

MACR Sharks YMCA Home Meet

MEET ANNOUNCEMENT

About the Meet

Date: January 24, 2026

Location: HGN YMCA, Cedar Rapids

Entry Deadline: Fri Jan 16, 2026

Hosted by: HGN YMCA (MACR SHARKS)

Meet Director: Donald Pirrie iowayswimming@gmail.com

Web Site: www.sharksswimming.org

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ABOUT THE MEET

This meet is a closed, inter-association YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed.

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible.

MEET TIMELINE: Warm-up and start times for all sessions are subject to change depending on the size of the meet.

Session 1: Warm-ups TBD. Meet starts at TBD.

(Teams will be notified of their specific warm up time via email ahead of the meet)

INCLEMENT WEATHER/CANCELTATION: In case of inclement weather the Meet Director and YMCA facility staff will determine to proceed with or cancel the meet. The meet will not be rescheduled if cancellation occurs.

LOCATION AND FACILITY

Location: Helen G. Nassif YMCA, 207 7th Avenue SE, Cedar Rapids, IA 52401

Emergency Phone Number: (319) 366-6421

The HGN YMCA is configured as a 6 lane, 25 yard course. Water depth at start is 9 feet (minimum 5 feet required) and at turn end is 4 feet. Colorado electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C (4).

The main gymnasium will be used as a holding area for swimmers. Events will be called on the scoreboard in the gymnasium. Swimmers should report to the ready wall when their event is called.

The Ready Wall will be held in hallway leading to the pool. Swimmers should report when notified to this area. Coaches are responsible for making sure their swimmers are quiet and respectful while waiting in this area for their event. Swimmers being disruptive or disrespectful may be ejected from the meet.



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COVID-19

Our response to Covid-19 may change as the situation evolves. At this present time masks are not required while in the HGN YMCA but we do strongly recommend wearing one when possible. Any changes to this statement will be conveyed via email to all participants prior to the meet start date.

The MACR Sharks Swim Team has taken enhanced health and safety measures – for you, our other guests, volunteers and our athletes. You must follow all posted instructions while attending any of our 2025/26 Home Swim Meets. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death.

According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending a swim meet at our Cedar Rapids YMCA facilities you voluntarily assume all risks related to exposure to COVID-19.

YMCA of the USA and the Cedar Rapids Metro YMCA cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in a YMCA Swim Meet. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a YMCA Swim Meet at our location, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS YMCA OF THE USA AND THE CEDAR RAPIDS METRO YMCA AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORSEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

All of the YMCA Swim Meets held at the Cedar Rapids Metro YMCA will be pre-seeded. No deck entries will be allowed for any of our home swim meets.



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ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 30 days prior to the first day of the meet.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Age: An athlete must be no older than twenty-one (21) years of age on the first day Meet.

COACH

Teams without A Coach at the Meet: All athletes and teams must have at least one YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

ENTRY INFORMATION

ENTRY LIMITS: Swimmers may enter up to 3 individual events plus 1 relay. The 1000 FR is considered a bonus event and will be limited to the Top 18 entries based on time. For swimmers without a time please make a best guess estimate.

ENTRY DEADLINE: No late entries will be accepted. Deck entries will not be accepted.

ENTRY PROCEDURE: Please email a HY3 or SD3 file and PDF of your entries to iowayswimming@gmail.com

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: We welcome officials from visiting teams to help officiate at the meet. Please contact iowayswimming@gmail.com if you are able to assist. Volunteers to help time and run the meet are also welcome.



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CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Please check-in with the timing table when you arrive at the meet. Scratches and relay changes should be conveyed to the timing table as soon as possible. If you know of changes or scratches prior to the meet please email these to iowayswimming@gmail.com

OFFICIALS AND TIMERS MEETING: Officials and timers meeting will be held 20 minutes prior to the start of the meet. Meeting location will be announced at the meet.

MEET PROCEDURES AND OPERATIONS

RULES: The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a Timed finals format. Swimmer's age will be determined as of December 1, 2025.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a "no show") shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes and times for warm-ups. This information will be sent to head coaches prior to the meet. Starts may be conducted during the last 5-10 minutes of your assigned warmup time. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. All swimmers will enter at the shallow end of the pool and move to their assigned starting position.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

STARTS: 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.



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RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted on the wall leading into the pool area from the gymnasium.

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Meet Committee will arbitrate protests, eligibility issues, safety rules and other issues.

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct.

- No Flash Photography at the start of competition races.
- Children are not allowed to roam the facility unattended. YMCA staff and meet volunteers will monitor the hallways and holding areas to help ensure swimmers are where they are supposed to be.
- No smoking, drugs, or alcohol are permitted in the swimming complex.
- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass, Food, and Chairs are not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

AWARDS AND RECOGNITION

SCORING: The Meet will be scored using the standard scoring format.

AWARDS: Ribbons will be given for swimmers finishing in places 1st through 6th



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SPECTATORS

Limited seating will be available on the pool deck for spectators. When your swimmer is not competing, spectators should return to the gym/holding area to allow other spectators the opportunity to watch their child swim.

CONCESSION STAND: A concession stand will be available in the lobby area of the YMCA. Outside food/drink should not be brought into the YMCA.

SAFETY AND EMERGENCY PROCEDURES

EMERGENCIES: the facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.



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DIRECTIONS

TRAVELING FROM THE EAST/SOUTH/WEST:

Exit onto I-380 North from highway you are traveling on. Northbound on I-380 until you reach Exit 19A – Diagonal Dr/5th Ave S. Exit on 19A and turn right onto Diagonal Dr SW at bottom of exit ramp. Diagonal Dr will turn into 8th Ave SW as you approach the bridge over the Cedar River. Cross the River and go to 2nd St SE. Left on 2nd St SE, one block to 7th Ave SE.

The YMCA main entrance will be on your right and our small parking lot on your left. More about parking in a moment.

TRAVELING FROM THE NORTH:

Follow I-380 into Cedar Rapids. Exit at exit 20A – 1st St E. Take a left hand turn at the first light at the bottom of the exit ramp. Follow 1st St E all the way to 7th Ave SE. Take a left onto 7th Ave SE. Go straight through stop sign at 2nd St SE.

The YMCA main entrance will be on your right and our small parking lot on your left. More about parking in a moment.

TRAVELING FROM THE NORTHEAST (DUBUQUE):

Follow Hwy 151 into Marion. At the intersection of Hwy 151 and Hwy 13 take a left hand turn onto Hwy 13 South. Follow Hwy 13 South to Mt Vernon Rd (Intersection is a four way stop sign). Take a right hand turn onto Mt Vernon Rd. Stay on Mt Vernon Rd all the way in to downtown Cedar Rapids. Mt Vernon Rd will turn into 8th Ave. Go to the intersection of 8th Ave and 3rd St SE. Take a right, go one block to 7th Ave SE. Go to 7th Ave SE and take a left hand turn.

The YMCA main entrance will be on your left and our small parking lot on your right.

PARKING

There is a small parking lot across 7th Ave from the YMCA, and another even smaller lot on the east side of the building. The parking on the street all around the YMCA is metered and the parking police monitor it all day long. There is also a city parking lot on the southwest corner of 8th Ave SE and 2nd St SE. The YMCA is on the northeast corner of the same intersection. There is also a new parking ramp located on the northwest corner of 7th Ave SE and 2nd St SE. The entrance to this ramp is actually on 6th Ave SE. Parking is free at this ramp on weekends and it is about a block walk from the YMCA. Please enter the building through the main entrance that is on the 7th Ave side of the building. That is the only entrance that will be open.



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APPENDIX 1: ORDER OF EVENTS

JAN 20 SPRINT MEET - ORDER OF EVENTS

EV #	AGE GROUP	DESCRIPTION	EV #
1	8U	Mixed 100 Yard Freestyle Relay	1
2	9 & 10	Mixed 200 Yard Freestyle Relay	2
3	11 & 12	Mixed 200 Yard Freestyle Relay	3
4	Open	Mixed 200 Yard Freestyle Relay	4
5	8U	25 Yard Butterfly	6
7	9 & 10	50 Yard Butterfly	8
9	11 & 12	50 Yard Butterfly	10
11	13 & 14	50 Yard Butterfly	12
13	15O	50 Yard Butterfly	14
15	8U	25 Yard Backstroke	16
17	9 & 10	50 Yard Backstroke	18
19	11 & 12	50 Yard Backstroke	20
21	13 & 14	50 Yard Backstroke	22
23	15O	50 Yard Backstroke	24
25	8U	25 Yard Breaststroke	26
27	9 & 10	50 Yard Breaststroke	28
29	11 & 12	50 Yard Breaststroke	30
31	13 & 14	50 Yard Breaststroke	32
33	15O	50 Yard Breaststroke	34
35	8U	25 Yard Freestyle	36
37	9 & 10	50 Yard Freestyle	38
39	11 & 12	50 Yard Freestyle	40
41	13 & 14	50 Yard Freestyle	42
43	15O	50 Yard Freestyle	44
45	Open	1000 Freestyle	46



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