



2025 Wellmark YMCA Sprint Pentathlon

HOSTED BY: DSMY Marlins

IASI SANCTION:	IA-25-50 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, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.										
DATES:	Saturday, January 18, 2025										
TIME:	All swimmers, coaches, and meet volunteers must enter the building using the lower-level Grand Avenue entrance. Spectator seating will open at each session's warm-up start time and will enter on the second level skywalk entrance to the pool. All spectators and visiting participants should enter the facility using the skywalk entrance. Coaches, meet volunteers, officials, and DSMY athletes should enter on the lower-level YMCA lobby entrance. Skywalk doors will open one half hour prior to each session's warm-up start time. <table border="1"> <thead> <tr> <th><u>Session</u></th><th><u>Check-In</u></th><th><u>Warm-Ups</u></th><th><u>Competition</u></th></tr> </thead> <tbody> <tr> <td>Saturday Morning</td><td>8:30am</td><td>9:00-9:50am</td><td>10:00 am</td></tr> </tbody> </table> This is a pre-seeded timed final meet. It is the coaches' responsibility to acquaint themselves with all information contained in this meet announcement and any information or changes discussed at the coaches' meeting. Officials Meetings will be 1 hour prior to competition.			<u>Session</u>	<u>Check-In</u>	<u>Warm-Ups</u>	<u>Competition</u>	Saturday Morning	8:30am	9:00-9:50am	10:00 am
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SITE:	Wellmark YMCA 501 Grand Avenue Des Moines, IA 50309 www.dmymca.org www.dsmymarlins.com										



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FACILITY:	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 will be used in all configurations. Pool configuration will be decided once all entries are received. The meet 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. Coaches and Officials must produce proof of membership or leave the pool deck. The official mobile application of USA Swimming is acceptable proof of membership. Screenshots of a member's card is not acceptable proof of membership.
WARM UPS:	The IASI mandatory warm-up procedure will be followed. All swimmers must be under the supervision of a USA Swimming member-coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements 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.
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 start each race from within the water without the use of the 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.



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ENTRY REQUIREMENTS:	1. Swimmers must be currently registered as athlete members of USA Swimming. 2. Swimmers may enter no more than five individual events for the meet. 3. Seed times must be submitted for a 25-yard course (SCY). Swimmers may enter the meet with No Time (NT).
ENTRY LIMITS:	Any combination of events may be limited to ensure the timely completion of a session. Teams will be notified by email if swimmers are affected by limits prior to the meet.
ENTRY SUBMISSION:	Entry fees are as follows: 1. The meet will have a flat entry of \$36.00 per swimmer which will include the IASI Swimmer Surcharge of \$6.00 per swimmer. 2. The entry for each outreach swimmer who qualify for LSC benefits is \$5.00 and covers all individual entry fees, program facility use fees, and the IASI Surcharge. Entries must be submitted in electronic format (meet entry file with pdf/hard copy). Submit entries along with the appropriate IASI Financial Sheet (APP-8.1) or Team Unify entry fee report. 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 and verified by the IASI Administrative office according to IASI Outreach policy. 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 Greater Des Moines YMCA. Send to Wellmark YMCA. Wellmark IMX Meet Entries, 501 Grand Avenue, Des Moines, IA 50309. All entry fees, including IASI swimmer surcharge fees, 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.



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ENTRY DATES AND DEADLINES:	1. Entries will be accepted from teams/athletes in the Iowa LSC beginning at 11:00 am on Monday, December 30, 2024 2. Entries will be accepted from all teams/athletes beginning 11:00 am on Monday, January 6, 2025. 3. The meet entry deadline is 8:00 pm on Thursday, January 9, 2025. 4. Once a team's entries have been accepted by the meet host, that team is considered entered into 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 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. 5. Once entries are accepted only time updates will be allowed for teams with electronic entries. Any additions/substitutions must be made via email to the Meet Entries Chair prior to the entry deadline. 6. Entries will be confirmed via a return email receipt. 7. 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:	Provided space is available, late entries will be accepted by email until 8:00 pm, Thursday, January 16, 2025. After that time, late entries will only be accepted on deck up to the start of the warm-ups of each session. Late Entry fees: \$56.00 per swimmer which includes the IASI Swimmer Surcharge fee of \$6.00. For questions regarding late entries or to find out if late entries are being accepted, contact the Meet Entries Chair, Phil Barnes.



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SWIMMERS WITH DISABILITIES:	Swimmers with disabilities are encouraged to compete. The Information Form for Adapted Competitive Swimmers (APP-21) indicating limitations, accommodations, 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.
SEND ENTRIES TO:	Send electronic entries by email to: Phil Barnes iowaentries@gmail.com 319-573-1890
MEET DIRECTOR:	Bobby Kelley coachkelley@aol.com 319-929-0244
MEET REFEREE:	TBD
OFFICIALS:	DSMY welcomes any visiting USA Swimming officials who would like to officiate at this meet. If you are able to officiate, please see sign up details on the DSMY. www.dsmymarlins.com , the Iowa Swimming Officials website , or the officials signup page (sign-up website) . Contact the Meet Referee with any questions or to request apprentice sessions.
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 non-check-in events will be pre-seeded. 2. All events will be swum Slowest to Fastest. 3. Events may be combined by gender and/or age group at the discretion of the Meet Director to expedite the meet timeline. 4. Deck Changes are prohibited. 5. Banners, signs or posters are not allowed to be adhered, displayed or affixed anywhere in the aquatic center facility. 6. Glass containers of any kind are not permitted in the aquatic center (including the spectator area) at any time. 7. Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended. 8. 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.



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SCORING:	This meet will not be scored.
AWARDS:	Individual Events: Ribbons First through Sixteenth IMX Overall Time Leaders by Age Group: Medals First through Sixteenth
SCRATCHES:	There is no penalty if a swimmer fails to swim an entered event (No Show (NS) or Declared False Start (DFS)), but swimmers and coaches are encouraged to declare a false start to the referee if a swimmer does not intend to swim an entered event. No-shows NSs and DFSs are considered entries for entry limits.
USA SWIMMING REGISTRATION:	All swimmers must be members of USA Swimming. The meet host will notify teams if they have entered swimmers whose membership 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 from 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.
NO ALCOHOL OR TABACCO:	The use of any tobacco or alcohol products is prohibited in the swimming venue.
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. No awards received in this competition may be used for trade or financial gain.
MEET CONDUCT:	Attending clubs, swimmers and spectators are the guests of the Wellmark YMCA. Any report of inappropriate behavior will be dealt with immediately. DSMY / Wellmark YMCA Staff reserve the right to remove any offending individuals or groups. Any swimmer found swimming under the bulkhead will be ejected from the facility and be barred for the remainder of the meet. Clubs will be financially responsible for any damage to the premises caused by their club/team, swimmers and/or parents & spectators.



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ADDITIONAL INFORMATION:	1. <i>Program:</i> Heat sheets will be uploaded to the DSMY website www.dsmymarlins.com by 12:00 pm on the Friday the day before the meet and uploaded to Meet Mobile prior to each session starting. 2. <i>Results:</i> Electronic results will be provided to all teams participating in the meet once full payment and any additional fees for final payment are received. 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. <i>Concessions:</i> There will be a concession stand located in the southwest corner of the upper concourse in spectator seating. A hospitality room will be available for coaches and officials. 4. <i>Seating/Spectator Information:</i> There is no charge for admission. Free Wi-Fi is available. 5. <i>Deck:</i> Only registered swimmers, coaches and meet personnel will be allowed on deck. On deck seating for 300+ swimmers. Glass containers of any kind are not permitted on the pool deck or spectator area at any time. 6. <i>Parking information:</i> Parking meters charge from 9am to 9pm Monday thru Saturday. The 5th & Keo Parking Garage is closest to the facility and provides Skywalk access. There is a charge for parking downtown on Saturdays.
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. 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
MEDICAL SUPERVISION:	Lifeguards on duty 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 trained in CPR for the Emergency Response Personnel. Emergency buttons located near the pool which summon additional emergency response including Des Moines Fire Department medical responders.



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INDEMNITY:	It is understood and agreed 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.
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Order of events

Saturday, January 18, 2025

WARM-UP: 9:00-9:50 am

MEET STARTS: 10:00 am

GIRLS		Boys
1	8 & Under 25 Free	2
3	10 & Under 50 Free	4
5	11-12 50 Free	6
7	13 & Older 50 Free	8
9	8 & Under 25 Butterfly	10
11	10 & Under 50 Butterfly	12
13	11-12 50 Butterfly	14
15	13-14 50 Butterfly	16
17	8 & Under 25 Backstroke	18
19	10 & Under 50 Backstroke	20
21	11-12 50 Backstroke	22
23	13 & Older 50 Backstroke	24
25	8 & Under 25 Breaststroke	26
27	10 & Under 50 Breaststroke	28
29	11-12 50 Breaststroke	30
31	13 & Older 50 Breaststroke	32
33	8 & Under 100 IM	34
35	10 & Under 100 IM	36
37	11-12 100 IM	38
39	13 & Older 100 IM	40