

Davenport Metro Fall Frolic

October 11th and 12th 2025

IASI SANCTION: **IA-26-004**
Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).

MEET HOST:
Davenport Metro Swim Team

RULES: Current USA Swimming and IASI technical and administrative rules and IASI policies and procedures will govern this meet.

All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate at this meet.

Additional information regarding the Required Quality Control System for Safe Sport may be found on the Iowa Swimming website > Meet Host Resources page
<https://www.gomotionapp.com/team/lscis/page/competition-resources>

DATES: **October 11th-12th 2025.**

TIME:	<u>Sessions</u>	<u>Warm-Ups</u>	<u>Competition</u>
	Saturday Morning	8:00 AM	9:00 AM
	Saturday Afternoon	Not Before 11:00 AM	1 hour after the start of Saturday PM warm-ups.
	Sunday Morning	8:00 AM	9:00 AM
	Sunday Afternoon	Not Before 11:00 AM	1 hour after the start of Sunday PM warm-ups.

Teams will be notified of their designated warm-up sessions via email by Wednesday Oct 8th, 2025

If necessary, a coaches meeting will be held 10 minutes before the start of each session.

FACILITY: Located at Davenport Central High School in Davenport, Iowa.

1120 Main Street, Davenport, IA 52804.

Pool is an 8 lane, 25-yard pool. 12 feet deep at starting end; 4 ½ feet deep at turn end.

Colorado 6 Timing System will be used during this meet.

The meet host will ensure the required course dimensions.

There will be three 20-yard and 4 ½ feet deep lanes for open warm-up/warm-down during the meet

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). The official mobile application of USA Swimming is acceptable proof of membership in USA Swimming. Coaches are responsible for making sure they are up to date on all certifications. Coaches must also have their credentials available if the Referee, or designee, requests to see them.

WARM-UPS: The IASI mandatory warm-up procedure will be followed. All swimmers are to carefully enter the pool using feet first entry. The pool will be cleared 10 minutes prior to competition.

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 planning for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

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.

For Session 1, events 23-24 and Session 3, events 67-68 swimmers participating 2nd and 4th on the relay may start from the side of the pool on the bulkhead or in the water.

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 session and no more than 2 relay events per day.
3. Seed times must be submitted for a 25 yd. course. Converted times are not allowed. NT will be allowed.

ENTRY LIMITS: Teams will not be split if received together even if it causes us to exceed the entry limit. Relays may be scratched if timeline exceeds four hours.

ENTRY SUBMISSION: Entry fees are as follows:

1. Individual events: \$7.00 per event.
2. Outreach swimmers who qualify for LSC Outreach benefits may enter the maximum number of individual events for a total fee of \$5.00, including the IASI Splash Fee.

3. Relays: \$9.00 per relay.
4. Facility Fee: \$5.00 per swimmer.
5. IASI Splash Fee: \$4.50 per swimmer.
6. Handwritten entries: \$2.00 per swimmer per event.

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).

Submit entries along with the appropriate IASI Financial Sheet (APP-8). If submitting electronic entries, also send a hardcopy of the entries with the entry fees and financial sheet.

Payment shall be by check or money order made payable to Davenport Metro Swim Team. 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.

**ENTRY DATES
AND DEADLINES:**

1. Entries will be accepted from IASI teams at **12:00 PM on September 11th, 2025**. Teams from outside the Iowa Swimming LSC may enter beginning at **12:00 PM on September 18th, 2025**.
2. Electronic entries must be received no later **12:00 PM on October 3rd, 2025**.
3. Handwritten entries, along with entry fees, additional \$2 per swimmer per event and financial sheet, must be received no later than **12:00 PM on October 3rd, 2025**. Handwritten entries will not be considered entered in the meet until full payment is received.
4. 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.
5. Once entries are accepted only time updates will be allowed for teams with electronic entries. No time updates will be accepted for handwritten entries. Any additions/substitutions must be made via email to the Meet Director prior to the entry deadline.
6. A hardcopy of the entries, along with entry fees and financial sheet, must be received by **October 11th, 2025**, unless prior arrangements have been agreed to in writing. *Failure to meet this deadline will result in swimmers remaining in the meet but all confirmed entries will be billed with a late entry fee.* Any unpaid balance remaining at the start of competition for the final session will be assessed an additional 10% late fee.
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 IASI meet contacts as well as any non-IASI teams with entries already accepted.

LATE ENTRIES:

1. **Provided space is available, late entries will be accepted by email until 6 PM, October 3rd, 2025.** After that time, late entries will only be accepted on deck up to the beginning of the final warm-up of each session.
2. If the meet program has not been printed, swimmers shall be seeded into the meet, but will still be charged the late entry fee. If the meet program has been printed, swimmers shall be assigned to an empty lane, no heats will be added.

Late entry fees:

Individual events: \$10.00 per event.

Relays: \$14.00 per relay.

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

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 Meet 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 davmetrocoach@gmail.com . Receipt will be confirmed by email.
MEET DIRECTOR:	Ben Munster davmetrocoach@gmail.com .
REFEREE:	TBD
OFFICIALS:	Davenport Metro welcomes any visiting USA Swimming officials who would like to officiate at this meet. If you are able to officiate, please contact the Meet Referee.
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 in accordance with IASI Policies and Procedures. 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:	<ol style="list-style-type: none">1. Events will be pre-seeded.2. Positive check-in is not required.3. There will be no clerk of course. Swimmers in all events shall report directly to the starting blocks prior to their race.4. Events may be combined to facilitate meet operation and separated later for results.5. Deck changes are PROHIBITED.6. Operation of a drone, or any other flying apparatus is prohibited over the Venue (pools, athlete/coach area, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
SCORING:	No Scoring
AWARDS:	1st-8th place ribbons will be awarded for 10&U and 11-12 events. These awards will be mailed out to teams after the conclusion of the meet at a later date.
SCRATCHES:	There is no penalty for no-shows but swimmers are encouraged to declare a false start to the deck referee if they do not intend to swim an entered event. 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 the start of warm-ups for the first session in which

they are entered to compete will not be permitted to compete, forfeits their entry fees, and will be administratively disqualified from the entire meet.

CAMERAS: **USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED AT ANY TIME IN CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS or BEHIND STARTING BLOCKS.**

NO ALCOHOL OR TOBACCO: The use of any tobacco or alcohol products is prohibited in the swimming venue.

NO GLASS BOTTLES OR CONTAINERS: **ABSOLUTELY NO GLASS BOTTLES OR CONTAINERS ON THE POOL DECK! If a swimmer is found bringing glass bottles/containers on the pool deck, they will be escorted from the pool area and removed from the meet. No exceptions.**

IMAGE RELEASE: Participants consent to be photographed/filmed by any authorized photographer(s) and/or network(s) of IASI and/or the host club under conditions determined by the host club, and authorize the use of names, pictures, likenesses, and biographical information before, during or after the event to promote swimming. No awards received in this competition may be used for trade or financial gain.

ADDITIONAL INFORMATION:

1. Program: The final meet program will be posted to the Davenport Metro Swim Team website (www.davenportmetro.com). Each team will receive a copy of the program in the coaches' packet. Each volunteer official will receive a complimentary program.
2. Results: Electronic results will be provided to all teams participating in the meet. Final Results will also be posted on IASI website. A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00.
3. Concessions: Will be available throughout the meet.
4. Swim apparel/merchandise: Splash Multi Sport will be available.

INDEMNITY: It is understood and agreed that USA Swimming and IASI shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

MEDICAL SUPERVISION: CPR trained individuals will be on site and AEDs will be available.

DAVENPORT METRO - FALL FROLIC
OCTOBER 11th and 12th, 2025
SANCTION
25 YARD POOL

Session 1-Saturday October 11th -Warm up 8:00 AM; Competition 9:00 AM

Girls #	EVENT	Boys #
1	10&Under 50 Free	2
3	8&Under 25 Free	4
5	10&Under 100 Fly	6
7	8&Under 50 Fly	8
9	10&Under 200 IM	10

11	8&Under 100 IM	12
13	10&Under 50 Breast	14
15	8&Under 25 Breast	16
17	10&Under 100 Back	18
19	8&Under 50 Back	20
21	10&Under 200 Medley Relay	22
23	8&Under 100 Medley Relay	24

Session 2-Saturday October 11th - Warm up: Not Before 11:00 AM; Competition: 60 minutes after the start of warm up; (70 min. if warm-ups are split)

<u>Girls #</u>	<u>EVENT</u>	<u>Boys #</u>
25	11 – 12 100 Back	26
27	Senior 200 Back	28
29	11 – 12 100 Free	30
31	Senior 100 Free	32
33	11 – 12 200 IM	34
35	Senior 200 IM	36
37	11 – 12 50 Breast	38
39	Senior 100 Breast	40
41	11 – 12 100 Fly	42
43	Senior 200 Fly	44
45	11 – 12 200 Medley Relay	46
47	Senior 200 Medley Relay	48

Session 3 – Sunday, October 12th - Warm up 8:00 AM; Competition 9:00 AM.

<u>Girls #</u>	<u>EVENT</u>	<u>Boys #</u>
49	10&Under 100 IM	50
51	8&Under 25 Fly	52
53	10&Under 50 Fly	54
55	8&Under 50 Breast	56
57	10&Under 100 Breast	58
59	8&Under 25 Back	60
61	10&Under 50 Back	62
63	8&Under 50 Free	64
65	10&Under 100 Free	66
67	8&Under 100 Free Relay	68
69	10&Under 200 Free Relay	70

Session 4 – Sunday, October 12th - Warm up: Not before 11:00AM; Competition: 60 minutes after the start of warm up; (70 minutes if warm-ups are split).

<u>Girls #</u>	<u>EVENT</u>	<u>Boys #</u>
71	11 – 12 100 Breast	72
73	Senior 200 Breast	74
75	11 – 12 50 Free	76
77	Senior 50 Free	78
79	11 – 12 50 Back	80
81	Senior 100 Back	82
83	11 – 12 100 IM	84
85	Senior 200 Free	86
87	11 – 12 50 Fly	88
89	Senior 100 Fly	90
91	11 – 12 200 Free Relay	92

93
95

Senior 200 Free Relay
Senior 500 Free

94
96

