

2024 Iowa Masters Short Course State Championship

Sunday, March 10, 2024

U.S. Masters Swimming Sanction Number: 404-S002

Host DSMY Marlin Masters

Location Wellmark YMCA
501 Grand Avenue
Des Moines, IA 50309

Date Sunday, March 10, 2024

Timeline

10:30 AM	Pool doors open
11:00 AM	Warm-ups Begin
11:05 AM	Officials Meeting (Dahl Wet Classroom)
11:30 AM	Lanes open for starts & one-way swims
11:45 AM	Timers meeting (Admin table)
11:50 AM	Pools Cleared
11:56 AM	National anthem
12:00 PM	Competition begins

Sanction Sanctioned by USMS Inc. and Iowa Masters Swimming

Pool The Prairie Meadows Pool (competition pool) is a 20 lane 25-yard short course pool with one moveable bulkhead allowing for an 8 lane 50-meter long course pool or multiple configurations when running short course competition(s). Water depth of the pool ranges from 10 feet 8 inches to 7 feet (minimum 5 feet required at start end). Lane width is 8 feet 3 inches. Colorado electronic timing systems and Colorado Backstroke Starting Devices will be used in all configurations.

Pool configuration and number of courses and will be determined once entries have been received. The 4 lane, 25 yard program pool may be made available for warm-up and cooldown if we run two pools.

The competition course has been certified in accordance with Rule 104.2.2C(4) of USA Swimming Rules and Regulations. A copy of the certification is on file with USA Swimming.

Awards A traveling team* trophy will be awarded for 1st place. No individual or relay awards.

Team Scoring Individual events: 9-7-6-5-4-3-2-1
Relay events: 18-14-12-10-8-6-4-2

*Your team is considered the city/town where you live. See "team definition" below.

Rules USMS 2024 rules prevail. Age as of March 10, 2024 determines age for the meet.
Individual competition age groups: 18-24, 25-29, 30-34, 35-39, et al.
Relay age groups: 18+, 25+, 35+, 45+, et al.

Event Limit Swimmers may enter a maximum of six (6) individual events. A swimmer may enter a relay once. Swimmers are limited to either the 1000 free OR the 1650 free.

Entry Fee \$35.00 entries received prior to Tuesday, February 27, 2024
\$45.00 entries received after Tuesday, February 27, 2024 (including deck)

Please make checks payable to: Greater Des Moines YMCA

Entry Deadline Tuesday, February 27, 2024
Deck entries will be accepted but will be assessed a \$10.00 late fee. We encourage all entries, including deck entry, however late entries must be received by 11:00 AM on the day of the meet.

Entries Written entries and checks: Hy-Tek/Meet Manager Files:
Greater Des Moines YMCA John.VanMeter@dmymca.org
Attn: John Van Meter
501 Grand Avenue
Des Moines, IA 50309

For teams using team management software:

Please send Hy-Tek/Meet Manager files along with a PDF copy to the entry chair, John.VanMeter@dmymca.org, by Tuesday, February 27, 2024. Checks must be received by Friday, March 1. Signed waivers and copies of USMS cards may be delivered the day of competition.

For individuals:

Please mail your completed entry form, signed waiver, copy of USMS card, and payment to the address listed above. Checks should be made payable to the Greater Des Moines YMCA. Mailed entries should be received by February 27.

Late/Deck Entries:

Please deliver your completed entry form, signed waiver, copy of USMS card and payment to the Admin table by 11:00 AM, March 10, 2024. While checks are preferred, correct change cash is acceptable.

General notes on entries:

Distance events are deck-seeded. All distance swimmers should check-in at the Admin Table on the pool deck by the start of competition to confirm their entry in the event.

Entry cards for relay events can be submitted with the entry form or completed at the meet.

Entries will NOT be processed unless they are accompanied by a check. Please make sure that all entries are written legibly. Any entries that cannot be read will be discarded and returned to sender.

Seed Times	Submit latest times for 25 yard course. Enter "NT" for no time.
Eligibility	Open to all athletes with current U.S. Masters membership cards.
USMS Registration	USMS registration is REQUIRED. It is strongly recommended that registration is complete prior to entering the meet. Registration can be completed at USMS.org . Please attach a photo copy of your 2024 USMS card with your entry form, waiver, and payment.
Scratches	Athletes not reporting for events will be scratched. No refunds will be given.
Meet Director	James Lawson James.Lawson@dmymca.org 515-229-0677
Meet Referee	TBD
Team Definition	All USMS athletes registered in the state of Iowa are officially members of the same "Iowa Masters" club.

FOR THE PURPOSES OF THIS MEET ONLY

In order to have a sporting competition for a State Championship Team Trophy, a "Team" is defined as follows:

1. A team must have a designated city or town which is a single city or town in Iowa.
2. Every team member must reside in the designated city or town, or swim regularly at a pool within 25 miles of the designated city or town. Regularly is defined as *at least* 20 times per year.
3. To score points in relay events, all athletes on the relay must be from a single "Team" as defined here.
4. Entrants residing outside of Iowa and who have an Iowa Masters USMS card may swim for an Iowa team if rule 2 is satisfied.
5. Teams outside the state of Iowa may score points, but are not eligible for the team trophy.

Official Entry Form

2024 Iowa Masters Short Course State Championship

Prairie Meadows Pool at the MidAmerican Energy Company Aquatic Center

Wellmark YMCA, 501 Grand Avenue, Des Moines, Iowa 50309

Sunday, March 10, 2024

Sanctioned by: USMS, Inc. and Iowa Masters Swimming.

U.S. Masters Swimming Sanction Number: 404-S002

Name		Gender	Age (as of 3/10/24):
Street			
City	State	Zip	
Email	Cell Phone #	Home Phone	
USMS member #	Age Group	Team	

Meet fees: Event/splash fee (prior to February 27th) \$35
 Event/splash fee plus late entry fee (on/after February 28th) \$45

Mail form, signed waiver, copy of USMS card, and meet fees to: Greater Des Moines YMCA
 Attn: John VanMeter
 501 Grand Avenue
 Des Moines, IA 50309

EVENTS					
(please circle event # and enter seed time)					
limit of 6 events					
#	Event	Entry Time	#	Event	Entry Time
1	Women's 400 Free RELAY		2	Men's 400 Free RELAY	
3	Women's 200 Back		4	Men's 200 Back	
5	Women's 200 Med RELAY		6	Men's 200 Med RELAY	
7	Women's 100 Fly		8	Men's 100 Fly	
9	Women's 200 Breast		10	Men's 200 Breast	
11	Women's 50 Free		12	Men's 50 Free	
13	Mixed 200 Free RELAY				
15	Women's 200 IM		16	Men's 200 IM	
17	Women's 200 Free		18	Women's 200 Free	
19	Women's 100 Back		20	Men's 100 Back	
21	Women's 50 Breast		22	Men's 50 Breast	
23	Women's 400 IM		24	Men's 400 IM	
25	Women's 500 Free		26	Men's 500 Free	
27	Women's 50 Fly		28	Men's 50 Fly	
29	Women's 100 Breast		30	Men's 100 Breast	
31	Mixed 200 Med RELAY				
33	Women's 100 Free		34	Men's 100 Free	
35	Women's 50 Back		36	Men's 50 Back	
37	Women's 200 Fly		38	Men's 200 Fly	
39	Women's 100 IM		40	Men's 100 IM	
41	Women's 200 Free RELAY		42	Men's 200 Free RELAY	
43	Women's 1000 Free		44	Men's 1000 Free	
45	Women's 1650 Free		46	Men's 1650 Free	

There will be a 15-minute break between event 24 and 25.