

The David Armbruster Open

Hosted by the Iowa Flyers Swim Club

May 9th-11th, 2025

University of Iowa Campus Recreation and Wellness Center, Iowa City, IA

IASI Sanction: IA-25-79

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: Friday, Saturday, and Sunday, May 9th -11th, 2025

Times:

	Friday Afternoon	Friday Evening	Sat and Sun. Morning	Sat and Sun. Afternoon
Coaches meeting:	12:00pm	3:00pm	6:10am (if needed)	If needed
Warm-ups:	12:30pm	Not before 3:30pm	6:30am	NOT BEEFORE 12:00pm
Competition:	1:30pm	5:00pm	8:00am	NOT BEFORE 1:30pm
The Doors to the CRWC will be open at 6:15am on Saturday and Sunday. Door will open to meet participants at 12:00pm on Friday.				

Site: University of Iowa Campus Recreation and Wellness Center (CRWC), 309 S. Madison Street, Iowa City, Iowa, 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.

- 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. Displaying credentials via the official mobile application of USA Swimming is acceptable.
- Warm-ups:** There will be general warm up only (no split warm up). The IASI mandatory warm-up procedure will be followed in accordance with Section I. 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.
- All swimmers must be under the supervision of a USA Swimming member- coach during warm-up, competition, and warm-down. Any swimmer without a coach shall report to the Referee prior to his or her warm-up. The Meet Director or Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.
- Racing Start Certification:** All swimmers entered in the meet must be certified by a USA Swimming coach member 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 coach member, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Entry Requirements:**
1. 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.
 2. Swimmers may enter no more than four individual events plus one relay each day
 3. All entries must have an entry time. "No Time" entries are not allowed. Swimmers with no times must submit an estimated (LCM) entry time for the event, otherwise the entry will be returned until an estimated time is submitted.
 4. An exception will be made to item 3 to allow non-conforming times for all limited entry events (400 Free, 1500 Free and 400 IM). The seeding order for non-conforming times in these events shall be LCM, SCY, SCM. Estimated times are not allowed for limited entry events.
 5. IFLY reserves the right to enter its own athletes who may not have seed times in all events.
- Entry Limits:** A team's entries will not be split if received together. Individual sessions will be closed based on the number of entries and its associated timeline when reaching its limit and may leave

other sessions open for entries if not yet full. The following events have limited entry: 400 free, 400 IM, and 1500 free. See meet operations.

Entry Submission: Entry fees are as follows:

1. Individual events: \$12.00 per event.
2. Relays: \$20.00 per relay.
3. IASI swimmer surcharge: \$6.00 per swimmer.
4. Entry fees are non-refundable; IASI swimmer surcharge fees will be refunded only if the entire meet is canceled. Each entry accepted will be confirmed via a return email receipt. *Fee payment must follow all entries by May 9th, 2025.* We request that entry fee payment be made **AFTER** the participants in the limited entry events are confirmed.
5. Facility surcharge: \$6.00 per swimmer
6. Manual entries (for teams entering more than five swimmers): \$2.00 per swimmer.
7. Email entries will be accepted.
8. Write a single check or money order or cashier's check for entry and splash fees payable to: **IFLY (Iowa Flyers Swim Club).**

Iowa Flyers Swim Club

University of Iowa E230 CRWC

309 S. Madison Iowa City, IA 52242

Electronic entries must be submitted in a format compatible with HY-TEK Meet Manager software. All other entries require manual input and must be submitted on the IASI Meet Entry Form (APP-7).

Submit entries along with the appropriate IASI Financial Sheet (APP-8.x). If submitting electronic entries, also send a hardcopy of the entries with the entry fees and financial sheet.

USA Swimming Outreach Athletes: Outreach athletes of USA Swimming who qualify for IASI Outreach benefits may enter the maximum number of individual events for a total entry fee of \$5.00. Teams should contact the director at emily-downes@uiowa.edu

Entry Dates and Deadlines:

1. Entries will be accepted from IASI teams and from non-IASI teams who competed in the year's 2024 meet (DDST-IL, EMSC-IL, LSS-MW, NLU-MV, RSC-MN, SST-IL) beginning on April 9th, 2024 at 10:00 am CDT.
2. All other entries will be accepted beginning on April 16th at 10:00 am CDT.

3. Manual entries, along with entry fees and financial sheet, must be received **no later than May 2nd, 2025** (7 days prior to the meet).
4. Electronic entries must be received **no later than Friday, May 2nd, 2025** (7 days prior to the meet).
5. A hardcopy of the entries along with entry fees and financial sheet must be received **following the coaches meeting on May 9th, 2025**. Failure to submit the hardcopy and fees by this deadline will result in entries being scratched.
6. Entries will not be accepted by phone or fax.
7. Each entry accepted will be confirmed via a return email receipt.
8. Once entries are accepted, updated times will be accepted until 10:00am CDT on Monday, May 5th, 2025. Any additions/substitutions must be made via email to the entries chair prior to the entry deadline.
9. Preliminary psych sheets will be available on the [IFLY website](#) by 6:00 pm, CDT, Monday, May 5th, 2025 with final psych sheets posted by noon CDT, Tuesday, May 6th, 2025. Once the final psych sheet is posted, teams must include fees for those swimmers within the event limit for limited entry events. Those fees are non-refundable. Fees for other swimmers who are seeded in a limited event who were not originally within the event limit are due following positive check-in

Special Entries: The host team may allow up to 25 athletes to enter the meet out of the normal entry procedures in order to promote the butterfly and stimulate local and national interest in the meet.

Late Entries: Provided space is available, late entries will be accepted up to the beginning of warm-ups for each session. No additional heats will be created. The late entry fee will be \$18 per individual event and \$36 per relay. Please contact the meet entry chair to find out if late entries can be accepted. No late entries for limited events.

Once the meet is declared closed, only athletes already entered in the meet may “late enter” into an event.

Send Entries To: Email to: iflyentries@gmail.com. Express mailing entries NO SIGNATURE REQUIRED.

Meet Director: Emily Downes
Emily-downes@uiowa.edu
319-384-3439

Referee: TDB

- Officials:** Iowa Flyers Swim Club welcomes any visiting USA Swimming officials who would like to officiate at this meet. If you would be able to officiate, please contact the Referee, _____ for more information regarding signups.
- 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 in accordance with Section I.VII.K of the IASI Policies and Procedures. 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.
- Scoring:** No team scores will be kept at this meet.
- Awards:**
1. Winner of the Iron butterfly award for female & male division will receive an award
 2. Winner of the Jack Seig Dueling 50's for female & male division will receive an award
 3. Awards should be picked up by the end of the meet and will not be mailed.
- Special David Armbruster "Iron Butterfly" Award:** The David Armbruster Iron Butterfly Award will be presented to the swimmers in the male and female divisions with the highest combined USA Swimming Individual Age Power Points for the following events: 200 fly, 100 fly, and 50 fly. ***Swimmers must compete in all 3 events to be eligible.***
- The Jack Seig Dueling 50 Butterfly Event:** Named in honor of the University of Iowa Swimmer who worked with Coach David Armbruster to develop the butterfly stroke, this special event will crown the fastest man and woman flyer in the pool. The top eight swimmers in men's and women's divisions of the Open 50 Fly on Saturday afternoon will be eligible to participate in a dueling 50 fly swim-off event. If entered in the Open 50 Fly events #39P/40P, the swimmer may only enter three events on Saturday.
- Sunday 50 Fly events #39S/40S & F do not count against Sunday's event per day limit. If a swimmer declines to participate, the next fastest swimmer will be invited to compete until all eight slots are filled. The dueling 50s will be seeded using time from the 50 fly finals and they will be swum as follows: The 1st seed will swim the 8th seed, 2nd seed vs. 7th seed, 3rd seed vs. 6th seed and 4th seed vs. 5th seed in head-to-head competition in the quarterfinals. The four winners will swim-off head-to-head in the semifinals and then the two winners will swim off in the final. No shows that occur in the quarter-final, semi-final, or final rounds will be considered forfeits, and there is no provision for alternate swimmers.
- Meet Operation:**
1. With the exception of the Open 50m butterfly event, all events will be timed finals. The Open 50m butterfly will be swum prelims and quarterfinals on Saturday, and semifinals and finals on Sunday.
 2. Events will be pre-seeded; except the 400 free, 400 IM, 800 free, and the 1500 free will be deck seeded.
 3. If names are on the entry sheets for relays, those names will be on the relay cards for the meet.

4. Positive check-in required for the following events: 400 free, 400IM, 800 free, and the 1500 free. Swimmers must check-in 30 minutes prior to the start of competition of the session in which the event occurs.
5. Swimmers failing to check in will be scratched and allowed to re- enter only if there are open lanes in the slowest heats.
6. The host is not responsible for providing rest for swimmers between events. If a swimmer has less than 10 minutes between swims, the swimmer (or swimmer's coach) should inform the Referee.
7. Events may be combined by both age and gender to facilitate meet operation and separated later.
8. The 400 Free, 400 IM, 1500 free, and 800 Freestyle events will be swum fastest to slowest, women and men alternating.
9. Distance events will be limited entries and will be swum as follows:
 - a. The Open 1500 free is limited to 48 total entries. The 24 fastest girls and 24 fastest boys will be entered. Adjustments will be made if there are less than 24 entries in one gender and we will fill those spots with entries from the other gender to have a total of 48 entries.
 - b. The 12 & Under 400 free is limited to 48 total entries. The 24 fastest girls and 24 fastest boys will be entered. Adjustments will be made if there are less than 24 entries in one gender and we will fill those spots with entries from the other gender to have a total of 48 entries.
 - c. The Open 400 free is limited to 128 total entries. The fastest 64 girls and 64 boys will be entered. Adjustments will be made if there are fewer entries than allowed in one gender and we will fill those spots with entries from the other gender to have a total of 128 entries.
 - d. The Open 400 IM is limited to 128 total entries. The 64 fastest girls and 64 fastest boys in each group will be entered. Adjustments will be made if there are less than 64 entries in one gender and we will fill those spots with entries from the other gender to have a total of 128 entries.
 - e. The Open 800 free is limited to 64 total entries. The fastest 32 girls and 32 boys will be entered. Adjustments will be made if there are less than 32 entries in one gender and we will fill those spots with entries from the other gender to have a total of 64 entries.
 - f. Coaches will be notified after positive check-in of the swimmers making each distance event.
10. Fly-over starts will be used for all applicable events, unless chase starts are needed to maintain timelines.

11. 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 timer to be present during the swim.
12. 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 at the meetings.
13. Deck changes are prohibited.

Scratches:

The following scratch rules apply to this meet:

1. Pre-seeded individual and relay events (prelims and timed finals not requiring positive check-in): There is no penalty for NS in prelims or timed finals not requiring positive check-in.
2. Deck-seeded events (400 Free, 800 Free, 1500 Free and 400 IM): Any swimmer who positively checks in for a deck-seeded event and fails to participate in that event will be barred from his or her next individual event unless the Referee determines the failure to swim was due to extenuating circumstances beyond the swimmers control.
3. Re-Entry Procedure. Swimmer's are permitted to re-enter the meet immediately for all remaining events by submitting the corresponding non-refundable fee of \$100 to the Clerk of Course.

No Tobacco or Alcohol:

The use of tobacco products or the consumption of alcohol is not allowed in the swimming venue. The University of Iowa campus is a smoke and tobacco free environment.

Drones:

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.

Cameras:

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

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.

Image Release:

Participants: (a) 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 (b) 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.

- Other information:**
1. **Program:** Each team will receive a copy of the program at the head meet operating table on deck. Each volunteer official will receive a complimentary program as well.
 2. **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.
 3. **Concessions:** Food Concessions will be available near the spectator seating area and from the “CRWC Power Café” which is located on the first floor of the CRWC.
 4. **Swim apparel/merchandise:** A3 Performance will be on site and will have a variety of swimwear and accessories available for sale at the meet. T-shirts will be available for pre-order only through Phelps USA. Links to order meet shirts will be shared with coaches.
 5. **Spectator information:** Heat sheets will be available for viewing on the Meet Mobile app.
 6. **Parking:** Parking is available in the Recreation Center Lot (Lot 11) one block southeast of the CRWC at an hourly rate. Additional parking is available in the Old Capitol Town Center Garage one block north on Burlington Street as well as various other city parking facilities listed on the meet webpage [2025 David Armbruster Open](#)
 7. **Hotels:** Hotels and hotel blocks are listed on the meet webpage at [2025 David Armbruster Open](#)
 8. **Facility Rules:**
 1. No glass allowed on the pool deck or spectator areas
 2. Diving boards and platforms are off limits.
 3. No swimming under the bulkheads.
 4. No swimming in the lanes between bulkheads.
 5. Dryland equipment located on the pool deck is not for use.
- Safe Sport Quality Control:** 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>
- Indemnity:** It is understood 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 the event.

David Armbruster Open

Sanction #:

Session 1: Friday Afternoon

Warm-ups begin NOT BEFORE 12:30 pm—Session begins at 1:30 pm

Women's Event		Men's Event
1	Open 1500 Free	2

Session 2: Friday Evening

Warm-ups begin NOT BEFORE 3:30 pm—Session begins at 5:00 pm

Women's Event		Men's Event
3	Open 200 IM	4
5	10 & U 100 Fly	6
7	11-12 100 Fly	8
9	Open 100 Fly	10
11	12 & U 400 Free	12
13	Open 400 Free	14

Session 3: Saturday Morning

Warm-ups begin NOT BEFORE 6:30 am —Session begins at 8:00 am

Women's Event		Men's Event
15	10 & U 200 Free	16
17	11-12 200 Free	18
19	10 & U 50 Back	20
21	11-12 50 back	22
23	10 & U 50 Breast	24
25	11-12 50 Breast	26
27	10 & U 50 Fly	28
29	11-12 50 Fly	30
31	10 & U 100 Free	32
33	11-12 100 Free	34
35	12 & U 200 Medley Relay	36

Session 4: Saturday Afternoon

Warm-ups begin NOT BEFORE 12:00 Noon —Session begins NOT BEFORE 1:30 pm

Women's Event		Men's Event
37	Open 200 Medley Relay	38
39P	Open 50 Fly	40P
41	Open 200 Free	42
43	Open 100 Breast	44

45	Open 100 Breast	46
47	Open 200 Back	48
39QF	Open 50 Fly Quarter Finals Heat 1 Girls Senior #1 seed vs. #8 seed Heat 2 Girls Senior #2 seed vs. #7 seed Heat 3 Girls Senior #3 seed vs. #6 seed Heat 4 Girls Senior #4 seed vs. #5 seed Heat 5 Boys Senior #1 seed vs. #8 seed Heat 6 Boys Senior #2 seed vs. #7 seed Heat 7 Boys Senior #3 seed vs. #6 seed Heat 8 Boys Senior #4 seed vs. #5 seed	40QF
49	Open 400 IM	50

Session 5: Sunday Morning

Warm-ups begin NOT BEFORE 6:30 am—Session begins at 8:00 am

Women's Event		Men's Event
51	10 & U 100 Back	52
53	11-12 100 Back	54
55	10 & U 100 Breast	56
57	11-12 100 Breast	58
59	10 & U 50 Free	60
61	11-12 50 Free	62
63	10 & U 200 IM	64
65	11-12 200 IM	66
67	12 & U 200 Free relay	68

Session 6: Sunday Afternoon

Warm-ups begin NOT BEFORE 12:00 Noon—Session begins NOT BEFORE 1:30pm

Women's Event		Men's Event
69	Open 200 Free Relay	70
39SF	Open 50 Fly Semi-Finals Heat 1 Girls Senior #1/8 winner vs. #4/5 winner Heat 2 Girls Senior #2/7 winner vs. #3/6 winner Heat 3 Boys Senior #1/8 winner vs. #4/5 winner Heat 4 Boys Senior #2/7 winner vs. #3/6 winner	40SF
71	Open 200 Breast	72
73	Open 100 Free	74
75	Open 200 Fly	76
77	Open 100 Back	78
39F	Open 50 Fly Finals	40F
79	Open 800 Free	80