



Central Iowa Aquatics

2026 WINTER BLUES BUSTER

January 30 – February 1, 2026

Waukee Natatorium, Waukee, IA – 25-yd course

IASI SANCTION: IA-26-041 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: Friday, January 30, 2026 through Sunday, February 1, 2026.

TIME: The doors to Waukee Natatorium will open at 5:30pm on Friday, 7:00am on Saturday and 7:00am Sunday.

| <u>Sessions</u> | <u>Format</u> | <u>Warm-ups</u> | <u>Competition</u> |
|-----------------|---------------|--------------------|--------------------|
| 1. Fri PM | 11&O TF | Not before 6:00pm | Not before 7:00pm |
| 2. Sat AM | 12&U TF* | 10:30am | 11:30am |
| 3. Sat PM | Open TF* | Not before 3:30pm | Not before 4:30pm |
| 4. Sun AM | 12&U TF* | 7:30am | 8:30am |
| 5. Sun PM | Open TF* | Not before 12:30pm | Not before 1:30pm |

Coaches meeting will be at 5:45pm Friday evening and 10:15am Saturday morning. Additional coaches meetings will be 15 minutes prior to each session's warm-ups, if needed.

*Final times of sessions will be determined after all entries have been received. Timelines will be distributed to teams once all entries are received. Coaches will receive instructions for check-in and warm-up assignments by noon on Thursday prior to the meet.

Based on the number of entries, warm-ups may be split. Teams will be notified of their warm-up times by Tuesday, January 27, 2026.

SITE: Waukee Natatorium. 1655 NW Douglas Pkwy, Waukee, IA 50263

FACILITY: The competition pool is an indoor, 8-lane, 25-yard pool. Omega electronic timing system with horn start, touch pads and push button backup system. Secondary timing of a digital watch on each lane. Water depth: 7' at start end and at turn end.

The meet host will ensure the required course dimensions.

SPECTATORS: Live-streaming link: [Central Iowa Aquatics - YouTube](#)

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. 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 by the Referee or their delegate or leave the pool deck.

WARM-UPS:

The IASI mandatory warm-up procedure will be followed in accordance with Section 1, V11, M of the IASI Policies and Procedures. 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 Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to ensure such arrangements are made 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 swimmers warming up, the Referee may exercise at his or her 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 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 up to 4 individual events and 1 relay per session. 12&U swimmers may choose to compete in either session each day, but not both.
- 3) Seed times must be submitted for a 25-yd course (SCY). A swimmer's (or relay's) seed time can be no faster than the best time the swimmer (or relay) has achieved in an event swum in a 25yd pool. Converted times are not allowed. NT entries will be accepted.

ENTRY LIMITS:

Relays may be scratched if timeline for a session exceeds 4 hours.

The following events may be limited in number of swimmers to ensure the session does not exceed required time limits. Swimmers and alternates will be accepted on a first come, first served basis, determined by seed time then by age if there are NT swimmers. Teams will be contacted via email and allowed to choose another event OR remain an alternate through positive check-in. Alternates not selected after positive check-in may enter another event in any open lane.

- 1) Event 1 – Mixed 11 & Older 400 Individual Medley
- 2) Event 2 – Mixed 11 & Older 1650 Freestyle
- 3) Events 35 and 36 – Open 1000 Freestyle
- 4) Events 21 and 58 – 9-12 500 Freestyle

ENTRY SUBMISSION:

Entry fees are as follows:

- 1) Individual events are \$10.00 per event.
- 2) Relays are \$20.00 per relay.
- 3) Facility fee is \$10.00 per swimmer.
- 4) IASI swimmer surcharge is \$4.50 per swimmer. The surcharge is not assessed to outreach swimmers.

- 5) Outreach members who qualify for LSC benefits may enter the maximum number of individual events for a total fee of \$5.00, including IASI Splash Fee and Facility Fee.
- 6) Entries must be submitted in electronic format (Hy-Tek or Team Unify meet entry file).

Submit entries along with the appropriate IASI Financial Sheet (APP-8.1). Send a hardcopy of the entries and financial sheet with the entry fees.

Clubs entering outreach swimmers should only provide the number of outreach swimmers and the number of events being swum by the outreach swimmers to the host club. 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 *Central Iowa Aquatics*. 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; swimmer surcharge 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 beginning at **12:00pm (Noon), Friday, January 2nd, 2026**.
- 2) All other entries will be accepted beginning at **12:00pm (Noon), Friday, January 9th, 2026**.
- 3) All entries must be received no later than **12:00pm (Noon), Friday, January 23rd, 2026**.
- 4) Once a team's entries have been accepted by the meet host, that team is considered entered in 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 in 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, any additions/substitutions must be made via email to the Entry Chair prior to the entry deadline. Time-only updates must be submitted no later than 12:00pm (Noon), Tuesday, January 27, 2026. Please send a new file with time updates only via email to the Entry Chair prior to the entry deadline.
- 6) Entry fees and a financial sheet must be received by **5:00pm, Wednesday, January 28, 2026**, 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.
- 8) Entries **will not** be accepted by phone or fax.
- 9) No hand entries will be accepted.

Entries will be accepted in the order received. Once the meet reaches capacity, the host team will inform the IASI meet contacts as well as any non-IASI teams with entries already accepted. The same information will be posted on the CIA website, [Central Iowa Aquatics | CIA Winter Blues Buster](#)

LATE ENTRIES:

- 1) Provided space is available, late entries will be accepted by email until 12:00 pm (Noon), Tuesday, January 27, 2026, or in person until 30 minutes prior to the start of competition for each session.

- 2) Only swimmers already entered in the meet that have not reached their session limits will be able to late enter events after 12:00pm (Noon), Friday, January 23, 2026.

Late entry fees:

Individual Events: \$14.00 per event.

Relays: \$24.00 per relay.

For questions regarding late entries or to find out if late entries are being accepted, contact the Entry Chair.

**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 assistance required. See Article 105 of USA Swimming Rules and Regulations.

SEND ENTRIES TO:

Send entries by email to ciaentrychair@centraliowaaquatics.org. Receipt will be confirmed by email. Send all print materials and/or payments to Central Iowa Aquatics, PO Box 42485, Urbandale, IA 50323. If sent by rush delivery, indicate no signature required.

MEET DIRECTORS:

Josh Fausch, meetdirector@centraliowaaquatics.org
(515) 537-5327

ENTRY CHAIR:

Nicole Spradling, ciaentrychair@centraliowaaquatics.org
(773) 655-3897

REFEREE:

Brian Frantum, brian.frantum@yahoo.com
(515) 681-5169

OFFICIALS:

Central Iowa Aquatics welcomes any visiting USA Swimming Officials who would like to officiate at this meet. If you are able to officiate, please sign-up on the Iowa Swimming Officials website or contact the Referee. Apprentice officials will be accommodated provided there are sufficient officials in the relevant positions.

MEET COMMITTEE:

A meet committee comprised 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 Events will be pre-seeded.
- 2) **Positive check-in is REQUIRED** for 500 Freestyles (Events 21 & 58 and Events 71 & 72), 1000 Freestyles (Event 35 & 36), Mixed 11&O 400IM (Event 1) and the Mixed 11&O 1650 Freestyle (Event 2).
 - a. Positive check-in deadline is 30 minutes before the start of competition for the session in which the event occurs.
 - b. Positive check-in events may be reseeded after the positive check-in deadline if the Referee deems it necessary.
 - c. Swimmers failing to check in by the deadline will be scratched and their spot offered to any alternates. Swimmers who are scratched will be allowed to reenter only if there are empty lanes available in the slowest heat.
 - d. An official 1000-yard split will be provided for each swimmer in the 1650-yard Freestyle so long as a valid 1000y pad time for the swimmer is available.

- e. No heats will be added to accommodate a swimmer failing to check in by the deadline, including any heat eliminated after reseeding the event.
- 3) All events will be swum **FASTEST to SLOWEST**.
- 4) Events may be combined at the discretion of the Referee with results for individual events separated by gender and age for scoring. Please see the section titled "Awards" below for specific detail regarding which events count for High Point award purposes.
- 5) Swimmers in all events shall report directly to the starting blocks. Swimmers will NOT be checked in by a Clerk of Course.
- 6) Fly over starts may be used at the discretion of the Referee.
- 7) The host is not responsible for providing rest for swimmers entered in consecutive events. If a swimmer has less than 10 minutes between swims, the swimmer (or swimmer's coach) should inform the Referee.
- 8) Relay cards will be distributed in the coaches' packet. If names for the relay events are included in entries, those names will be on the relay card at the meet. Relay cards must be turned in to the admin table 20 minutes prior to the start of the session in which the relay event occurs.
- 9) Relays may be dropped from the schedule if necessary. We will do all we can to run the relays as stated. If the relays are cancelled, teams will be given a full refund of the relay cost.
- 10) Deck changes are prohibited.
- 11) 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.

SCORING:

Individual events will be scored as follows:

| | | | | | | | | | | | | | | | | |
|---------|----|----|----|----|----|----|----|----|---|----|----|----|----|----|----|----|
| Place: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Points: | 20 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 9 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |

AWARDS:

Awards will be awarded to 8&U, 9&10 and 11&12 Swimmers for events swum in Sessions 2 and 4. 1st-8th place for individual events and 1st thru 3rd place for relays.

1st thru 3rd - Medals

4th thru 8th - Ribbons.

Individual High Point Trophies will be awarded to the TOP 3 male/female swimmers in each age division (8 & Under, 9-10, and 11-12, 13-14, 15 & Older).

- 1) 8 & Under swimmers do have the option to swim in 12 & Under events on Saturday and Sunday mornings; **however, the only events that will count toward High Point for 8 & Unders will be the 8 & Under events.**
- 2) 12 & Under swimmers do have the option of swimming in some events during Session 1, 3, and 5 however, no points from these events will be counted towards the High Point awards. **Only events swum in Sessions 2 and 4 count toward High Point awards for 12&U swimmers.**
- 3) **For 13 & Over swimmers only events swum in Session 3 and 5 count toward High Point awards,** Session 1 does not count.

SCRATCHES:

Swimmers are encouraged to declare a false start to the Referee if they do not intend to swim an entered event. The IASI scratch rule is in effect. Fees will be charged once the team entries have been submitted to the Entry Chair.

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.

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.

**MEDICAL
SUPERVISION:**

Lifeguards on duty and will supervise all warmup, competition, and cool down swimming and must be present whenever the pool deck is open. AED devices are available on premises. Lifeguards are Red Cross Professional Rescuers and First Aid certified.

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 SMOKING OR
ALCOHOL:**

The use of any tobacco or alcohol products is prohibited in the swimming venue.

**IMAGE
AUTHORIZATION:**

Participants consent to be photographed/filmed by any authorized photographer(s) and/or network(s) of IASI and/or the host club under the 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.

**ADDITIONAL
INFORMATION:**

- 1) Meet Information: Psych Sheets and Heat Sheets will be uploaded to the [CIA website](#) under *Events-Winter Blues Buster*. Heat sheets will also be uploaded to Meet Mobile prior to the start of each session.
- 2) Results: Electronic results will be provided to all teams participating in the meet. Final results will be posted on the IASI website. A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00.
- 3) Concessions: There will be a concession stand offering food selections, along with drinks and healthy snacks. A hospitality room will be available for coaches and officials.
- 4) Seating: Spectator seating is limited to the bleacher area. To maximize spectator seating, swimmers should use the seating on deck.
- 5) **No glass is permitted on deck or in spectator areas.**

INDEMNITY:

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.

**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>

2026 CIA Winter Blues Buster
Waukee Natatorium (25-yard course) Sanction # IA-26-041

ORDER OF EVENTS

Session 1: Friday Evening, January 30, 2026

Warm-ups: not before 6:00PM

Competition: not before 7:00PM

| EVENT # | Order of Events | EVENT # |
|---------|--|---------|
| 1 | Mixed 11 & Older 400 Individual Medley | |
| 2 | Mixed 11 & Older 1650 Freestyle | |

Session 2: Saturday Morning, January 31, 2026

Warm-ups begin at 10:30 AM

Competition starts at 11:30 AM

| Girls EVENT # | Order of Events | Boys EVENT # |
|------------------|--------------------------------|-----------------|
| 3 | 10 & Under 200 Freestyle Relay | 4 |
| 5 | 11-12 200 Freestyle Relay | 6 |
| 7 | 9-12 200 Individual Medley | 8 |
| 9 | 8 & Under 25 Freestyle | 10 |
| 11 | 12 & Under 50 Breaststroke | 12 |
| 13 | 12 & Under 100 Freestyle | 14 |
| 15 | 8 & Under 25 Backstroke | 16 |
| 17 | 12 & Under 50 Butterfly | 18 |
| 19 | 12 & Under 100 Backstroke | 20 |
| 21 | 9-12 500 Freestyle (Girls) | |

Session 3: Saturday Afternoon, January 31, 2026

Warm-ups begin not before 3:30 PM

Competition begins not before 4:30 PM

| Women EVENT # | Order of Events | Men EVENT # |
|------------------|----------------------------------|----------------|
| 23 | 13 & Older 200 Freestyle Relay | 24 |
| 25 | Open 200 Breaststroke | 26 |
| 27 | 13 & Older 100 Backstroke | 28 |
| 29 | 13 & Older 200 Individual Medley | 30 |
| 31 | 13 & Older 100 Freestyle | 32 |
| 33 | 13 & Older 100 Butterfly | 34 |
| 35 | Open 1000 Freestyle | 36 |

Session 4: Sunday Morning, February 1, 2026

Warm-ups begin at 7:30 AM

Competition starts at 8:30 AM

| Girls | | Boys |
|----------------|----------------------------------|----------------|
| EVENT # | Order of Events | EVENT # |
| 37 | 10 & Under 200 Medley Relay | 38 |
| 39 | 11-12 200 Medley Relay | 40 |
| 41 | 12 & Under 50 Backstroke | 42 |
| 43 | 12 & Under 100 Breaststroke | 44 |
| 45 | 8 & Under 25 Breaststroke | 46 |
| 47 | 12 & Under 200 Freestyle | 48 |
| 49 | 12 & Under 100 Individual Medley | 50 |
| 51 | 8 & Under 25 Butterfly | 52 |
| 53 | 12 & Under 100 Butterfly | 54 |
| 55 | 12 & Under 50 Freestyle | 56 |
| | 9-12 500 Freestyle (Boys) | 58 |

Session 5: Sunday Afternoon, February 1, 2026

Warm-ups begin not before 12:30 PM

Competition begins not before 1:30 PM

| Women | | Men |
|----------------|-----------------------------|----------------|
| EVENT # | Order of Events | EVENT # |
| 59 | 13 & Older 200 Medley Relay | 60 |
| 61 | 13 & Older 200 Butterfly | 62 |
| 63 | 13 & Older 50 Freestyle | 64 |
| 65 | Open 200 Backstroke | 66 |
| 67 | 13 & Older 200 Freestyle | 68 |
| 69 | 13 & Older 100 Breaststroke | 70 |
| 71 | 13 & Older 500 Freestyle | 72 |