banners & Posters: No hanging of team banners or posters is permitted in the facility.

## **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 USA Swimming mobile application is acceptable proof of USA Swimming membership.

Deck Credentials. Deck credentials must be worn and be visible at all times.

## **ATHLETE 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** Lifeguards on duty will supervise all warmup, competition, and cool down swimming and must be present whenever the pool deck is open. AED devices are available. Lifeguards are Red Cross trained in CPR for the Emergency Response Personnel.

**WARMUPS** The IASI Championship Warmup Procedure will be followed. The pool will be cleared 10 minutes prior to competition.

The two competition pools and program pool will be available for warmups before prelim sessions.

**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 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 current IASI registered athletes.
2. 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.
3. Screenshots of the athlete's member card is NOT acceptable proof of membership. Any swimmer who fails to provide 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.
4. All swimmers must be entered into the meet prior to entering the water or competing in an event. If a swimmer 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 TIMES**

1. Entry times must meet or exceed the Iowa Q-Time standard and must be submitted in the same length course in which they were achieved. Conforming seed times are Short Course Yards. Short Course Meters and Long Course Meters are non-conforming times and will be seeded after Short Course Yards times, in that order (SCY, SCM, LCM). Converted times are not allowed.
2. If an athlete's time is in SWIMS but is achieved before February 26, 2024 the athlete shall be seeded at the slowest qualifying time for the course in which it was achieved.

3. If the seed time is not in SWIMS then the athlete shall be seeded at the slowest qualifying time for Long Course Meters (LCM).
4. Acceptable proof of time includes a copy of final results from Hy-Tek or an equivalent meet management software, results directly from the Meet Mobile app, or directly from the USA Swimming database.
5. Only relays may enter as a "NO TIME" entry. Relay entries received, or altered, after the initial entry deadline will be seeded at "NO TIME".
6. Swimmers entering an event with the "Win & Swim" from the Regional meet must enter with the time achieved for that event at the Regional meet, so long as it achieves the minimum standard set in the "Win & Swim" rules listed in the following section.
7. An athlete who has achieved an Iowa Q time standard in either the 800/1000 Free or the 1500/1650 Free may compete in either or both events.

### **WIN & SWIM!**

Swimmers in the 13 & 14 age group who win a 13 & 14 event 500 yards or shorter at an IASI Regional meet, AND meet the National B Motivational Time for the 13 & 14 age group, will qualify for the current season's IASI Championship meet event for that age group.

Swimmers in the 15 and over age group who win a 15 & over event 500 yards or shorter at an IASI Regional meet, AND meet the National BB Motivational Time for the 15 & 16 age group, will qualify for the current season's IASI Championship meet senior event.

These swimmers ARE eligible for BONUS events, up to the limit stated in the next section. This "Win & Swim" DOES NOT carry over to any future season.

### **BONUS EVENTS**

Athletes who have achieved a qualifying standard in one (1) event and are entered in that event may enter up to two (2) bonus events that meet the bonus time standard. Athletes who have achieved qualifying standards in two (2) events and are entered in those events may enter one (1) bonus event that meets the bonus time standard.

1. Bonus entries are limited to events of 200 yards or shorter.
2. Bonus entries will be seeded at the slowest non-conforming time for that event.
3. Clubs must indicate bonus entries on the entry file or on manual entries.

### **ENTRY LIMITS**

There is no entry limit for individual events. Swimmers may enter as many events as desired, provided they have achieved a qualifying time in each event. Athletes may compete in a maximum of three (3) individual events per day and a maximum of seven (7) individual events for the entire meet. Athletes who are over-entered must scratch any event they do not intend to have counted against the maximum limit before the scratch deadline. Declared False Start and No Shows count against the swimmer's total number of individual events. USA Swimming rule 102.2.7 shall apply.

For all age groups, Time Trial events count towards the daily event limit.

### **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.

Provided a team has the appropriate number of qualified athletes in at least one individual event, a team may enter no more than three (3) relay teams per gender, per relay event (designated as A, B, C). Teams are limited to one (1) 13-14 800 Free Relay per gender and two (2) Senior 800 Free Relay per gender, if eligible per qualified athletes. Each team may score only two relays in each event.

The number of relays allowed per team, per event is determined as follows (relays per number of qualified athletes entered in at least one individual event within a gender specific age group):

4 or fewer athletes = 1 relay

5-8 athletes = 2 relays

9 or more athletes = 3 relays

## ENTRIES

Entries Open: **Monday, January 26, 2026, at 12:00 pm (Noon)**

Entry Deadline: **Friday, February 20, 2026, at 12:00 pm (Noon)**

## ENTRY SUBMISSION

The host team will supply an event file

1. Entries may be submitted by:
  - a. Electronic entry file in a format compatible with Hy-Tek Meet Manage 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  
Stacey Artikov at [entries@desmoinesswim.org](mailto:entries@desmoinesswim.org). Receipt will be confirmed by return email.
4. Send all printed materials to the Meet Director at the address listed as "Send Entries To". If sent by rush delivery, indicate no signature required. Neither entries nor entry changes will be accepted by phone or fax.
5. Entries for new qualifying times achieved after the entry deadline must be submitted by 12:00 pm (Noon) on Monday, February 23, 2026. The host club will send a notification of total fees on Tuesday, February 24, 2026, via email to notify of standard fees for the meet.
6. If an entry time is not in the SWIMS database, proof of time must be provided to the entry chair or admin before the scratch deadline for that event; otherwise, the swimmer will not be seeded in that event (but not scratched - so the event will count towards the meet limit).

## ENTRY FEES

Individual Events	\$10.00 per event
Relay Events	\$14.00 per relay
IASI Swimmer Surcharge	\$4.50 per athlete
Outreach Swimmers	\$5.00 total fee per athlete

Outreach Athletes. Swimmers must be USA Swimming and IASI Outreach Athletes who qualify 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 the number of individual entries for each Outreach Athlete by 12:00 pm (Noon) on Monday, February 23, 2026. 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:

1. Teams using APP-7 to enter five (5) or more athletes on or before the first day of the meet,
2. Teams using APP-7 for entries submitted after the first day of the meet, or
3. 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 Des Moines Swimming Federation. 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**

Late Entries are due by the scratch deadline for the desired event.

1. Late Entries in prelim/final events, submitted with proof of times from the SWIMS database, will be seeded with their entry time. All other late entries, with acceptable proof of time, will be seeded at the slowest non-conforming qualifying time. If necessary, a zero heat will be created.
2. Late entry fees are:

Individual Events	\$20.00 per event
Relay Events	\$28.00 per relay

## **PSYCH SHEETS**

Psych Sheets will be posted on the [meet website](#) by 10:00 pm on **Tuesday, February 24, 2026.**

## **ATHLETES WITH DISABILITIES**

Athletes with disabilities are encouraged to compete. Swimmers with disabilities entering this meet must have achieved the IASI Disability Qualifying Times standard.

The Swimmers with Disabilities Meet Declaration Form (APP-21), indicating accommodations, requested modifications, and competition category, should be completed and attached to meet entries. The athlete (or the athlete's coach) is responsible for providing any required equipment or assistance. See Article 105 of USA Swimming Rules. The Meet Referee will determine modifications.

<b>SEND ENTRIES TO</b>	<p>Mail all printed materials to:</p> <p>Des Moines Swimming Federation  ATTN: Tony Stec  1132 39th Street  West Des Moines, IA 50266.</p> <p>If sent by rush delivery, indicate no signature required.</p>		
<b>ENTRY CHAIR</b>	<p>Stacey Artikov  515-240-8555  <a href="mailto:entries@desmoinesswim.org">entries@desmoinesswim.org</a></p>		
<b>MEET DIRECTORS</b>	<table border="0"> <tr> <td>Stacey Artikov 515-240-8555 <a href="mailto:sartikov@desmoinesswim.org">sartikov@desmoinesswim.org</a></td> <td>Natalie Lyons 515-708-3801 <a href="mailto:natalie@desmoinesswim.org">natalie@desmoinesswim.org</a></td> </tr> </table>	Stacey Artikov 515-240-8555 <a href="mailto:sartikov@desmoinesswim.org">sartikov@desmoinesswim.org</a>	Natalie Lyons 515-708-3801 <a href="mailto:natalie@desmoinesswim.org">natalie@desmoinesswim.org</a>
Stacey Artikov 515-240-8555 <a href="mailto:sartikov@desmoinesswim.org">sartikov@desmoinesswim.org</a>	Natalie Lyons 515-708-3801 <a href="mailto:natalie@desmoinesswim.org">natalie@desmoinesswim.org</a>		
<b>MEET REFEREE</b>	<p>Kerry Barnes  319-573-9393  <a href="mailto:barnes.a.kerry@gmail.com">barnes.a.kerry@gmail.com</a></p>		
<b>ADMIN REFEREE</b>	<p>Ryan Judas  515-321-2024  <a href="mailto:ryanjudas@hotmail.com">ryanjudas@hotmail.com</a></p>		
<b>OFFICIALS</b>	<p>This will be an N3 Officials Qualifying (<b>QM26-tbd</b>) meet for all positions. Applications for evaluation are included with the official's signup.</p> <p>Officials must be signed up by 12:00 pm (Noon), Monday, February 23, 2026, for those sessions to count toward their club's required positions and to guarantee a meet shirt. An official must work at least 4 sessions to qualify for a meet shirt.</p> <p>Officials' meetings for each session will commence one hour prior to the start of competition for each session.</p>		
<b>TIMER ALLOCATION</b>	<p>The host team will provide at least 50% of the necessary timers. Visiting teams will be informed of the number of timers needed and sessions to be worked by <b>8:00 pm on Tuesday, February 24, 2026</b>. Teams may divide timing assignments among more than one person, provided everyone participating attends the timer's briefing for that session. The timers' briefing will be held 25 minutes before the start of the competition for each session.</p> <p>Additionally, each club (or unattached athlete) must provide one (1) timer for each athlete competing in the 1650 Y freestyle during Sunday, March 1, 2026, morning preliminaries. Timers will be provided for swimmers competing in the Thursday evening session and the 1650 Y freestyle during finals sessions.</p>		



	<p>The host team is responsible for providing a timer allocation for visiting teams. Visiting teams that are assigned a timer spot are responsible for that timer spot for a full session. If an assigned team does not fill an assigned Timer position, that team will be fined \$300 for each session. Failure to pay is subject to Iowa Swimming Policies and Procedures Section I, Part IX.D &amp; E.</p>
<b>LAP COUNTERS</b>	<p>Each athlete competing in the 500, 1000 &amp; 1650 Freestyle events is responsible for providing a person to operate their lap counter, if desired. The host club will provide lap counting cards.</p>
<b>MEET COMMITTEE</b>	<p>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.</p>
<b>MEET OPERATIONS</b>	<ol style="list-style-type: none"> <li>1. Heat sheets will be posted on the <a href="#">meet website</a>.</li> <li>2. World Aquatics whistle starts and no recall on false starts policy will be used.</li> <li>3. Flyover starts may be used during all preliminary events and all non-final heats for timed final events.</li> <li>4. The single fastest 13-14 and Senior heat per gender of the 1000 freestyle on Thursday, February 26, 2026 will be contested to start the Thursday evening session. All remaining heats of the 1000 Y Freestyle will follow as, combined 13-14 and Senior, swimming fastest-to-slowest, alternating between women and men. Scoring will be separated following the events. The single fastest Senior heat of the 1650 freestyle on Sunday, March 1, 2026 will swim with the evening finals. The single fastest 13-14 heat per gender of the 1650 Y freestyle will swim as the first two (2) heats following the conclusion of the preliminary events. All remaining heats of the 1650 freestyle on Sunday, March 1, 2026 will follow as combined 13-14 and Senior, swimming fastest-to-slowest, alternating between women and men. Scoring will be separated following the events.</li> <li>5. For 13-14 relays, the top eight (8) seeded teams will swim in the evening finals while the remaining teams will swim in the morning preliminary session. For Senior relays, 400 yards and shorter, the top sixteen (16) seeded teams will swim in the evening finals while the remaining teams will swim in the morning preliminary session. All relays will be conducted in a timed final format.</li> <li>6. For the 13 &amp; 14 800 Free Relay, teams are limited to a single entry IF eligible for a relay. The fastest heat per gender will be contested first. For the Senior 800 Free Relay, teams are limited to two (2) entries per team IF eligible for a relay (s). The fastest heat per gender will be contested first. All remaining heats of the 800 Free Relay will follow as combined 13-14 and Senior, swimming fastest-to-slowest, alternating between women and men. Scoring will be separated following the events.</li> <li>7. The top eight (8) swimmers from prelims will qualify for the Championship (A) Final, with the next eight (8) swimmers qualifying for the Consolation (B) Final. For</li> </ol>

	<p>finals, the order of heats is as follows: Consolation Final, Championship Final.</p> <ol style="list-style-type: none"> <li>8. Entries for the 1650 Y Freestyle and relays 400 yards or shorter, scheduled to swim during the evening final may down seed to compete during the morning preliminary session. Intent to down seed must be submitted by the event scratch deadline via the Scratch Box.</li> <li>9. Swimmers must check-in for Finals no later than ten (10) minutes before the start of their heat as published in the timeline of the session's events. If needed, a final call to check-in will be made.</li> <li>10. 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. For relay events at the beginning of a session, relay cards should be submitted at least thirty (30) minutes before the relay event is scheduled to swim. For relay events at the end of a session, relay cards should be submitted at least sixty (60) 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 at the blocks prior to the start of the race.</li> <li>11. The IASI Disability Championship Format will be followed. Swimmers with disabilities will be eligible to earn points, advance to finals, and receive individual awards based on the IASI Disability Advancement Standards.</li> <li>12. Deck changes are prohibited.</li> <li>13. Operation of a drone, 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.</li> </ol>
<b>SCRATCHES &amp; POSITIVE CHECK-IN</b>	<p>The Scratch Deadline for Thursday Relays and Positive Check-In for the 1000 Freestyle shall be 15 minutes after the completion of the Wednesday Technical Meeting. The Scratch Deadline and Positive Check-In for all other events shall be 6:00 pm the day before the event. For Thursday events, you must email or telephone the entry chair by the deadline listed above. You will receive confirmation that your scratch has been received, which you should bring to the meet as proof of the check-in or scratch. Positive Check-In and scratching for all other events will be available at the Clerk of Course table.</p> <p>Entrants in the 1000 Y and 1650 Y Freestyle events must check in before the positive check-in deadline to be seeded. If a swimmer fails to check in by the applicable deadline(s), they will only be allowed to swim if there is an empty lane (no new heat will be created).</p> <p>Swimmers entered into preliminary heats who do not intend to swim must scratch before the scratch deadline for that event or declare a false start to the deck referee before the beginning of the heat. Failure to scratch or failure to declare a false start shall result in the swimmer being excluded from the next entered individual event.</p> <p>USA Swimming Rule 207.11.6. parts D and E shall apply for finals. All scratches from finals must be completed at the scratch table on deck within the prescribed time after the preliminary event. When a swimmer misses an individual event and is not entered to swim</p>

	<p>another event during the meet, a \$50 fine will be assessed to the swimmer or their club by IASI, unless extenuating circumstances exist for not applying the fine, at the discretion of the Meet Referee.</p> <p>1. <u>Re-Entry Procedure</u>. Swimmers are permitted to re-enter the meet immediately for all remaining events by submitting the corresponding non-refundable fee to the Clerk of Course:</p> <table><tr><td><b>Age Category</b></td><td><b>Prelims</b></td><td><b>Finals</b></td></tr><tr><td>13 &amp; 14 event</td><td>\$50</td><td>\$100</td></tr><tr><td>Senior/Open event</td><td>\$100</td><td>\$200</td></tr></table> <p>If a swimmer has reached the allowable number of entries for a session, day, and/or meet, they shall be scratched from the applicable session’s events, starting from the last chronological event and proceeding to the earliest, until the maximum number of allowed events is achieved.</p>	<b>Age Category</b>	<b>Prelims</b>	<b>Finals</b>	13 & 14 event	\$50	\$100	Senior/Open event	\$100	\$200																																																																																													
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SCORING	<table><tr><td colspan="17"><b>Individual Events</b></td></tr><tr><td>Place</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>Points</td><td>20</td><td>17</td><td>16</td><td>15</td><td>14</td><td>13</td><td>12</td><td>11</td><td>9</td><td>7</td><td>6</td><td>5</td><td>4</td><td>3</td><td>2</td><td>1</td></tr><tr><td colspan="17"><b>Relay Events</b></td></tr><tr><td>Place</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>Points</td><td>40</td><td>34</td><td>32</td><td>30</td><td>28</td><td>26</td><td>24</td><td>22</td><td>18</td><td>14</td><td>12</td><td>10</td><td>8</td><td>6</td><td>4</td><td>2</td></tr></table> <p>For swimmers with disabilities, the Disability Scoring Table will be utilized.</p>	<b>Individual Events</b>																	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	<b>Relay Events</b>																	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
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Points	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2																																																																																							
AWARDS	<table><tr><td colspan="2"><b>Individual Events</b></td></tr><tr><td>1st - 3rd</td><td>Large Medals</td></tr><tr><td>4th - 8th</td><td>Small Medals</td></tr><tr><td colspan="2"><b>Relay Events</b></td></tr><tr><td>1st - 3rd</td><td>Large Medals</td></tr></table> <p><u>Swimmers with Disabilities</u>. Only swimmers eligible for Top-8 placement, based on the Disability Championship Format, can earn awards. For medals, swimmers with disabilities will be awarded individually based on competition category, gender, and age group.</p> <p><u>High Point</u>. An award will be presented to the top three (3) male and female swimmers in each age group and the Senior group. Points will be scored in the age group in which the event was swum. A single award will be presented to the swimmer with a disability with the most points when divided by the total number of swims eligible.</p>	<b>Individual Events</b>		1st - 3rd	Large Medals	4th - 8th	Small Medals	<b>Relay Events</b>		1st - 3rd	Large Medals																																																																																												
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1st - 3rd	Large Medals																																																																																																						

	<p><u>Team Age Group Awards.</u> A team award will be presented to the team champion for each gender by age group and for Senior. Points will be scored in the age group in which the event was swum.</p> <p><u>Team Awards.</u> A traveling team trophy will be presented to the team scoring the most points.</p> <p><u>IASI Sportsmanship &amp; Spirit Award.</u> IASI will provide and present this award immediately following the Sunday, March 1, 2026 finals session. One coach and one athlete from each team will vote, as well as the Meet Referee, with ballots due by the conclusion of warm-ups of the Sunday, March 1, 2026 prelim session. Criteria to use will be included in the coaches' packet.</p> <p><u>IASI Senior Coaching Staff of the Year Award.</u> The staff selected as the IASI Senior Coaching Staff of the Year will receive an educational stipend of \$200 from the Senior budget to use for further coach development.</p> <ol style="list-style-type: none"> <li>1. The following criteria should be used to determine the club to receive the Senior Coaching Staff of the Year: <ol style="list-style-type: none"> <li>a. Three (3) Senior coaching staffs with the greatest number of top 100 nationally ranked athletes in the senior swimming category of USA Swimming during the selection period (March 15 of the previous year to the start of the Winter SCY Championship meet) will be automatic nominees. Ties for third will be decided by the highest national ranking athlete from each tied team. <ol style="list-style-type: none"> <li>i. Athletes connected to a team must be training full-time with said team during at least 6 months of the swimming year for which the award is being considered.</li> <li>ii. Rankings of collegiate athletes will not be considered.</li> </ol> </li> <li>b. Four (4) additional at-large nominees may be nominated by IASI coaches and added to the ballot if proof is provided that athletes have achieved the following criteria: <ol style="list-style-type: none"> <li>i. nationally ranked athletes in the 15-18 age group;</li> <li>ii. improved team rankings at Sectional meets/USA Swimming National meets, or,</li> <li>iii. proof of National/Junior National/Olympic Trials Qualifiers.</li> </ol> </li> </ol> </li> <li>2. All IASI coach members may submit names of fellow coaches for nominations by emailing the IASI Senior Chair. At-large nominees will require a short explanation of criteria met.</li> <li>3. The Senior Chair will collect the automatic nominees and at-large nominees and confirm results with the IASI Office.</li> <li>4. Voting will take place during the penultimate session of the Winter SCY Championship meet and announced with the awards presented following the final session.</li> </ol>
<b>AWARDS PRESENTATIONS</b>	<p>Awards for the top three (3) place finishers shall be presented immediately following the completion of the championship heat for prelim/finals events or the fastest heat for timed finals events, of each event. Awards shall be presented on the pool deck.</p>

	<p>Awards for swimmers with disabilities will be presented, where held, in the order of events.</p> <p>The top three (3) individual high point awards, the team high point award for each age group by gender, the Overall team champion award, and the combined team award announcement will be presented at the end of the event awards presentation held at the conclusion of the finals session on the last day of the meet.</p>
<b>RESULTS</b>	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 hard copy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00.
<b>CONCESSIONS</b>	A concession stand will be located in the spectator area of the YMCA. A hospitality room will be available for coaches and officials.
<b>MERCHANDISE</b>	Splash Printing Co. will be at the meet with championship clothing and swimming merchandise for sale. There will also be an online site for pre-ordering clothing that can be picked up at the meet. The pre-order link will be shared on the meet website: <a href="https://www.gomotionapp.com/team/iadmsf/page/dmsf-hosted-meets/2026-iasi-short-course-championships">https://www.gomotionapp.com/team/iadmsf/page/dmsf-hosted-meets/2026-iasi-short-course-championships</a>
<b>MEET PROGRAMS</b>	Meet Programs will be available on the Meet Website: <a href="https://www.gomotionapp.com/team/iadmsf/page/dmsf-hosted-meets/2026-iasi-short-course-championships">https://www.gomotionapp.com/team/iadmsf/page/dmsf-hosted-meets/2026-iasi-short-course-championships</a>
<b>PARKING</b>	Meter and garage parking are available. Free street parking is available on Sundays in Des Moines. The 5th & Keo Parking Garage is closest to the facility and provides Skywalk access.
<b>CAMERAS</b>	<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>
<b>NO TOBACCO OR ALCOHOL</b>	The use of any tobacco products or the consumption of alcohol is not permitted anywhere in the swimming venue.
<b>IMAGE AUTHORIZATION</b>	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.
<b>TICKETS</b>	All-session WRISTBAND passes can be purchased for \$30. Per day spectator wristbands will be \$10. Admission will be charged for spectators over 12 years of age.

<b>DISCLOSURES</b>	<p>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.</p> <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>

### EVENT ORDER

#### Session 1 - Thursday Evening

Warm-ups: 2:30 pm

Competition: 3:30 pm

Girls Event #	Event	Boys Event #
1tf	13 & 14	2tf
3tf	Senior	4tf
1 & 3 tf	Combined*	2 & 4 tf
5tf	13 & 14	6tf
7tf	Senior	8tf
5 & 7 tf	Combined*	6 & 8 tf
9tf	13 & 14	10tf
11tf	Senior	12tf

\* Combined for seeding and separated for scoring

**Session 2 - Friday Morning Prelims**

Warm-ups: 7:00 am

Competition: 8:30 am

Girls Event #	Event		Boys Event #
13p	13 & 14	50 Back	14p
15p	Senior	50 Back	16p
17p	13 & 14	100 Breast	18p
19p	Senior	100 Breast	20p
21p	13 & 14	200 Free	22p
23p	Senior	200 Free	24p
25p	13 & 14	100 Fly	26p
27p	Senior	100 Fly	28p
29p	13 & 14	400 I.M.	30p
31p	Senior	400 I.M.	32p
33tf	13 & 14	400 Free Relay - non-top 8	34tf
35tf	Senior	400 Free Relay - non-top 16	36tf

**Session 3 - Friday Evening Finals**

Warm-ups: Not before 4:00 pm

Competition: Not before 5:00 pm

Girls Event #	Event		Boys Event #
13f	13 & 14	50 Back - A & B	14f
15f	Senior	50 Back - A & B	16f
17f	13 & 14	100 Breast - A & B	18f
19f	Senior	100 Breast - A & B	20f
21f	13 & 14	200 Free - A & B	22f
23f	Senior	200 Free - A & B	24f
25f	13 & 14	100 Fly - A & B	26f
27f	Senior	100 Fly - A & B	28f
29f	13 & 14	400 I.M. - A & B	30f
31f	Senior	400 I.M. - A & B	32f
33tf	13 & 14	400 Free Relay - top 8	34tf
35tf	Senior	400 Free Relay - top 16	36tf

**Session 4 - Saturday Morning Prelims**

Warm-ups: 7:00 am

Competition: 8:30 am

Girls Event #	Event		Boys Event #
37p	13 & 14	50 Free	38p
39p	Senior	50 Free	40p
41p	13 & 14	200 Fly	42p
43p	Senior	200 Fly	44p
45p	13 & 14	100 Back	46p
47p	Senior	100 Back	48p
49p	13 & 14	200 Breast	50p
51p	Senior	200 Breast	52p
53p	13 & 14	500 Free - fastest 2 circle seeded	54p
55p	Senior	500 Free - fastest 2 circle seeded	56p
53&55p	Combined	500 Free - fast to slow, alt. women/men	54&56p
57tf	13 & 14	400 Medley Relay - non-top 8	58tf
59tf	Senior	400 Medley Relay - non-top 16	60tf

**Session 5 - Saturday Evening Finals**

Warm-ups: Not before 4:00 pm

Competition: Not before 5:00 pm

Girls Event #	Event		Boys Event #
37f	13 & 14	50 Free - A & B	38f
39f	Senior	50 Free - A & B	40f
41f	13 & 14	200 Fly - A & B	42f
43f	Senior	200 Fly - A & B	44f
45f	13 & 14	100 Back - A & B	46f
47f	Senior	100 Back - A & B	48f
49f	13 & 14	200 Breast - A & B	50f
51f	Senior	200 Breast - A & B	52f
53f	13 & 14	500 Free - A & B	54f
55f	Senior	500 Free - A & B	56f
57tf	13 & 14	400 Medley Relay - top 8	58tf
59tf	Senior	400 Medley Relay - top 16	60tf



### Session 6 - Sunday Morning Prelims

Warm-ups: 7:00 am

Competition: 8:30 am

Girls Event #	Event		Boys Event #
65p	13 & 14	50 Breast	66p
67p	Senior	50 Breast	68p
69p	13 & 14	100 Free	70p
71p	Senior	100 Free	72p
73p	13 & 14	200 I.M.	74p
75p	Senior	200 I.M.	76p
77p	13 & 14	50 Fly	78p
79p	Senior	50 Fly	80p
81p	13 & 14	200 Back	82p
83p	Senior	200 Back	84p
85tf	13 & 14	200 Free Relay - non top-8	86tf
87tf	Senior	200 Free Relay - non top-16	88tf
61tf	13 & 14	1650 Free - fastest heat	62tf
61&63tf	Combined*	1650 Free - non-top8	62&64tf

\* 1650 Free combined for seeding and separated for scoring

### Session 7 - Sunday Evening Finals

Warm-ups: Not before 3:00 pm

Competition: Not before 4:00 pm

Girls Event #	Event		Boys Event #
63tf	Senior	1650 Free - fastest heat	64tf
65f	13 & 14	50 Breast - A & B	66f
67f	Senior	50 Breast - A & B	68f
69f	13 & 14	100 Free - A & B	70f
71f	Senior	100 Free - A & B	72f
73f	13 & 14	200 I.M. - A & B	74f
75f	Senior	200 I.M. - A & B	76f
77f	13 & 14	50 Fly - A & B	78f
79f	Senior	50 Fly - A & B	80f
81f	13 & 14	200 Back - A & B	82f
83f	Senior	200 Back - A & B	84f
85tf	13 & 14	200 Free Relay - top-8	86tf
87tf	Senior	200 Free Relay - top-16	88tf

## 2026 IASI Q-Times

	Girls		13-14		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
31.79	30.69	27.79	50 Freestyle	25.59	28.29	29.39
1:09.29	1:06.99	1:00.59	100 Freestyle	55.69	1:01.49	1:04.39
2:31.89	2:27.09	2:13.09	200 Freestyle	2:04.79	2:17.79	2:23.59
5:18.79	5:12.49	5:57.09	400/500 Freestyle	5:37.49	4:55.39	5:04.89
11:02.99	10:44.99	12:17.09	800/1000 Freestyle	11:52.49	10:23.49	10:43.49
21:11.79	20:24.99	20:32.29	1500/1650 Freestyle	19:59.09	19:51.89	20:36.29
38.49	36.49	32.99	50 Backstroke	31.19	34.49	36.59
1:20.09	1:15.89	1:08.69	100 Backstroke	1:04.99	1:11.69	1:16.19
2:52.59	2:44.19	2:28.59	200 Backstroke	2:20.99	2:35.69	2:45.59
42.99	41.19	37.19	50 Breaststroke	34.49	38.09	40.19
1:31.39	1:27.49	1:19.19	100 Breaststroke	1:13.39	1:21.09	1:25.49
3:16.79	3:08.49	2:50.59	200 Breaststroke	2:40.89	2:57.69	3:06.49
36.69	35.69	32.29	50 Butterfly	30.19	33.39	34.39
1:17.89	1:15.79	1:08.59	100 Butterfly	1:04.29	1:10.99	1:13.19
3:01.69	2:55.69	2:38.99	200 Butterfly	2:25.59	2:40.89	2:46.79
2:52.59	2:46.09	2:30.29	200 IM	2:21.09	2:35.89	2:43.29
6:13.29	6:00.89	5:26.59	400 IM	5:07.59	5:39.89	5:55.89
	Girls		Senior		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
29.99	29.19	26.39	50 Freestyle	23.49	25.99	27.29
1:05.09	1:03.09	57.09	100 Freestyle	51.59	56.99	59.69
2:22.09	2:18.29	2:05.09	200 Freestyle	1:54.19	2:06.19	2:11.49
5:01.39	4:57.69	5:40.19	400/500 Freestyle	5:12.59	4:33.49	4:43.39
10:32.39	10:24.69	11:53.99	800/1000 Freestyle	11:01.59	9:38.89	9:54.79
20:11.59	19:49.29	19:56.49	1500/1650 Freestyle	18:22.79	18:16.19	18:58.49
35.79	33.99	30.79	50 Backstroke	27.79	30.79	32.69
1:14.49	1:10.79	1:04.09	100 Backstroke	57.89	1:03.99	1:07.99
2:43.49	2:36.89	2:21.99	200 Backstroke	2:09.29	2:22.79	2:30.79
39.79	38.29	34.69	50 Breaststroke	30.99	34.29	36.09
1:24.49	1:21.39	1:13.69	100 Breaststroke	1:05.89	1:12.79	1:16.69
3:09.69	3:03.59	2:46.09	200 Breaststroke	2:29.19	2:44.89	2:53.69
33.99	33.09	29.99	50 Butterfly	27.09	29.99	30.99
1:12.29	1:10.39	1:03.79	100 Butterfly	57.59	1:03.69	1:05.79
2:47.69	2:43.59	2:28.09	200 Butterfly	2:14.19	2:28.29	2:33.39
2:43.89	2:37.39	2:22.39	200 IM	2:09.39	2:22.99	2:30.99
5:46.89	5:36.29	5:04.29	400 IM	4:36.19	5:05.19	5:21.19

# 2026 IASI Bonus Times

	Girls		<b>13-14</b>		Boys	
<b>LCM</b>	<b>SCM</b>	<b>SCY</b>		<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
37.19	35.99	32.49	50 Freestyle	29.89	32.99	34.29
1:21.19	1:18.49	1:10.99	100 Freestyle	1:04.99	1:11.79	1:15.09
2:55.29	2:49.79	2:33.59	200 Freestyle	2:22.49	2:37.49	2:43.99
43.09	40.79	36.99	50 Backstroke	34.29	37.89	40.19
1:29.69	1:24.99	1:16.89	100 Backstroke	1:11.29	1:18.79	1:23.69
3:13.29	3:03.89	2:46.39	200 Backstroke	2:34.69	2:50.99	3:01.79
48.19	46.09	41.69	50 Breaststroke	37.89	41.89	44.09
1:42.39	1:37.99	1:28.69	100 Breaststroke	1:20.49	1:28.99	1:33.79
3:40.29	3:31.09	3:10.99	200 Breaststroke	2:54.89	3:13.19	3:22.79
40.99	39.89	36.09	50 Butterfly	33.19	36.69	37.79
1:27.19	1:24.89	1:16.79	100 Butterfly	1:10.49	1:17.89	1:20.29
3:15.69	3:09.19	2:51.19	200 Butterfly	2:36.79	2:53.29	2:59.69
3:17.19	3:09.79	2:51.79	200 IM	2:37.99	2:54.49	3:02.89
	Girls		<b>Senior</b>		Boys	
<b>LCM</b>	<b>SCM</b>	<b>SCY</b>		<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
33.49	32.59	29.49	50 Freestyle	26.29	28.99	30.59
1:12.79	1:10.49	1:03.79	100 Freestyle	57.59	1:03.69	1:06.69
2:37.09	2:32.89	2:18.39	200 Freestyle	2:06.29	2:19.59	2:25.39
38.79	36.89	33.39	50 Backstroke	30.09	33.29	35.39
1:20.69	1:16.69	1:09.39	100 Backstroke	1:02.69	1:09.29	1:13.69
2:53.39	2:46.49	2:30.59	200 Backstroke	2:17.09	2:31.49	2:39.99
43.09	41.49	37.59	50 Breaststroke	33.59	37.09	39.09
1:31.59	1:28.19	1:19.79	100 Breaststroke	1:11.39	1:18.89	1:23.09
3:17.29	3:10.89	2:52.69	200 Breaststroke	2:35.19	2:51.39	3:00.59
36.79	35.89	32.49	50 Butterfly	29.39	32.49	33.59
1:18.29	1:16.29	1:09.09	100 Butterfly	1:02.39	1:08.99	1:11.29
2:54.39	2:50.09	2:33.99	200 Butterfly	2:19.49	2:34.19	2:39.49
2:57.49	2:50.49	2:34.29	200 IM	2:20.19	2:34.89	2:43.59