



Dates	Meet	Location	Most Appropriate for the following groups:	Set-Up (SCY/LCM/TF/P-F)
April 14, 2024	SwimMiami	Key Biscayne Miami, FL	Swimmers who have completed a 500y/400m FR	Open Water
April 17-21, 2024	2024 IASI LSC Select Camp	Colorado Springs, CO	TEAM IOWA SELECTION	LCM
April 27, 2024	LMST Spring Splash	Linn-Mar, Marion	Pre-Team, DEV, AG1	SCY, TF
May 3-4, 2024	H2Opener	Des Moines, Wellmark YMCA	AG1 → SR3:N	LCM, TF
May 3-5, 2024	U.S. Open Water Junior & Senior Nationals	Sarasota, FL	Qualifiers Only	Open Water
May 10-12, 2024	DSMY May LCM Invite	Des Moines, Wellmark YMCA	Pre-Team, DEV, AG1, AG2	LCM, TF
May 17-19, 2024	2024 David Armbruster (13 & Over)	CRWC, Iowa City	13 & Over	LCM, TF
May 25-27, 2024	Iowa Special Olympics – State Games	Ames, IA	Para/Adaptive Only	SCY, TF
May 29, 2024	2024 Mike Brotherton Intrasquad	CRWC, Iowa City	All Groups	LCM, TF
June 2-3, 2024	2024 Junior Armbruster (12 & Under)	CRWC, Iowa City	12 & Under	LCM, TF
June 6, 2024	Great Lakes Open Water *Potentially serving as the IASI OW Champs meet	Pleasant Prairie, WI	Swimmers who have completed a 500y/400m FR *Minimum time standards may apply	Open Water
June 8-9, 2024	Splash Out Hunger	Mercer Park, Iowa City	Pre-Team, DEV, AG1, AG2	LCM, TF
June 13-14, 2024	CZ Open Water Championships	Pleasant Prairie, WI	TEAM IOWA SELECTION *Requires an "A" time in specific events	Open Water
June 15-23, 2024	U.S. Olympic Trials	Indianapolis, IN	Qualifiers Only	LCM, P/F
June 14-16, 2024	CZ Multi-Cultural Meet and Experience	Indianapolis Area, IN	TEAM IOWA SELECTION	LCM, SCY
June 28-30, 2024	CIA Beat the Heat	Des Moines, Wellmark YMCA	AG1 → SR2:P	LCM, TF
June 28-30, 2024	CW Eric Namesnik Open	Ann Arbor, MI	Qualifiers Only	LCM, P/F
July 12-21, 2024	2024 Pan American Masters Games	Cleveland, OH	MASTERS ONLY	LCM

Still to be added: Out-of-LSC AG travel option, Masters meets



July 20-21, 2024	U.S. Masters Open Water Nationals	Stillwater, MN	MASTERS ONLY	Open Water
July 20-21, 2024	IASI Regional Meet and 8&Under Champs	Mercer Park, Iowa City	All Groups *Non LSC Champs qualifiers only **Time standards for select events	SCY, TF
July 25-28, 2024	2024 IASI LSC Championships	Des Moines, Wellmark YMCA	All Qualified Athletes	LCM, P/F & TF
July 23-27, 2024	U.S. Summer Championships (JR & SR Nationals)	Irvine, CA	All Qualified Athletes	LCM, P/F
July 24-28, 2024	Futures Championships	Minneapolis, MN	All Qualified Athletes	LCM, P/F
August 8-11, 2024	2024 14&U CZ Championships	Des Moines, IA	TEAM IOWA SELECTION *Requires a AAA time standard	LCM, P/F & TF
Early September 2024	2024 Big Shoulders	Chicago, IL	Swimmers who have completed a 1000y/800m FR	Open Water

Adjusted Practice Schedules:

May 10th - IFLY @ swim meet; Reduced Practice Offerings

May 29th – IFLY @ swim meet; Reduced Practice Offerings

June 28th IFLY @ swim meet; Reduced Practice Offerings

May 17-19th: 2024 Armbruster Open in CRWC; NO PRACTICE FOR ANY GROUP

June 2nd: 2024 Junior Armbruster in CRWC; NO PRACTICE FOR ANY GROUP

June 24 – June 27 - Iowa Hawkeye Swim Camp @ CRWC

- Adjusted morning practices; evening practices remain the same

July 20-21- Regionals- Reduced Practice Offerings

July 24-28 – LSC Champs, Futures, U.S. Champs- Reduced Practice Offerings / No Practice

Team Break: August 12-18, 2024

Still to be added: Out-of-LSC AG travel option, Masters meets