

# 2026 NST Nordic Last Chance

Northeastern Swim Team

January 25, 2026

Luther College Aquatic Center (25 Yards)

Age Group and Senior Open

IASI SANCTION: **IA-26-047**

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 the meet.

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.

DATE: **Sunday, January 25, 2026**

TIME:	<u>Sessions</u>	<u>Warm-Ups</u>	<u>Competition</u>
	Sunday AM (12&U)	8:30 AM	9:30 AM
	Sunday PM (Open)	Not Before 12:30 PM	Not Before 1:30 PM

Teams will be notified of their designated warm-up sessions via email by Wednesday, January 21, 2026 if warm-up will be split.

Coaches meeting will be held at 8:20 AM

SITE: Luther College Aquatic Center  
700 College Drive  
Decorah, IA 52101

**\*\*Due to construction of the Gerdin Fieldhouse, pool entrance and locker room information will be sent out to teams prior to the meet.**

FACILITY: Indoor 25-yard, 8 lane competition pool with a pool depth of 8 feet at the start and turn end. An additional 4 lane, 25 yard warm-down pool is separated by a bulkhead. The host will ensure the required course dimensions.

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. Deck Pass or the USA Swimming App are acceptable proof of membership in USA Swimming. Coaches must produce proof of membership in USA Swimming immediately upon request by the Referee or his delegate or leave the pool deck until valid credentials are presented to the Referee.

WARM-UPS: The IASI warm-up procedure will be followed. The pool will be cleared 10 minutes prior to competition.

Last Updated: 11/24/2025

All Swimmers must be under the supervision of a USA Swimming member-coach during warm-up, competition and warm-down. Any swimmer without a coach shall report to the Referee prior to his or her warm-up. The Meet Director or 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.

**RACING STARTS:** All swimmers 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 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. Swimmers in the afternoon session may enter either the mixed or the single gender relay, not both, for each relay event.
  - a. Nonconforming mixed relays will be permitted to enter.
4. Seed times must be submitted for 25-yard short course (SCY).
5. No Time (NT) entries will be accepted. Converted times are not allowed.
6. Swimmers must enter in the age group events corresponding to age as of January 25, 2026.

**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 the timeline exceeds four hours.

The 500 freestyle is limited to the fastest 24 female and fastest 24 male swimmers. The 1000 freestyle is limited to the fastest 16 female and fastest 16 male. If fewer than 24 (500Fr) or 16 (1000Fr) male or female enter, additional swimmers of the opposite gender will be accepted, not to exceed a combined total of six (500 Fr) or four (1000Fr) heats for each event. Those entrants not in the top 24 or 16 male or female swimmers will be notified via email to the club or coach by 6:00pm on Saturday, January 17th. In addition, the excluded swimmers will be given an opportunity to substitute another event if the request is made no later than 5:00pm on Wednesday, January 21, 2026. If a swimmer is scratched into the 500 or 1000 freestyle due to positive check-in, the swimmer will be removed from the substituted event if it puts them over their session limit.

**ENTRY SUBMISSION:**

Entry fees are as follows:

1. Individual events: \$6.00 per event
2. Relays: \$10.00 per relay
3. IASI swimmer surcharge: \$4.50 per swimmer. The surcharge is not assessed to outreach swimmers.
4. The entry fee for each swimmer eligible for LSC outreach benefits is \$5.00 and covers all events swum by an outreach swimmer.
5. Handwritten entries: \$5.00 per swimmer

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-8.1). If submitting electronic entries, also send a hardcopy of the entries with the entry fees and financial sheet. Entries can be emailed to Linnea Lee-Brown ([linnea@luther.edu](mailto:linnea@luther.edu)).

Clubs entering outreach swimmers should provide only the number of outreach swimmers and the number of events being swum by the outreach swimmers to the host club. The names of the outreach swimmers are not to be provided to the host club.

Payment shall be by check or money order made payable to *Northeastern 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 canceled.

#### ENTRY DATES AND DEADLINES:

1. Entries will be accepted from teams/athletes in the Iowa LSC and non-IASI clubs that attended the meet last year beginning at 10:00am, Friday, December 19, 2025.
2. Entries will be accepted from all teams/athletes beginning at 10:00am, Friday, December 26, 2025.
3. Electronic entries must be received no later than 10:00am, Friday, January 16, 2026.
4. Handwritten entries, along with entry fees, additional \$5 per swimmer and financial sheet, must be received no later than 10:00am, Wednesday, January 24, 2026.
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. 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.
7. Entry fees and financial sheet must be received by the start of the first session of the meet, unless prior arrangements have been agreed to in writing. Any unpaid balance remaining at the end of the competition for the final session will be assessed an additional 10% late fee.
8. Entries will be confirmed via a return email receipt.
9. 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 5:00pm, Wednesday, January 21, 2026. After that time, they will only be accepted on deck up to the beginning of the final warm-up of each session.

2. Only swimmers already entered in the meet that have not reached their session limit will be able to enter late.
3. Late entries will be assigned to an empty lane; no new heats will be added.
4. Late entries for the 500 and 1000 Free will be accepted only if the entry limit has not been reached.

Late entry fees:

Individual events: \$12.00 per event.

Relays: \$20.00 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 Linnea Lee-Brown ([linnea@luther.edu](mailto:linnea@luther.edu)). Receipt will be confirmed by email. Send all print materials to:

Linnea Lee-Brown  
Regents Center  
700 College Dr  
Decorah, IA 52101

**MEET DIRECTOR:** Linnea Lee-Brown  
563-387-1821  
[linnea@luther.edu](mailto:linnea@luther.edu)

**REFEREE:** Tracy Meece  
[tjmeece1974@gmail.com](mailto:tjmeece1974@gmail.com)

**OFFICIALS:** Northeastern Swim Team welcomes any visiting USA Swimming officials who would like to officiate at this meet. If you are able to officiate, please contact the Referee. You may also sign up **online:**

**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 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 pre-seeded except for positive check-in events
2. Positive check-in is required for the 500 freestyle and the 1000 freestyle.

- a. Positive check-in deadline is the end of warm-ups in the session the event is in.
- b. Swimmers who fail to check in by the deadline will be scratched from the event. They will be allowed to re-enter only if an empty lane is available in the slowest heat. No heats will be added.
3. Events may be combined to facilitate meet operation and separated later for results and scoring.
4. The 500 and 1000 freestyle will be swum fastest to slowest, alternating girls and boys.
5. Swimmers competing the 500 and 1000 freestyle are requested to provide their own lap counters.
6. If names for relay events are included in entries, those names will be on the relay cards at the meet. Relay names and changes must be provided on relay cards turned in to the timer prior to the beginning of their heat.
7. 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.
8. Fly-over starts may be used at the discretion of the Referee.
9. Deck Changes are prohibited.
10. A Colorado System 6 automatic timing system with touchpads will be used, with push-button backups and handheld stopwatches as a tertiary system.
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.

#### MEDICAL SUPERVISION:

For the duration of warmups and competition, lifeguard certified personnel will be on deck. An AED is located immediately outside the pool doors, and CPR trained staff will be present.

SCRATCHES: The IASI scratch rule is in effect.

SCORING: None

AWARDS: 1. All heat winners will receive an award.  
2. **Ribbons** will be awarded for 8 & Under, 10 & Under, 11-12 top 8 places in individual events and top 3 places for relays.

#### 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 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: USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED AT ANY TIME IN THE CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS.**

**MEET CONDUCT:** NO GLASS ANYWHERE IN THE AQUATICS FACILITY, on deck or in the stands. *NST and attending clubs are the guests of Luther College. Any behavior that might jeopardize the working relationships between Luther College and Northeastern Swim Team / IASI will be dealt with immediately. Luther College and NST reserve the right to remove any offending individuals or groups from the meet premises. Any swimmer found swimming under the bulkhead will be ejected from the facility and will be barred for the remainder of the meet.*

*Clubs will be financially responsible for any damage to the premises caused by their club, swimmers, parents and spectators.*

**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 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: Heat sheets will also be posted on the NST website under Hosted Meets.
2. Results: Electronic results will be provided to all teams participating in the meet. Final results will also be posted on the IASI website. A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00.
3. Concessions: There will be concessions available for food and drink. Food and drink are only permitted in the stands and will not be allowed on the pool deck.

**INDEMNITY**

In granting the sanction for this meet, 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.

# Nordic Last Chance

Sunday Morning Session

8&U, 10&U, 12&U

Warm Ups: 8:30 am

Competition: 9:30 am

Girls Event	Event	Boys Event
1	8 & Under 100 Medley Relay	2
3	12& Under 200 Medley Relay	4
5	12 & Under 200 Freestyle	6
7	8 & Under 25 Backstroke	8
9	12 & Under 50 Backstroke	10
11	12 & Under 100 Backstroke	12
13	12 & Under 100 Individual Medley	14
15	12 & Under 50 Butterfly	16
17	12 & Under 100 Butterfly	18
19	8 & Under 25 Butterfly	20
21	12 & Under 100 Freestyle	22
23	12 & Under 200 Individual Medley	24
25	8 & Under 25 Breaststroke	26
27	12 & Under 50 Breaststroke	28
29	12 & Under 100 Breaststroke	30
31	8 & Under 25 Freestyle	32
33	12 & Under 50 Freestyle	34
35	8 & Under 100 Freestyle Relay	36
37	12 & Under 200 Freestyle Relay	38
39	12 & Under 500 Freestyle	40

# Nordic Last Chance

Sunday Afternoon Session

Open

Warm Ups: Not Before 12:30 pm

Competition: Not Before 1:30 pm

<u>Girls Events</u>	<u>Event</u>	<u>Boys Events</u>
41	Open 200 Medley Relay	42
43*	Open, Mixed 200 Medley Relay	43*
45	Open 200 Freestyle	46
47	Open 100 Backstroke	48
49	Open 50 Butterfly	50
51	Open 200 Breaststroke	52
53	Open 400 Individual Medley	54
55	Open 50 Freestyle	56
57	Open 100 Butterfly	58
59	Open 50 Breaststroke	60
61	Open 200 Backstroke	62
63	Open 200 Individual Medley	64
65	Open 100 Freestyle	66
67	Open 100 Breaststroke	68
69	Open 50 Backstroke	70
71	Open 200 Butterfly	72
73	Open 400 Freestyle Relay	74
75*	Open, Mixed 400 Freestyle Relay	75*
77	Open 1000 Freestyle	78