

**IOWA SWIMMING, INC.**  
**2026 WINTER REGIONAL AND 8 & UNDER CHAMPIONSHIPS - NORTH**

**February 14 & 15, 2026**

**Hosted by**  
**Mason City Swim Club**



**Teams Attending North Region:**  
**CIA, BIG SIX, BLAST, RIP, FAST, MCSC, NST, PAC, DSMY, USSD, SWAT, DASH**

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**IASI SANCTION** IA-26-036 – 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.

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.

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** Saturday, February 14 & Sunday, February 15, 2026

| <b>TIMES</b> | <b>Session</b>     | <b>Warm-Up</b>      | <b>Competition</b>  |
|--------------|--------------------|---------------------|---------------------|
| 1            | Saturday Morning   | Not before 7:00 am  | 8:30 am             |
| 2            | Saturday Afternoon | Not before 11:00 am | Not before 11:45 am |
| 3            | Saturday Evening   | Not before 3:00 pm  | Not before 4:00 pm  |
| 4            | Sunday Morning     | Not before 7:00 am  | 8:30 am             |
| 5            | Sunday Afternoon   | Not before 11:00 am | Not before 12:00 pm |

Should warm-up need to be split, clubs will be notified by 6:00 pm on Wednesday, February 11, 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 MEETING** The technical meeting will be held in the Hospitality Room 6:45 AM, Saturday, February 14, and, as necessary throughout the meet. Meet details will be discussed.

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.

|                                |  |
|--------------------------------|--|
| <b>SITE</b>                    | <b>Mason City High School Natatorium</b><br><b>1700 4th St SE</b><br><b>Mason City, IA 50401</b>   |
| <b>FACILITY</b>                | <p>Indoor heated pool, 25 yards, 11-lane pool. Water depth 11 feet at starting end and 4 feet at the far end of the pool. Backstroke flags at both ends 5 yards from the end of the pool, starting blocks on South end only. 8 competition lanes and 2 warm up /cool down lanes.</p> <p>The host will ensure the required course dimensions.</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>COACHES</b>                 | <p><u>Sign In.</u> 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 mobile application of USA Swimming is acceptable proof of USA Swimming membership.</p>  |
| <b>WARM UP</b>                 | <p>The IASI Mandatory Warm-Up Procedure and IASI Championship Warm-Up Procedure will be followed. The pool will be cleared 10 minutes prior to competition.</p> <p>All warm-up assignments, including split warm ups (if necessary) will be communicated by 8:00 pm on Tuesday, February 10th.</p>   |
| <b>SUPERVISION</b>             | <p>All athletes must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. 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.</p>   |
| <b>MEDICAL<br/>SUPERVISION</b> | <p>CPR Trained Staff Members and AED Available</p>   |
| <b>RACING STARTS</b>           | <p>Any athlete 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 athlete or the athlete's legal guardian to ensure compliance with this requirement.</p>  |

## **ENTRY REQUIREMENTS**

1. Athletes must be current IASI registered athletes.
2. USA Swimming registrations will not be accepted at the meet. Meet hosts will notify clubs of any entered swimmers whose membership cannot be verified through the pre-meet reconciliation process. Swimmer have until 10- minutes prior to the opening of warm-up for the first session in which they are entered to compete to provide proof of membership by either:
  - (i) presenting a membership card from the USA Swimming mobile app or website (screenshots of membership cards will not be accepted)
  - (ii) demonstrating that the swimmer appears on the current club roster report produced from the USA Swimming SWIMS 3.0 database
3. Any swimmer that fails to provide proof of membership will not be permitted to compete, forfeits their entry fees, and will be administratively disqualified from the entire meet.
4. All athletes must be entered into the meet prior to entering the water or competing in an event. If an athlete 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. For all events, a swimmer shall be entered using their fastest conforming (SCY) time for the event from the SWIMS database, if available. If a swimmer has no available entry time for the event in SWIMS, the coach shall enter an estimated SCY time which best reflects the ability of the swimmer. NT entries are not allowed.
2. Athletes who age up to a new age group between these Regional Championships and the IASI Age Group Championships on February 20 - 22, 2026 or the IASI Short Course Championships on February 26 - March 1, 2026 will be able to swim in the age group corresponding to their age on the first day of the Regional Championships in those events offered in their current age group in which they do not have an Iowa Q-time standard for their new age group, even if they have an Iowa Q-time standard in those events for their current age group. Athletes who swim events under this rule will swim as EXHIBITION and not be eligible for awards or points. This rule will not change the current IASI rule regarding relay competition.

### **8 & Under Championship Session**

1. There are no qualifying standards for 8 & Under events.
2. Athletes may enter a maximum of five (5) individual events during the 8 & Under session plus relays, provided they do not enter any 10 & Under events on the same day.

3. Athletes entering 10 & Under events on the day of the 8 & Under session must subtract the number of 10 & Under events entered from the allowable amount for the 8 & Under session.
4. Athletes 8 & Under who enter 10 & Under events cannot have a time faster than a 10 & Under Iowa Q time standard for the event they are entering.

#### All Other Sessions

1. Athletes may enter events in which they have not achieved the IASI Q-time standard.
2. Athletes may not enter more than four (4) individual events per day plus relays.

#### **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. Unattached athletes may not swim on relays.

Athletes who have an Iowa Q-Time standard in the 50 yard or meter distance of a stroke may not swim that leg in a 200 relay. Athletes 13 & Over who also have an Iowa Q-Time standard in the 100 yard or meter Back, Breast, Fly, or Free may not swim the leg of that particular stroke in the 200 medley relay.

#### **WIN & SWIM!**

Swimmers who win an event at the IASI Regional meet, 500 or shorter, AND meet the National B Minimum for the age group in which they would enter for 14 & younger ages or National BB Minimum for 15 & 16 for SENIOR events will qualify for the current season's IASI Championship meet in that corresponding age group (for Senior events at Short Course Champs, winners of 15 & Over age group events can advance) and event. They ARE eligible for BONUS events, up to the stated limit. This "win & swim" DOES NOT carryover to any future seasons, nor does it apply to winners of 8 & Under Championship events.

#### **ENTRIES**

Entries Open: Tuesday, January 6, 2026 at 12:00 pm (Noon)  
Entry Deadline: Friday, February 6, 2026 at 12:00 pm (Noon)

#### **ENTRY SUBMISSION**

1. Entries may be submitted by:
  - a. Electronic entry file in a format compatible with Hy-Tek Meet Manager 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 Kyle Bry @ meetdirectormcsc@gmail.com . Receipt will be confirmed by email. Send all printed materials to the Entry Chair at the address listed below. If sent by rush delivery, indicate no signature required.

Neither entries or entry changes will be accepted by phone or fax.

4. If an athlete entered in an event achieves an Iowa Q-Time standard after the entry deadline and the athlete or coach notifies the entry chair by Noon on Monday, February 9, 2026, the athlete may change the event without the entry being a late entry. The athlete will be refunded for the individual event entry fee should there be no other events eligible due to having achieved Iowa Q-Time standards in all available events.

#### ENTRY FEES

|                        |                              |
|------------------------|------------------------------|
| Individual Events      | \$10.00 per event            |
| Relay Events           | \$14.00 per relay            |
| IASI Swimmer Surcharge | \$4.50 per athlete           |
| Outreach Athletes      | \$5.00 total fee per athlete |
| Manual Entries         | \$2.00 per athlete           |

Outreach Athletes. Swimmers must be a USA Swimming and IASI Outreach Athlete who qualifies 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 their individual entries by 12:00 pm (Noon) on Monday, February 9, 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:

- a. Teams using APP-7 to enter five (5) or more athletes on or before the first day of the meet,
- b. Teams using APP-7 for entries submitted after the first day of the meet, or
- c. 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 **Mason City Swim Club**. 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

1. Late entry deadline is 6:00 pm on the day prior to the event via email or on deck at the administration table. Athletes who late enter the meet will be required to provide proof of USA Swimming registration in the Iowa LSC.
2. Late entries will be seeded in open lanes. If necessary, a zero heat will be created.
3. All late entry relays will be seeded with a No Time.
4. Late entry fees are:

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

|                                   |   |
|-----------------------------------|---|
| <b>PSYCH SHEETS</b>               | Psych Sheets will be posted on the Mason City Swim Club website website at <a href="http://masoncityswimming.com">masoncityswimming.com</a> under the MEETS tab by 5:00 pm on Wednesday, February 11, 2026.   |
| <b>ATHLETES WITH DISABILITIES</b> | <p>Athletes with disabilities are encouraged to compete.</p> <p>Athletes with disabilities may not compete in events in which they hold an Iowa Q-Time standard.</p> <p>The information Form for Adapted Competitive Athletes (APP-21) indicating accommodations and requested modifications should be completed and attached to the meet entries. Modifications will be determined by the Meet Referee. The athlete (or athletes' coach) is responsible for providing any equipment or assistance required. See Article 105 of USA Swimming Rules.</p> |
| <b>SEND ENTRIES TO</b>            | <p>Send electronic entries by email to the Entry Chair. Receipt will be confirmed by email.</p> <p>Mail all printed materials to:<br/> Mason City Swim Club<br/> ATTN: Kyle Bry<br/> 1130 15th St SE Mason City, IA 50401</p> <p>If sent by rush delivery, indicate no signature required and send to same address.</p>   |
| <b>ENTRY CHAIR</b>                | <p>Kyle Bry<br/> (815)978-1612<br/> meetdirectormcsc@gmail.com</p>  |
| <b>MEET DIRECTOR</b>              | <p>Kyle Bry<br/> (815)978-1612<br/> meetdirectormcsc@gmail.com</p>  |
| <b>MEET REFEREE</b>               | <b>TBD</b>  |
| <b>OFFICIALS</b>                  | <p>Officials must be signed up by <b>12:00 pm (Noon), Monday, February 9, 2026</b>, for those sessions to count towards their club's number of required positions.</p> <p>Officials' meetings for each session will commence one hour prior to the start of competition for each session.</p>   |
| <b>TIMERS ALLOCATIONS</b>         | 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</b>  |

**Tuesday, February 10, 2026.** Teams may divide timing assignments among more than one person, provided everyone participating attends the timer's briefing for that session. The timer briefing will be held 25 minutes before the start of the competition for each session.

Additionally, each club (or unattached athlete) must provide one (1) timer for each athlete competing in the 500 Free, 1000 Free or 1650 Free.

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 a spot is not filled by an assigned team then that team will be fined \$300. That team cannot register in Iowa for the following season until this fee is paid in full to the host club.**

#### **LAP COUNTERS**

Each athlete competing in the 500, 1000, and 1650 Free is responsible for providing their own lap counter, if desired. Lap counting cards will be provided by the host club.

#### **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. 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.

#### **MEET OPERATIONS**

1. Heat sheets will be posted on on the Mason City Swim Club website at under the MEETS tab by 5:00 pm on Wednesday, February 11, 2026.
2. All events are timed finals.
3. Athletes shall report directly to the blocks.
4. Events may be combined to facilitate meet operations and separated afterward for scoring and results.
5. World Aquatics whistle starts and no recall on false starts policy will be used. Flyover starts may be used during all events.
6. All events will be pre-seeded, except for the 500, 1000 and 1650 Free. Positive check-in closes 30 minutes before the start of competition for the event's session. Athletes who fail to check in by the deadline and want to swim the event will be down-seeded to the slowest heat and the slowest lane if lanes are available, however, additional heats will not be added.
7. The 13-14 and 15 & Over 1000 Free and 1650 Free will be seeded together, alternating girls and boys heats, fastest to slowest. For results and scoring, the events will be separated later. The 11-12 1000 Free will be swum fastest to slowest, alternating girls and boys.



8. Other events may be combined as necessary.
9. 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. All relay cards should be submitted at least thirty (30) 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 and/or order of athletes with the timers prior to the start of the heat.
10. Deck changes are prohibited.
11. 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.

## SCRATCHES

The IASI Scratch Rules are 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.

## SCORING

### Individual Events (8 & Under Championship events ONLY) – Place & Points

| 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> | 7 <sup>th</sup> | 8 <sup>th</sup> | 9 <sup>th</sup> | 10 <sup>th</sup> | 11 <sup>th</sup> | 12 <sup>th</sup> | 13 <sup>th</sup> | 14 <sup>th</sup> | 15 <sup>th</sup> | 16 <sup>th</sup> |
|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| 20              | 17              | 16              | 15              | 14              | 13              | 12              | 11              | 9               | 7                | 6                | 5                | 4                | 3                | 2                | 1                |

### Relay Events (8 & Under Championship events ONLY) - Place & Points

| 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> | 7 <sup>th</sup> | 8 <sup>th</sup> | 9 <sup>th</sup> | 10 <sup>th</sup> | 11 <sup>th</sup> | 12 <sup>th</sup> | 13 <sup>th</sup> | 14 <sup>th</sup> | 15 <sup>th</sup> | 16 <sup>th</sup> |
|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| 40              | 34              | 32              | 30              | 28              | 26              | 24              | 22              | 18              | 14               | 12               | 10               | 8                | 6                | 4                | 2                |

Only two relays per team, per event, per gender may score points.

## AWARDS

### 8 & Under Events

#### **Individual Events**

1st - 8th Medals

#### **Relay Events**

1st - 3rd Medals

4th - 8th Ribbons

### 9 & Over Age Groups

#### **Individual Events**

1st - 3rd Medals

4th - 8th Ribbons

#### **Relay Events**

1st - 3rd Ribbons

Presentation. Awards for the 8 & Under Championships will be presented on the pool deck following every two event cycles for the top eight (8) finishing athletes in each event.

Swimmers with Disabilities. For medals and ribbons, swimmers with disabilities will be awarded individually based on classification.

High Point. An award will be presented to the top three (3) athletes, boys and girls, for the 8 & Under age group only.

Team Age Group Awards. An 8 & Under Championship banner will be presented to the team scoring the most combined points during the 8 & Under Championship session. No other age groups will be awarded.

IASI Sportsmanship & Spirit Award. IASI will provide and present this award. One coach and one athlete from each team will vote, as well as the Meet Referee. Criteria to use will be included in the coaches' packet.

## RESULTS

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 hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00.

## CONCESSIONS

A full concession stand, on the main level will open and available for swimmers and spectators.

## MERCHANDISE

A merchandise vendor will be available on-site with equipment and apparel.

## MEET PROGRAMS

Heat sheets will be available on the meet landing page.

## PARKING

Parking is free at Mason City High School. You may utilize the east and south lots.

## CAMERAS

**Use of audio or visual recording devices, including cell phones, is not permitted at any time in changing areas, restrooms, or locker rooms.**

## NO TOBACCO OR ALCOHOL

The use of any tobacco products or the consumption of alcohol is not permitted anywhere in the swimming venue.

## IMAGE AUTHORIZATION

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.

## DISCLOSURES

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.

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.

## SESSION & EVENT ORDER

### Session 1 - Saturday Morning

Warm Up: Not before 7:00 am

Competition: 8:30 am

| Girl's Event #  | Event                       | Boy's Event # |
|-----------------|-----------------------------|---------------|
| 1               | 11-12 100 Freestyle         | 2             |
| 3               | 11-12 400 I.M.              | 4             |
| 5               | 10 & Under 100 Freestyle    | 6             |
| 7               | 11-12 100 Breaststroke      | 8             |
| 9               | 10 & Under 50 Breaststroke  | 10            |
| 11              | 11-12 200 Backstroke        | 12            |
| 13              | 10 & Under 100 Backstroke   | 14            |
| 15              | 11-12 50 Butterfly          | 16            |
| 17              | 10 & Under 50 Butterfly     | 18            |
| 19              | 11-12 100 I.M.              | 20            |
| 21              | 10 & Under 100 I.M.         | 22            |
| 23              | 11-12 50 Backstroke         | 24            |
| 25              | 11-12 200 Butterfly         | 26            |
| 27              | 10 & Under 200 Medley Relay | 28            |
| 29              | 11-12 200 Medley Relay      | 30            |
| 15 Minute Break |                             |               |
| 31              | 10 & Under 500 Freestyle    | 32            |
| 33              | 11-12 500 Freestyle         | 34            |

## Session 2 - Saturday Afternoon

Warm Up: Not before 11:00 AM

Competition: Not before 11:45 AM

| Girl's Event # | Event                         | Boy's Event # |
|----------------|-------------------------------|---------------|
| 35             | 8 & Under 100 Medley Relay    | 36            |
| 5 Minute Break |                               |               |
| 37             | 8 & Under 100 Freestyle       | 38            |
| Awards Break   |                               |               |
| 39             | 8 & Under 25 Breaststroke     | 40            |
| 5 Minute Break |                               |               |
| 41             | 8 & Under 50 Backstroke       | 42            |
| Awards Break   |                               |               |
| 43             | 8 & Under 25 Butterfly        | 44            |
| 5 Minute Break |                               |               |
| 45             | 8 & Under 50 Freestyle        | 46            |
| Awards Break   |                               |               |
| 47             | 8 & Under 100 I.M.            | 48            |
| 5 Minute Break |                               |               |
| 49             | 8 & Under 50 Breaststroke     | 50            |
| Awards Break   |                               |               |
| 51             | 8 & Under 25 Backstroke       | 52            |
| 5 Minute Break |                               |               |
| 53             | 8 & Under 50 Butterfly        | 54            |
| Awards Break   |                               |               |
| 55             | 8 & Under 25 Freestyle        | 56            |
| 5 Minute Break |                               |               |
| 57             | 8 & Under 100 Freestyle Relay | 58            |
| Awards         |                               |               |

### Session 3 - Saturday Evening

Warm Up: Not before 3:00 pm

Competition: Not before 4:00 pm

| Girl's Event #                         | Event                      | Boy's Event # |
|--|----------------------------|---------------|
| 59                                     | 13-14 200 Backstroke       | 60            |
| 61                                     | 15 & Over 200 Backstroke   | 62            |
| 63                                     | 13 & 14 100 Freestyle      | 64            |
| 65                                     | 15 & Over 100 Freestyle    | 66            |
| 67                                     | 13-14 400 I.M.             | 68            |
| 69                                     | 15 & Over 400 I.M.         | 70            |
| 71                                     | 13-14 100 Breaststroke     | 72            |
| 73                                     | 15 & Over 100 Breaststroke | 74            |
| 75                                     | 13-14 50 Backstroke        | 76            |
| 77                                     | 15 & Over 50 Backstroke    | 78            |
| 79                                     | 13-14 100 Butterfly        | 80            |
| 81                                     | 15 & Over 100 Butterfly    | 82            |
| 83                                     | 13-14 200 Medley Relay     | 84            |
| 85                                     | 15 & Over 200 Medley Relay | 86            |
| 15 minute break - pool open 10 minutes |                            |               |
| 87                                     | 13-14 500 Freestyle        | 88            |
| 89                                     | 15 & Over 500 Freestyle    | 90            |

### Session 4 - Sunday Morning

Warm-ups: Not before 7:00 am

Competition: Not before 8:30 am

| Girl's Event # | Event                       | Boy's Event # |
|----------------|-----------------------------|---------------|
| 91             | 11-12 50 Freestyle          | 92            |
| 93             | 10 & Under 50 Freestyle     | 94            |
| 95             | 11-12 200 I.M.              | 96            |
| 97             | 10 & Under 200 I.M.         | 98            |
| 99             | 11-12 200 Breaststroke      | 100           |
| 101            | 10 & Under 100 Breaststroke | 102           |
| 103            | 11-12 100 Backstroke        | 104           |
| 105            | 10 & Under 50 Backstroke    | 106           |
| 107            | 11-12 100 Butterfly         | 108           |
| 109            | 10 & Under 100 Butterfly    | 110           |
| 111            | 11-12 200 Freestyle         | 112           |
| 113            | 10 & Under 200 Freestyle    | 114           |

|  |                                |     |
|--|--------------------------------|-----|
| 115                                    | 11-12 50 Breaststroke          | 116 |
| 117                                    | 10 & Under 200 Freestyle Relay | 118 |
| 119                                    | 11-12 200 Freestyle Relay      | 120 |
| 15 Minute Break - pool open 10 minutes |                                |     |
| 121                                    | 11-12 1000 Freestyle           | 122 |

## Session 5 - Sunday Afternoon

Warm-ups: Not before 11:00 am

Competition: Not before 12:00 pm

| Girl's Event #                         | Event                         | Boy's Event # |
|--|-------------------------------|---------------|
| 123                                    | 13-14 50 Butterfly            | 124           |
| 125                                    | 15 & Over 50 Butterfly        | 126           |
| 127                                    | 13-14 200 I.M.                | 128           |
| 129                                    | 15 & Over 200 I.M.            | 130           |
| 131                                    | 13-14 50 Freestyle            | 132           |
| 133                                    | 15 & Over 50 Freestyle        | 134           |
| 135                                    | 13-14 200 Breaststroke        | 136           |
| 137                                    | 15 & Over 200 Breaststroke    | 138           |
| 139                                    | 13-14 100 Backstroke          | 140           |
| 141                                    | 15 & Over 100 Backstroke      | 142           |
| 143                                    | 13-14 200 Freestyle           | 144           |
| 145                                    | 15 & Over 200 Freestyle       | 146           |
| 147                                    | 13-14 200 Butterfly           | 148           |
| 149                                    | 15 & Over 200 Butterfly       | 150           |
| 151                                    | 13-14 50 Breaststroke         | 152           |
| 153                                    | 15 & Over 50 Breaststroke     | 154           |
| 155                                    | 13-14 200 Freestyle Relay     | 156           |
| 157                                    | 15 & Over 200 Freestyle Relay | 158           |
| 15 Minute Break - pool open 10 minutes |                               |               |
| 159                                    | 13-14 1000 Freestyle          | 160           |
| 161                                    | 15 & Over 1000 Freestyle      | 162           |
| 163                                    | 13-14 1650 Freestyle          | 164           |
| 165                                    | 15 & Over 1650 Freestyle      | 166           |

## 2026 IASI Q-TIMES

|          |          |          | Event               |          |          |          |
|----------|----------|----------|---------------------|----------|----------|----------|
|          | Girls    |          | <u>10&amp;U</u>     |          | Boys     |          |
| LCM      | SCM      | SCY      |                     | SCY      | SCM      | LCM      |
| 40.39    | 39.29    | 35.59    | 50 Freestyle        | 34.59    | 38.19    | 39.79    |
| 1:31.69  | 1:28.39  | 1:19.89  | 100 Freestyle       | 1:18.89  | 1:27.19  | 1:30.59  |
| 3:22.59  | 3:16.49  | 2:57.89  | 200 Freestyle       | 2:50.59  | 3:08.49  | 3:14.99  |
| 6:55.89  | 6:41.29  | 7:38.69  | 400/500 Freestyle   | 7:33.79  | 6:37.09  | 6:52.49  |
| 48.99    | 47.09    | 42.69    | 50 Backstroke       | 42.89    | 47.39    | 49.29    |
| 1:46.49  | 1:42.29  | 1:32.59  | 100 Backstroke      | 1:30.09  | 1:39.59  | 1:44.49  |
| 57.19    | 55.49    | 50.19    | 50 Breaststroke     | 49.19    | 54.39    | 56.09    |
| 2:01.99  | 1:56.39  | 1:45.29  | 100 Breaststroke    | 1:42.29  | 1:53.09  | 1:59.19  |
| 49.69    | 48.79    | 44.19    | 50 Butterfly        | 42.59    | 47.09    | 47.89    |
| 1:53.29  | 1:49.99  | 1:39.49  | 100 Butterfly       | 1:38.99  | 1:49.29  | 1:52.89  |
|          | 1:41.49  | 1:31.89  | 100 IM              | 1:29.69  | 1:39.09  |          |
| 3:45.59  | 3:36.39  | 3:15.89  | 200 IM              | 3:15.99  | 3:36.59  | 3:43.69  |
|          | Girls    |          | <u>11-12</u>        |          | Boys     |          |
| LCM      | SCM      | SCY      |                     | SCY      | SCM      | LCM      |
| 34.29    | 33.39    | 30.19    | 50 Freestyle        | 29.89    | 33.09    | 34.19    |
| 1:15.69  | 1:12.99  | 1:06.09  | 100 Freestyle       | 1:05.19  | 1:11.89  | 1:14.79  |
| 2:46.49  | 2:40.39  | 2:25.09  | 200 Freestyle       | 2:22.09  | 2:37.09  | 2:43.19  |
| 5:50.79  | 5:41.39  | 6:30.09  | 400/500 Freestyle   | 6:22.49  | 5:34.69  | 5:47.09  |
| 12:28.29 | 11:59.39 | 13:42.09 | 800/1000 Freestyle  | 13:40.39 | 11:57.89 | 12:22.99 |
| 39.99    | 38.29    | 34.59    | 50 Backstroke       | 34.89    | 38.49    | 40.29    |
| 1:27.79  | 1:23.49  | 1:15.59  | 100 Backstroke      | 1:14.09  | 1:21.89  | 1:27.69  |
| 3:09.59  | 3:00.69  | 2:43.49  | 200 Backstroke      | 2:40.49  | 2:57.39  | 3:08.49  |
| 45.39    | 44.39    | 40.09    | 50 Breaststroke     | 40.09    | 44.29    | 45.89    |
| 1:40.19  | 1:36.79  | 1:27.59  | 100 Breaststroke    | 1:25.49  | 1:34.49  | 1:39.59  |
| 3:35.69  | 3:27.09  | 3:07.39  | 200 Breaststroke    | 3:02.39  | 3:21.59  | 3:31.59  |
| 38.09    | 37.09    | 33.69    | 50 Butterfly        | 34.19    | 37.69    | 38.69    |
| 1:28.59  | 1:25.29  | 1:17.19  | 100 Butterfly       | 1:16.09  | 1:24.09  | 1:27.29  |
| 3:15.99  | 3:08.19  | 2:50.29  | 200 Butterfly       | 2:43.99  | 3:01.19  | 3:10.19  |
|          | 1:25.79  | 1:17.59  | 100 IM              | 1:15.89  | 1:23.89  |          |
| 3:11.89  | 3:05.09  | 2:47.49  | 200 IM              | 2:45.79  | 3:03.19  | 3:08.99  |
| 6:56.79  | 6:41.89  | 6:03.69  | 400 IM              | 5:50.09  | 6:26.89  | 6:46.59  |
|          | Girls    |          | <u>13-14</u>        |          | 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    |
|            |              |            |                     |            |             |            |
|            | <b>Girls</b> |            | <b>Senior</b>       |            | <b>Boys</b> |            |
| <b>LCM</b> | <b>SCM</b>   | <b>SCY</b> |                     | <b>SCY</b> | <b>SCM</b>  | <b>LCM</b> |
| 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 TIME STANDARDS

|         |         |         | Event            |         |         |         |
|---------|---------|---------|------------------|---------|---------|---------|
|         | Girls   |         | <u>10&amp;U</u>  |         | Boys    |         |
| LCM     | SCM     | SCY     |                  | SCY     | SCM     | LCM     |
| 45.29   | 43.99   | 39.79   | 50 Freestyle     | 38.19   | 42.19   | 43.89   |
| 1:44.09 | 1:40.29 | 1:30.79 | 100 Freestyle    | 1:27.99 | 1:37.19 | 1:40.99 |
| 3:50.99 | 3:43.99 | 3:22.79 | 200 Freestyle    | 3:09.49 | 3:29.39 | 3:36.69 |
| 55.79   | 53.69   | 48.59   | 50 Backstroke    | 48.29   | 53.39   | 55.39   |
| 2:01.59 | 1:56.89 | 1:45.79 | 100 Backstroke   | 1:40.69 | 1:51.19 | 1:56.69 |
| 1:02.19 | 1:00.29 | 54.59   | 50 Breaststroke  | 53.39   | 58.99   | 1:00.89 |
| 2:19.39 | 2:12.89 | 2:00.29 | 100 Breaststroke | 1:54.09 | 2:06.09 | 2:12.89 |
| 54.49   | 53.49   | 48.39   | 50 Butterfly     | 46.49   | 51.39   | 52.29   |
| 2:12.79 | 2:08.89 | 1:56.69 | 100 Butterfly    | 1:53.49 | 2:05.49 | 2:09.49 |
|         | 1:55.19 | 1:44.29 | 100 IM           | 1:39.69 | 1:50.09 |         |
| 4:15.69 | 4:05.39 | 3:42.09 | 200 IM           | 3:38.59 | 4:01.59 | 4:09.49 |
|         | Girls   |         | <u>11-12</u>     |         | Boys    |         |
| LCM     | SCM     | SCY     |                  | SCY     | SCM     | LCM     |
| 38.49   | 37.59   | 33.99   | 50 Freestyle     | 32.79   | 36.29   | 37.39   |
| 1:25.59 | 1:22.49 | 1:14.69 | 100 Freestyle    | 1:11.49 | 1:18.99 | 1:22.09 |
| 3:06.39 | 2:59.59 | 2:42.59 | 200 Freestyle    | 2:35.99 | 2:52.39 | 2:59.19 |
| 44.79   | 42.79   | 38.79   | 50 Backstroke    | 38.49   | 42.59   | 44.49   |
| 1:40.59 | 1:35.69 | 1:26.59 | 100 Backstroke   | 1:22.19 | 1:30.79 | 1:37.19 |
| 3:28.09 | 3:18.29 | 2:59.49 | 200 Backstroke   | 2:52.89 | 3:10.99 | 3:22.99 |
| 49.79   | 48.59   | 43.99   | 50 Breaststroke  | 43.49   | 48.09   | 49.79   |
| 1:50.39 | 1:46.59 | 1:36.49 | 100 Breaststroke | 1:32.59 | 1:42.29 | 1:47.79 |
| 3:56.79 | 3:47.29 | 3:25.69 | 200 Breaststroke | 3:16.39 | 3:37.09 | 3:47.89 |
| 41.79   | 40.79   | 36.89   | 50 Butterfly     | 37.09   | 40.99   | 41.99   |
| 1:38.29 | 1:34.79 | 1:25.79 | 100 Butterfly    | 1:22.89 | 1:31.59 | 1:35.09 |
| 3:31.09 | 3:22.59 | 3:03.39 | 200 Butterfly    | 2:56.59 | 3:15.09 | 3:24.79 |
|         | 1:34.19 | 1:25.19 | 100 IM           | 1:21.89 | 1:30.49 |         |
| 3:30.59 | 3:23.19 | 3:03.89 | 200 IM           | 2:59.29 | 3:18.09 | 3:24.39 |
|         | Girls   |         | <u>13-14</u>     |         | Boys    |         |
| LCM     | SCM     | SCY     |                  | SCY     | SCM     | LCM     |
| 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   |         | <u>Senior</u>    |         | Boys    |         |
| LCM     | SCM     | SCY     |                  | SCY     | SCM     | LCM     |
| 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 |