

Blizzard Blast Invitational- Rams Swim Club

at the Southeast Polk High School - January 10-11, 2026

IASI SANCTION: IA-26-014 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.

DATES: Saturday & Sunday, January 10th & 11th, 2026

TIME: The doors to SEP pool will open at 7:15 AM.

Session	Age Group	Warm-Ups	Competition
#1 Sat AM	10 & Under Mixed 11/12 Boys	7::50 AM-9:30 AM (7:50-8:20, 8:20-8:50, 8:50-9:20:)	9:30 AM
#2 Sat PM	11/12 Girls 13 & Older Mixed	Not before 11:00 AM	Not before 12:30 PM
#3 Sun AM	10 & Under Mixed 11/12 Boys	7::50 AM-9:30 AM (7:50-8:20, 8:20-8:50, 8:50-9:20:)	9:30 AM
#4 Sun PM	11/12 Girls 13 & Older Mixed	Not before 11:00 AM	Not before 12:30 PM

Coaches meeting will be 15 minutes prior to Saturday AM warm-ups. Additional coaches meetings may occur as needed after warm ups. Officials meeting will be one hour prior to competition in the wet classroom. Pool will close 5 minutes prior to competition.

Based on the number of entries, warm-ups may be split as indicated above. Teams will be notified of their warm-up time on or by January 7th.

SITE: Southeast Polk High School - 7945 NE University Ave - Pleasant Hill, IA 50327

FACILITY: Daktronics 2000 with Colorado and Daktronics touchpads. A minimum of one watch button and one backup button will be used for each lane. The meet 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) and verify that all certifications are current. The official mobile application of USA Swimming is acceptable proof of USA Swimming membership. Coaches and Officials must produce proof of membership in USA Swimming immediately upon request of the referee or their delegate or leave the pool deck.

WARM-UPS: The IASI mandatory warm-up procedure will be followed.

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

Facility rules require a 3 point, feet first, sit and slide entry for lanes designated for circle swim during warm-up and warm-down.

If there are no longer any athletes warming up , the Referee may exercise their sole discretion to declare the pool closed prior to the scheduled end of warm-up. Under such circumstances, competition may begin ahead of schedule.

RACING STARTS: Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the 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.
2. Swimmers must enter in the age group events corresponding to age as of January 10, 2026.
3. Swimmers may enter no more than **3 individual events and 1 relay per session/day**.
4. Seed times must be submitted for a 25 yard course. Converted times are not allowed. No Time (NT) entries will be accepted.
5. Each mixed relay must have exactly 2 male swimmers and 2 female swimmers. The 11/12 age groups are in different sessions therefore they must have 4 of the same gender.. Exhibit relays are not allowed

ENTRY LIMITS: Any combination of events may be limited to ensure timely completion of a session. Teams will be notified by email in the event a swimmer is affected by limits prior to the meet. RSC may remove limits, if time allows, for the distance events. Relays may be scratched if the timeline exceeds 4 hours.

1. Session 1 11/12 Boys 500 Freestyle (Event #20) will be limited to 8 entries.
2. Session 2 11/12 Girls 500 Freestyle (Event #21) will be limited to 16 entries.
3. Session 2 13&O Mixed 500 Freestyle (Event #22) will be limited to 24 entries.
4. Session 2 13&O Mixed 400 IM (Event #35) will be limited to 8 entries.
5. Session 3 11/12 Boys 1000 Freestyle (Event #56) will be limited to 8 entries.
6. Session 4 11/12 Girls 1000 Freestyle (Event #73) will be limited to 16 entries.
7. Session 4 13&O Mixed 1000 Freestyle (Event #74) will be limited to 16 entries.

ENTRY SUBMISSION: Entry fees are as follows:

1. Flat fee of \$60 per athlete. This includes the IASI \$4.50 swimmer surcharge fee, online heat sheets through Meet Mobile, and facility fee.
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 swimmer surcharge fee.

Electronic entries must be submitted in a format compatible with HY-TEK Meet Manager software. 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.

Clubs entering outreach swimmers should only provide the number of outreach swimmers to the host club as this is a flat fee entry invitational. 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 **Rams Swim Club**. 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 only from IASI teams and teams in attendance in January 2025 beginning at **Noon, Wednesday, December 10, 2025**.
2. All other entries will be accepted beginning at **Noon, Wednesday, December 17, 2025**.
3. Meet entry deadline is **Noon, on Wednesday, December 31, 2025**.

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. 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 **Tuesday, December 30, 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 at the 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 and will not be accepted by phone.

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 Noon Tuesday, December 30, 2025.
2. Only swimmers already entered in the meet that have not reached their session limit will be able to enter late after Sunday, December 28, 2025.
3. If the meet program has not been posted, swimmers shall be seeded into the meet, but will still be charged the late entry fee. If the meet program has been posted, swimmers shall be assigned to an empty lane, no heats will be added.

Late entry fee:

Flat fee of \$76 per athlete. This includes the IASI \$4.50 swimmer surcharge fee, online heat sheets through Meet Mobile, and facility fee.

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 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 meetdirector@ramsswimmingia.com Send all print materials to: Kimberly Gleason - 1322 9th Ave SE - Altoona IA, 50009

MEET DIRECTORS:

Kimberly Gleason - (515) 306-4648 - meetdirector@ramsswimmingia.com

MEET REFEREE:

Ryan Judas - ryan.judas@hotmail.com

OFFICIALS:

RSC welcomes any visiting USA Swimming officials who would like to officiate at this meet. Apprentice sessions can also be provided if scheduling allows. If you are able to officiate, please contact the meet referee. A link will also be sent to teams, IASI, and registered officials.

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 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. Events will be PRE-SEEDED, **FASTEST to SLOWEST**, with the exception of races with a distance greater than 400 yards. Those will be deck seeded following positive check-in. **NO DECK** entries will be allowed.

2. Positive check-in is required for events longer than 400 yards.
 - Positive check-in will close 30 minutes before the start of each session.
 - Swimmers failing to check in by the deadline will be scratched. Swimmers who are scratched will be allowed to re-enter only if there are empty lanes available.
3. Relay cards will be distributed to coaches. Relay cards must be handed to the lane timers before the start of the heat for which the relay has been assigned. If names for the relay events are included in entries, those names will be on the relay card at the meet.
4. Fly over starts may be used.
5. Swimmers in all events shall report directly to the starting blocks. Swimmers will not be checked in by a clerk of course.
6. The host is not responsible for providing rest for swimmers entered into consecutive events. If a swimmer has less than 10 minutes between swims, the swimmer or swimmer's coach may request (to the referee) a down-seed to a slower heat if available to allow more rest.
7. Deck changes are prohibited.
8. 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.

AWARDS: The meet will not be scored and no points will be awarded. Ribbons for 1st - 6th place for individual events and 1st-3rd in relays; 10&U events. Awards will be sent to the coaches after the meet is complete.

SCRATCHES: The IASI scratch rule is in effect. With the exception of positive check-in events, there is no penalty for no-shows, but swimmers are encouraged to declare a false start to the referee if they do not intend to swim an entered event. No shows and DFS are considered entries for entry limits. The penalty for a positive check-in event is \$20 for a no-show.

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. No USA swimming registrations will be accepted at the 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.**

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

MEDICAL SUPERVISION: AED is located on the North wall of the main gym. RSC coaching staff are CPR trained. The emergency call button is located on the West wall of the pool next to the pool office window. The pool pump emergency button is located on the South wall of the pool.

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.

QUALITY CONTROL SYSTEM: 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>.

**ADDITIONAL
INFORMATION:**

Meet Program: No meet programs will be sold at the meet. Programs may be printed from the meet website, www.ramsswimmingia.com under Hosted Meets, Blizzard Blast, or found on Meet Mobile. Heat sheets (limited number) will be available for sale at the concession stand.

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.

Concessions: There will be a concession stand offering meal and snack options and drinks. Coaches and officials will be provided with hospitality.

Swim Merchandise: Splash! Multisport will be the on the site vendor.

Seating/Spectator Information: It is first come, first serve seating. To maximize spectator seating, swimmers are not allowed in the stands and may use the deck seating and gymnasium area.

Deck: Only registered athletes for the session taking place, officials and meet personnel will be allowed on deck. Each team will be provided with a seating area on a first come first serve basis.

Crash Area: The Aux Gym will be open and is designated as a crash area for swimmers and guests. Athletes will enter the pool through the back hallway entry from the gym.

RSC & SEP Indemnity: RSC shall be free and held harmless from any liability or claims for damages arising by reason of injuries to anyone during the conduct of this competition.

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.

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 this event.

Session #1: Saturday Morning, January 10, 2026

TIMED FINALS

Warm-Ups: 7:50 AM, Competition: 9:00 AM

*positive check-in/entry limit

Event #	Event
1	11/12 Boys 200 Breast
2	8&U Mixed 25 Free
3	9/10 Mixed 200 Free
4	11/12 Boys 200 Free
5	8&U Mixed 50 Fly
6	9/10 Mixed 50 Fly
7	11/12 Boys 50 Fly
8	8&U Mixed 25 Back
9	9/10 Mixed 100 Back
10	11/12 Boys 100 Back
11	8&U Mixed 100 IM
12	9/10 Mixed 100 IM
13	11/12 Boys 100 IM
14	11/12 Boys 200 Back
15	8&U Mixed 50 Breast

16	9/10 Mixed 50 Breast
17	11/12 Boys 50 Breast
18	10&U Mixed 200 Free Relay
19	11/12 Boys 200 Free Relay
20	11/12 Boys 500 Free*

Session #2: Saturday Afternoon, January 10, 2026

TIMED FINALS

Warm-Ups: Not prior to 11:00 AM, Competition: Not prior to 12:30 PM

*positive check-in/entry limit

Event #	Event
21	11/12 Girls 500 Free*
22	13&O Mixed 500 Free*
23	11/12 Girls 100 Fly
24	13&O Mixed 100 Fly
25	11/12 Girls 50 Breast
26	11/12 Girls 200 Back
27	13&O Mixed 200 Back
28	11/12 Girls 100 IM
29	11/12 Girls 50 Free
30	13&O Mixed 50 Free
31	11/12 Girls 200 Breast
32	13&O Mixed 200 Breast
33	11/12 Girls 200 Free Relay
34	13&O Mixed 200 Free Relay
35	13&O Mixed 400 IM*

Session #3: Sunday Morning, January 11, 2026

TIMED FINALS

Warm-Ups: 7:50 AM, Competition: 9:00 AM

*positive check-in/entry limit

Event #	Event
36	9/10 Mixed 200 IM
37	11/12 Boys 200 IM
38	8&U Mixed 50 Free
39	9/10 Mixed 50 Free
40	11/12 Boys 50 Free

41	8&U Mixed 25 Fly
42	9/10 Mixed 100 Fly
43	11/12 Boys 100 Fly
44	8&U Mixed 50 Back
45	9/10 Mixed 50 Back
46	11/12 Boys 50 Back
47	11/12 Boys 200 Fly
48	8&U Mixed 25 Breast
49	9/10 Mixed 100 Breast
50	11/12 Boys 100 Breast
51	8&U Mixed 100 Free
52	9/10 Mixed 100 Free
53	11/12 Boys 100 Free
54	10&U Mixed 200 Med Relay
55	11/12 Boys 200 Med Relay
56	11/12 Boys 1000 Free*

Session #4: Sunday Afternoon, January 11, 2026

TIMED FINALS

Warm-Ups: Not prior to 11:00 AM, Competition: Not prior to 12:30 PM

*positive check-in/entry limit

Event #	Event
57	11/12 Girls 200 IM
58	13&O Mixed 200 IM
59	11/12 Girls 100 Back
60	13&O Mixed 100 Back
61	11/12 Girls 200 Fly
62	13&O Mixed 200 Fly
63	11/12 Girls 100 Free
64	13&O Mixed 100 Free
65	11/12 Girls 50 Back
66	11/12 Girls 100 Breast
67	13&O Mixed 100 Breast
68	11/12 Girls 200 Free
69	13&O Mixed 200 Free

70	11/12 Girls 50 Fly
71	11/12 Girls 200 Medley Relay
72	13&O Mixed 200 Medley Relay
73	11/12 Girls 1000 Free*
74	13&O Mixed 1000 Free*