



2026 14 & UNDER MIDWEST ALL STAR CHAMPIONSHIPS

Hosted by the DSMY Marlins



- IASI SANCTION: IA-26-046
Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).
- INVITED LSC's: Iowa, Colorado, Midwestern, Missouri Valley, North Dakota, South Dakota, Ozark
- RULES: Current USA Swimming and IASI technical and administrative rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. Each LSC will participate as an All Star team based upon its own team selection process. Each LSC is allowed up to 12 swimmers per gender per age group. Each LSC is allowed up to three (3) relays per relay event (use aggregate time for entry time).
- DATES:
 - Friday, January 9
 - Saturday, January 10
 - Sunday, January 11

TIME:	Session	Check-In	Warm ups	Competition
	1 Friday Evening	3:30-4:15 pm	3:30-4:10 pm 4:10-4:50 pm	5:00 pm
	2 Saturday Morning	7:00-7:45 am	7:00-7:40 am 7:40-8:20 am	8:30 am
	3 Saturday Evening	3:30-4:15 pm	3:30-4:10 pm 4:10-4:50 pm	5:00 pm
	4 Sunday Morning	7:00-7:45 am	7:00-7:40 am 7:40-8:20 am	8:30 am

This is a pre-seeded timed final meet. Sessions may be divided between two pools if needed to accommodate the maximum number of entries. Instructions for check-in and warm-up assignments will be distributed to team contacts by 5:00 pm Wednesday, January 7th and posted on the event website.

A Coaches meeting will be held at 5:00 pm on Friday, January 9th in the wet classroom. 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 start 1 hour prior to competition each session

SITE: Wellmark YMCA www.dmymca.org
501 Grand Avenue www.dsmymarlins.com
Des Moines, IA 50309

Live Stream: www.dsmytv.com

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FACILITY: All swimmers, coaches, officials, and meet volunteers must enter the building using the second level skywalk 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. Skywalk doors will open 15 minutes prior to each session's warm-up start time.

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. A Swiss electronic timing system with horn start, touch pads, and push button secondary system will be used. Tertiary system of a digital watch on each lane.

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 SignIn (APP-29) to verify that all certifications are current.

Coaches and Officials must produce proof of membership in USA Swimming immediately upon request by the Referee or his delegate or leave the pool deck. The official mobile application of USA Swimming is acceptable proof of USA Swimming membership

WARM-UPS: The IASI mandatory warm-up procedure will be followed.

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 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.time

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ENTRY REQUIREMENTS:

1. Swimmers must be currently registered as athlete members of USA Swimming. Swimmers that have not been cleared for USA Swimming registration membership (including APT for 18&Over athletes) 24 hours prior to the meet will not be seeded into the meet or allowed on deck until they can show membership in good standing and only able to reenter the meet in available open lanes.
2. Swimmers must enter in the age group events corresponding to age as of January 9, 2026.
3. Swimmers may enter as many events for which they have qualifying times, but must scratch down to no more than two individual events per session by the scratch deadline. Failure to scratch down will result in the swimmer only being seeded in the first two events for the session that they are entered.
4. Seed times must be submitted for a 25-yard course (SCY). Swimmers must have achieved a USA Swimming 2024-2028 Motivational Standard BB time for all entered events. Converted times are not allowed.

ENTRY LIMITS:

1. A swimmer may participate in up to two (2) events PER SESSION with a maximum of six (6) events total for the meet plus relays.
2. LSCs may enter more than five (5) swimmers per event. Only 5 are eligible to score.
3. LSCs may enter up to three (3) relay teams per relay event. Only 2 relays are eligible to score.
4. LSCs may have teams NO LARGER than 72 athletes (24 per age group, 12 male and 12 female, 10&U, 11-12, 13-14).

ENTRY SUBMISSION:

Entry fees are as follows:

1. \$12 per individual event.
2. \$24 per relay.
3. IASI swimmer surcharge: \$4.50 per swimmer. The surcharge is not assessed to outreach swimmers who qualify for LSC benefits.
4. Facility Use Fee: \$15 per swimmer.
5. The entry for each outreach swimmer who qualifies for LSC benefits is \$5 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.

LSCs 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. Attn: Midwest Allstars 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. The meet entry deadline is 8:00 pm on Friday, January 2nd, 2026.
2. Psych sheets will be sent to the LSC Entry Chair within 24 hours of the entry deadline.
3. LSCs have until 5:00 pm on Monday, January 5th, 2026 to submit changes. This is the scratch and late entry deadline.
4. A hard or pdf copy of each LSC's entries, along with entry fees and financial sheet, must be received by Wednesday, January 7th, 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. Team commlink final results will not be emailed until full payment plus any additional fees are paid in full by the team.
5. Entries will be confirmed via a return email receipt.
6. Entries will NOT be accepted by phone or fax

LATE ENTRIES: Only swimmers already entered into the meet who have not reached their session limit will be able to late-enter events after 5:00 pm on Monday, January 5th, 2026.

For questions regarding late entries or to find out if late entries are being accepted, contact the Meet Entries Chair, Quinn Kelly.

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.

EMAIL ENTRIES TO: Quinn Kelly
quinn.kelly@dmymca.org
515.471.8546

MEET DIRECTOR: Andrew Little
andrew.little@dmymca.org
515.282.9622

MEET REFEREE: Phil Barnes

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 Website](#), [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.

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- TIMERS:** Teams may be asked to provide timers. Teams will be informed of timer lane assignments by 8:00pm on Tuesday, January 6, 2026. Teams may divide timing assignments among more than one person, provided everyone participating attends the timer's briefing for that session. The timer's briefing will be held 20 minutes before the start of the competition for each session.
- MEET OPERATION:**
1. Sessions will be seeded after 5:00 pm Monday, January 5th, 2026 (the scratch and late entry deadline).
 2. All events are timed finals and will be seeded Slowest to Fastest.
 3. Fly-over starts will be used.
 4. Warm-up / Cool-down lanes will be limited to 11&O swimmers only during sessions.
 5. Deck Changes are prohibited. Locker rooms will be available. It is recommended that swimmers arrive and leave the facility in their swim gear to limit numbers and congestion in the locker rooms. The Swim Team locker rooms, program pool restroom and family changing rooms will be designated and only available for athletes to use. Coaches, volunteers, officials are to use the public restrooms in the hallway.
 6. Banners, signs or posters are not allowed to be adhered, displayed or affixed anywhere in the aquatic center facility.
 7. Glass containers of any kind are not permitted in the aquatic center (including spectator seating) at any time.
 8. 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.
 9. 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: 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
(Top 5 from each LSC eligible to score)
Relay Events: 18, 14, 12, 10, 8, 6, 4, 2
(Top 2 from each LSC eligible to score)
- AWARDS:** Individual Events: 1st thru 3rd
Relays: 1st Place only
High Point: Each age group and gender, 1st & 2nd
Awards will be distributed to coaches at the conclusion of the meet.
- SCRATCHES:**
1. There is no penalty if a swimmer fails to swim an entered event (No Show (NS) or Declared False Start (DFS), Swimmers and coaches are encouraged to declare a false start to the referee if a swimmer does not intend to swim an entered event. NSs and DFSs are considered entries for entry limits.
 2. The scratch deadline is 5:00 pm Monday, January 5th, 2026.

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- 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 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.
- 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.
- ADDITIONAL INFORMATION:**
1. *Program:* Programs/heat sheets will be uploaded to the DSMY website www.dsmymarlins.com by noon on Thursday of the meet weekend and uploaded to Meet Mobile prior to each session starting.
 2. *Results:* Electronic results will be provided to all teams participating in the meet. Final Results will also be posted on the DSMY 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 small stand offering drinks and snacks. A hospitality room will be available for coaches and officials.
 4. *Swim apparel/merchandise:* We hope to have a vendor on site to offer a variety of swimming apparel & equipment.
 5. *Seating/Spectator Information:* No admission charge for spectators. The MidAmerican Energy Company Aquatic Center provides seating for 1,200 spectators. Free wi-fi is available.
 6. *Deck:* Only registered swimmers, coaches and meet personnel will be allowed on deck. On deck seating is available for 300+ swimmers. **Glass containers of any kind are not permitted in the aquatic center (including spectator seating) at any time.**
 7. *Parking information:* Parking meters charge from 9am to 9pm Monday through Saturday. The 5th & Keo Parking Garage is closest to the facility and provides Skywalk access. Parking is free on Sunday.

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- 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.
- 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/coaches-and-administrators/meet-policy-procedure-documents-and-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.
- 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.
- TEAM PICTURES:** Team photos will occur on Friday, January 10th before or after assigned team warm-up times. Team photos will be available from cposephoto@gmail.com and LSC Team Representatives should contact cposephoto@gmail.com for further information.

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Order of Events

Session 1: Friday Evening

All Ages Timed Finals

Warm-ups: 3:30-4:10 pm | 4:10-4:50 pm Competition: 5 pm

Girls			Boys	
1		10 & Under Mixed Medley Relay		
3	06:45.69	11-12 500 Freestyle	06:29.99	4
5	03:00.59	10 & Under 200 Freestyle	02:50.59	6
7	06:22.79	13-14 500 Freestyle	05:58.19	8

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Session 2: Saturday Morning

Warm-ups: 7:00-7:40 am | 7:40-8:20 am Competition: 8:30am

Girls			Boys	
9	02:29.69	11-12 200 Medley Relay	02:23.09	10
11	03:00.59	10 & Under 200 Medley Relay	02:50.59	12
13	02:30.89	11-12 200 Freestyle	02:24.89	14
15	02:22.69	13-14 200 Freestyle	02:12.29	16
17	42.69	10 & Under 50 Butterfly	41.29	18
19	34.29	11-12 50 Butterfly	34.19	20
21	01:11.29	13-14 100 Butterfly	01:05.49	22
23	01:33.99	10 & Under 100 Backstroke	01:30.09	24
25	01:19.79	11-12 100 Backstroke	01:15.69	26
27	02:34.49	13-14 200 Backstroke	02:23.69	28

Session 3: Saturday Afternoon

Warm-ups: 3:30-4:10 pm | 4:10-4:50 pm Competition: not before 5 pm

Girls			Boys	
29	02:19.19	13-14 200 Medley Relay	02:08.3	30
31	01:33.19	10 & Under 100 IM	01:29.69	32
33	01:19.09	11-12 100 IM	01:15.89	34
35	02:39.49	13-14 200 IM	02:26.69	36
37	43.29	10 & Under 50 Backstroke	42.89	38
39	35.99	11-12 50 Backstroke	35.59	40
41	01:11.39	13-14 100 Backstroke	01:06.19	42
43	01:46.89	10 & Under 100 Breaststroke	01:42.29	44
45	01:29.29	11-12 100 Breaststroke	01:25.49	46
47	02:57.39	13-14 200 Breaststroke	02:42.39	48
49	35.99	10 & Under 50 Freestyle	34.59	50
51	31.69	11-12 50 Freestyle	30.49	52
53	30.19	13-14 50 Freestyle	27.69	54

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Session 4: Sunday Morning

Warm-ups: 7:00-7:40 am | 7:40-8:20 am Competition: 8:30am

Girls			Boys	
55	02:35.89	10 & Under 200 Free Relay	02:34.49	56
57	02:14.39	11-12 200 Free Relay	02:09.19	58
59	04:35.99	13-14 400 Free Relay	04:13.69	60
61	03:18.79	10 & Under 200 IM	03:15.99	62
63	02:50.69	11-12 200 IM	02:45.79	64
65	05:39.69	13-14 400 IM	05:13.59	66
67	01:21.09	10 & Under 100 Freestyle	01:18.89	68
69	01:09.39	11-12 100 Freestyle	01:06.39	70
71	01:05.89	13-14 100 Freestyle	01:00.29	72
73	48.69	10 & Under 50 Breaststroke	47.69	74
75	40.89	11-12 50 Breaststroke	40.09	76
77	01:22.29	13-14 100 Breaststroke	01:14.79	78
79	01:41.39	10 & Under 100 Butterfly	01:38.99	80
81	01:18.89	11-12 100 Butterfly	01:16.09	82
83	02:38.99	13-14 200 Butterfly	02:25.59	84