



2025 A3 MIDWEST CHALLENGE
HOSTED by Iowa Flyers Swim Club
October 31st – November 2nd, 2025
University of Iowa CRWC Natatorium, Iowa City, IA

IASI SANCTION:	IA-26-017-R 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 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.																														
DATES:	October 31st – November 2nd, 2025 Pool deck will open no earlier than 4:30pm on Friday, October 31st. Pool deck will open 6:45 AM on Saturday November 1st and Sunday November 2nd. Pools will close 30 minutes after conclusion of each session.																														
TIME:	<table><tr><td><u>Sessions:</u></td><td><u>Warmups:</u></td><td><u>Meet Start:</u></td><td><u>Coaches Meeting/Room:</u></td></tr><tr><td></td><td>Not before</td><td></td><td></td></tr><tr><td>Friday SCY T/F</td><td>4:30PM</td><td>6:00 PM</td><td>4:30 PM **wet class</td></tr><tr><td>Saturday Prelims</td><td>7:00 AM</td><td>8:30 AM</td><td>7:15 AM** wet class</td></tr><tr><td>Saturday Finals</td><td>4:30 PM</td><td>5:30 PM</td><td>If Needed</td></tr><tr><td>Sunday Prelims</td><td>7:00 AM</td><td>8:30 AM</td><td>If Needed</td></tr><tr><td>Sunday Finals</td><td>3:30 PM</td><td>4:30 PM</td><td>If Needed</td></tr></table> **Coaches Meetings: The two coaches' meetings will have the same agenda. On Friday and Saturday, our meeting will be held in the wet classroom, located just off the pool deck under the spectator seating.			<u>Sessions:</u>	<u>Warmups:</u>	<u>Meet Start:</u>	<u>Coaches Meeting/Room:</u>		Not before			Friday SCY T/F	4:30PM	6:00 PM	4:30 PM **wet class	Saturday Prelims	7:00 AM	8:30 AM	7:15 AM** wet class	Saturday Finals	4:30 PM	5:30 PM	If Needed	Sunday Prelims	7:00 AM	8:30 AM	If Needed	Sunday Finals	3:30 PM	4:30 PM	If Needed
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SITE:	University of Iowa Campus Recreation and Wellness Center (CRWC), 309 S. Madison Street Iowa City, IA 52242																														
FACILITY:	8-Lane, 50-meter x 25-yard indoor pool ranging in depth from 7–9 feet with 8-foot start end depth and 7-foot turn end depth. Daktronics Timing System with 96" touch pads on both ends of race course with push-button backup and two manual timers. 8-Lane, 25 yard diving well available for warm-up and cool down. 6" Kiefer Wave-Eater Lane Lines and Kiefer Elite Starting Platforms with individual lane speakers.																														

	The facility will have Lifeguard, AED, and CPR trained staff in case of emergencies that arise during this event. The host will ensure the required course dimensions. Warm-up Pool: Along with the 50M 8 lane pool. There will be eight 25-yard lanes in the diving well for warm up and cool down.
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 and on file. The official mobile application of USA Swimming is acceptable proof of membership. Coaches shall wear their issued deck credentials so they are visible to swimmers and meet personnel at all times.
WARM-UPS:	The IASI mandatory warm-up procedure will be followed in accordance with Section 1. VII.M. of the IASI Policies and Procedures. Swimmers are to carefully enter the pool feet first without the use of the starting blocks. The pool will be cleared 10 minutes prior to competition. Any swimmer 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. There will be eight 25-yard lanes at the north end of the natatorium for warm-up and cool-down during the finals sessions. Warm-up and cool-down during prelim sessions will be in the eight 25-yard lane Diving Well. Lanes 1-7 will be designated as general warm-up/cool-down, and lane 8 will be designated as a pace lane.
RACING STARTS:	Any swimmer entered in the meet must be certified by a USA Swimming member- coach as being proficient in performing a racing start or must begin each race from within the water without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
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 as many events as they qualify for but must scratch by the relevant deadline to swim no more than three individual events and no more than one relay event per day. 3. A swimmer may swim no more than 7 individual events for the meet. 4. Seed times may be submitted for a SCY, LCM or a SCM course. The order seeding for all sessions will be SCY, LCM, SCM. Converted times are not allowed. 5. Qualifying standards for the meet are set as the USA Swimming's 2024-2028 National Age Group "A" motivational time standards for 15-16 year old age group. Swimmers may enter any events in which they have met the qualifying time standard. USA SWIMS database will be used as proof of time. 6. The IASI Missed-Cut Times and Fine procedures will apply to this meet. 7. A session will be closed when the prelim timeline reaches five hours. The meet will be closed when both prelim sessions reach 5 hours and Friday reaches capacity as explained below.

ENTRY LIMITS:	Preliminaries and finals will be contested in a total of eight hours or less per day. Teams will not be split if received together even if it causes us to exceed the entry limit. Relays may be scratched if timeline exceeds a total of eight hours for the day. The 400 IM will be limited to 10 heats for Women and 10 heats for Men. The 1650 Freestyle will be limited to 10 heats for Women and 10 heats for Men. The 500 Freestyle events will be limited to a total of 24 heats. Additional entries will be accepted to fill open lanes if this results in an unbalanced mix of males and females. Those entrants not in the limited heats listed above will be notified via email to the club or coach by 6:00 PM Central Time on Thursday, October 23rd.
ENTRY SUBMISSION:	Entry fees are as follows: 1. Individual events: \$11.00 per event. 2. Relays: \$20.00 per relay. 3. Facility Fee: \$5.00 per swimmer. 4. IASI Splash Fee: \$4.50 per swimmer 5. Swimmers who qualify for IASI Outreach benefits may enter the meet for a total fee of \$5.00 which includes the IASI swimmer surcharge. 6. Handwritten entries: \$2.00 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. Payment shall be by check or money order made payable to Iowa Flyers 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 cancelled.
ENTRY DATES AND DEADLINES:	1. Entries will be accepted from teams/athletes in the Iowa LSC and from non-IASI teams that attended the 2024 A3 Midwest Senior Challenge, Non IASI teams that competed in the previous year's events were: ACAD-IL, BRRY-IL, BAC-WI, HEAT-IL, CH-MV, CNS-MV, EBSC-WI, GSC-IL, GOAL-MW, HSC-IL, HOSC-IL, KCB-MV, LSS-MW, OZ-WI, SFST-SD, SWAT-MW, SPY-IL, SCST-IL, VAST-WI, and WEST-MN beginning <u>Wednesday, September 17th at 10:00 AM Central Time.</u> 2. Entries will be accepted from all teams/athletes beginning <u>Wednesday, September 24th, 10:00 AM Central Time.</u> 3. Electronic entries must be received no later than <u>Wednesday, October 22nd, by 10:00 AM Central Time.</u> 4. Handwritten entries, along with entry fees, an additional \$2 per swimmer, and a financial sheet, must be received no later than <u>Wednesday, October 22nd, by 10:00 AM Central Time.</u> Handwritten entries will not be considered entered in the meet until full payment is received.

	5. Once a team's entries have been accepted by the meet host, that team is considered entered into the meet. IFLY is not permitted to rescind a team's entries once an email is sent confirming 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. A hardcopy of the entries, along with entry fees and financial sheet, must be received by October 31st, by 10:00 pm Central Time unless prior arrangements have been agreed to in writing to the meet director and entry chair BEFORE October 30th by 8:30 AM CT. <i>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 <u>10% late fee.</u></i> 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. Only swimmers already entered in the meet that have not reached their session limit will be able to late enter. 2. After 10:00 AM Central Time on Wednesday, <u>October 22nd</u>, late entries will only be accepted <i>on deck</i> by the scratch deadline for each day. 3. No late entries will be accepted for the 400 IM, 500 Free or 1650 Free. <u>Late entry fees</u> Individual events: \$22.00 per event Relays: \$40.00 per relay For questions regarding late entries or to find out if late entries will be 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 iflyentries@gmail.com. Send all print materials to Iowa Flyers Swim Club University of Iowa E230 CRWC 309 S. Madison Iowa City, IA 52242

	If sent by rush delivery, indicate no signature required.
MEET DIRECTOR:	Chris Freeman and Emily Downes iflyentries@gmail.com
REFEREE:	Phil Barnes gjpbarnes@gmail.com
OFFICIALS:	The Iowa Flyers Swim Club welcomes any visiting USA Swimming officials who want to officiate at this meet. If you can officiate, please get in touch with the Referee, or sign up by using this link: (link here for officials), or from the Iowa Swimming Officials website . This will be an N3 Officials Qualifying (QM 25-0171) meet for all positions. Applications for evaluation are included with the officials' signup.
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. All sessions will be swum in SCY format. Saturday and Sunday Preliminaries will swim in SCY format in two pools – North/Scoreboard end and South/Diving Well end. Saturday and Sunday Finals will be swum in SCY format in the South/Diving Well end. 2. The top 24 qualifiers from prelims will swim in finals, with the top eight finishers swimming in the A Finals, the next eight in the B Finals, and the next eight in the C Finals. 3. Fly-over starts will be used for all prelim and timed final events. Swimmers in all events shall report directly to the starting blocks. A Clerk of Course will NOT check in swimmers. 4. For finals sessions, except for the A Finals, swimmers must be behind the blocks and ready to swim at least one heat before starting their heat. Swimmers in the A Finals will be paraded from a designated area predetermined by the Referee and announced at the meet. Swimmers must arrive to the designated area one event prior to their event. 5. Events may be combined to facilitate meet operation and separated later for results and scoring. 6. The 400 IM and 1650 Free will be swum alternating women than men, from fastest to slowest. All other events will swim from slowest to fastest. Each athlete must provide their own timer for the 400IM and 1650 Free. 7. 1000 splits will automatically be pulled and recorded from the 1650 Free. 8. Relays will swim as timed finals (Limit 1 Relay per team per event) during the Saturday and Sunday finals sessions. 9. The host is not responsible for providing rest for swimmers between events. Please plan accordingly. 10. If a swimmer wishes to obtain an official intermediate split time for an event, the swimmer (or swimmer's coach) must coordinate it in advance with the Referee and arrange for an additional lane timer to be present during the swim. 11. Coaches or their designees are responsible for attending the Coaches Meetings and are solely responsible for disseminating all information shared during the coaches

	meetings to their teams and coaching staff. Meet management shall not make exceptions to policies and procedures due to lack of attendance. 12. Deck Changes are prohibited. 13. Operation of a drone, or any other flying apparatus, is prohibited over the pools, athlete/ coach areas, and spectator areas any time athletes, coaches, officials, and spectators are present.
	Points will be awarded as follows:
SCORING:	1st 2nd 3rd 4th 5th 6th 7th 8th 9th 10th 11th 12th 13th 14th 15th 16th 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1 40 34 32 30 28 26 24 22 18 14 12 10 8 6 4 2
Individual Relays	Individual and Relay places: 1 st -3 rd will receive medals. A3 Performance prizes for those who finish in 1 st place in A, B, & C finals. Individual High Point: Trophy for overall Top Female and Male swimmer. Combined score of a maximum of six events. Team High Point: 1 st , 2 nd & 3 rd overall teams will receive trophies.
AWARDS:	The awards for the 400IM and the 1650 Free will be presented before the Finals on Saturday evening (session 3). All other awards will be presented immediately following each event.
POSITIVE CHECK-IN AND SCRATCHES:	14. Swimmers entered in preliminary heats who do not intend to swim must scratch before the scratch deadline (see bullet points below) for the preliminary session or declare a false start to the deck referee before the beginning of the heat. Failure to scratch or failure to declare a false start shall result in the swimmer being excluded from the next entered individual event. 15. The scratch deadline for Saturday and Sunday prelims is 6:30 p.m. the evening before the session. 16. The Iowa scratch rule is in effect. 17. • Friday positive check-in is due by 5:30 PM Central Time on Friday. Failure to check in by the deadline will result in the swimmer not being seeded in the event. • Saturday scratches due by 6:30 PM Central Time on Friday. Swimmers not scratching by the deadline will be seeded in the session unless the swimmer is over entered in the session, in which case that athlete will be seeded in the first three events entered for the session and scratched from the remainder. • Sunday scratches due by 6:30 PM Central Time on Saturday. Swimmers not scratching by the deadline will be seeded in the session unless the swimmer is over entered in the session or meet, in which case that athlete will be seeded in the first events entered for the session and scratched from the over-entered events. 1. Scratching from A, B, & C Finals: a. Scratches will be handled by filling out an official scratch form at the Administration Table. A swimmer has 30 minutes after the announcement of qualifiers for finals for an event to declare the intent to scratch or to

	scratch from the finals. A swimmer must confirm the intent to scratch within 30 minutes of the announcement of final qualifiers for the swimmer's final event in which the swimmer is entered for that session. If the swimmer doesn't confirm the intent by the deadline, then the swimmer will not be scratched from the original event. b. Any swimmer qualifying for the A, B, & C Finals race in an individual event who fails to compete in the A, B, & C Finals race shall be barred from further competition for the remainder of the meet except as detailed below. c. Any swimmer qualifying for the A, B, & C Finals race in an individual event who fails to compete in the A, B, & C Finals race on Sunday shall be barred from further competition on that evening and be penalized a \$50.00 fine. Failure to pay the fine will result in the team being barred from competing at this meet the following year. d. In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the A, B, & C Finals when possible with the next qualified swimmer(s). First and second alternates shall not be penalized if they cannot compete in the finals. e. Exceptions for Failure to Compete are: i. Illness to the swimmer reported to the Referee before warm-ups at the finals. ii. Cancellation of the meet due to inclement weather at the discretion of the Referee. iii. Circumstances beyond the control of the swimmer which restricts the ability of the swimmer to attend the heat at the discretion of the Referee.
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 application or website or (ii) demonstrating that the athlete appears on a current club roster 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 CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS.
TOBACCO & ALCOHOL	The use of tobacco or alcohol products is prohibited in all venue areas.
NO GLASS:	No glass containers of any kind are permitted in the Natatorium.
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.

The 2025 A3 Midwest Challenge

University of Iowa Campus Recreation and Wellness Center (CRWC)

October 31st – November 2nd, 2025

Sanction #: IA-26-017

Session 1: Friday Afternoon – SCY Timed Finals

Warm-ups begin not before 4:30pm, Session begins not before 6:00pm – Timed Finals Session

Cuts: SCY/LCM/SCM	Women's Event #	Event Name	Men's Event #	Cuts: SCY/LCM/SCM
5:04.29/5:46.89/5:36.29	1	400 IM	2	4:36.19/5:21.19/5:05.19
19:56.49/20:11.59*/19:49.29**	3	1650 FR	4	18:22.79/18:58.49*/18:16.19**
*1500 LCM Free standard				
**1500 SCM Free standard				

The 2025 A3 Midwest Challenge

University of Iowa Campus Recreation and Wellness Center (CRWC)

October 31st – November 2nd, 2025

Sanction #: IA-26-017

Session 2: Saturday Morning – SCY Prelims

Warm-ups begin at 7:00 AM, Session begins at 8:30 AM

Cuts: SCY/LCM/SCM	Women's Event #	Event Name	Men's Event #	Cuts: SCY/LCM/SCM
2:07.69/2:25.09/2:21.19	5	200 Free	6	1:56.59/2:14.29/2:08.89
1:13.69/1:24.49/1:21.39	7	100 Breast	8	1:05.89/1:16.69/1:12.79
1:04.09/1:14.49/1:10.79	9	100 Back	10	57.89/1:07.79/1:03.99
2:22.09/2:40.99/2:37.09	11	200 Fly	12	2:08.79/2:27.19/2:22.29
27.29/30.89/30.09	13	50 Free	14	24.19/28.19/26.79
2:22.39/2:43.89/2:37.39	15	200 IM	16	2:09.39/2:30.99/2:22.29

Session 3: Saturday Evening – SCY Finals

Warmups begin at 4:30 PM, Session begins at 5:30 PM

Women's Event #	Event Name	Men's Event #
5	200 Free	6
7	100 Breast	8
9	100 Back	10
11	200 Fly	12
13	50 Free	14
15	200 IM	16
17	400 Medley Relay	18
Limit 1 Men's and 1 Women's Relay per team.		

The 2025 A3 Midwest Challenge

University of Iowa Campus Recreation and Wellness Center (CRWC)

October 31st – November 2nd, 2025

Sanction #: IA-26-017

Session 4: Sunday Morning – SCY Prelims

Warm ups begin at 7:00 AM, Session begins at 8:30 AM

Cuts: SCY/LCM/SCM	Women's Events	Event Name	Men's Events	Cuts: SCY/LCM/SCM
58.89/1:07.19/1:05.09	19	100 Free	20	53.19/1:01.49/58.79
2:19.09/2:40.09/2:33.69	21	200 back	22	2:06.59/2:27.69/2:19.79
2:39.39/3:02.09/2:56.19	23	200 Breast	24	2:23.19/2:46.69/2:38.29
1:03.79/1:12.29/1:10.39	25	100 Fly	26	57.59/1:05.79/1:03.69
5:43.69/5:04.49*/5:00.79**	27	500 Free	28	5:15.79/4:46.39*/4:36.29**

Session 5: Sunday Evening – SCY Finals

Warm ups begin at 3:30 PM, Session begins at 4:30 PM

Women's Events	Event Name	Men's Events
19	100 Free	20
21	200 back	22
23	200 Breast	24
25	100 Fly	26
27	500 Free	28
29	400 Free Relay	30
Limit 1 Men's and 1 Women's Relay per team.		