

Hosted by the DSMY Marlins

- IASI SANCTION:** IA-26-051
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.
- DATE:** • Sunday, February 8
- TIME:**
- | Session | Age Group | Warm ups | Competition |
|----------|-----------|-----------------|-------------|
| 1 Sunday | | 12:00pm-12:50pm | 1:00pm |
- Depending on entries, if warm-ups need to be split to fit to a timeline, teams will be notified by 12:00pm on Tuesday, February 3, 2026.
- SITE:** Wellmark YMCA
501 Grand Avenue
Des Moines, IA 50309

www.dmyymca.org
- 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. 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 Sign In (APP-29) to verify that all certifications are current.

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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.

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 February 6, 2026.
3. Swimmers may enter no more than 4 individual events.
4. Seed times must be submitted for a 25-yard course (SCY). No Time (NT) entries will be allowed.

ENTRY LIMITS: Any events may be limited or combined to ensure the timely completion of a session. Teams will be notified by email if swimmers are affected by limits prior to the meet.

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ENTRY SUBMISSION:

Entry fees are as follows:

1. The meet will have a flat entry fee of \$42 per swimmer. This includes the IASI Swimmer Surcharge of \$4.50 per swimmer.
2. The entry for each outreach swimmer who qualify 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.

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. Attn: DSMY Last Chance Qualifier 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 and from non-IASI teams in attendance at the 2025 Last Chance Qualifier (ASA-MV) beginning 11:00am on Tuesday, January 6, 2026.
2. Entries will be accepted from all teams/athletes beginning 11:00am on Tuesday, January 13, 2026.
3. The meet entry deadline is 8:00pm on Sunday, February 1, 2026.
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. A pdf copy of each team's entries, along with financial sheets, must be received with each team's entries. Entry fees must be received by 8:00am on Saturday, February 7, 2026 unless prior arrangements have been agreed to in writing.
7. Entries will be confirmed via a return email receipt.
8. 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:

1. Provided space is available, late entries will be accepted by email until 12:00pm on Friday, February 6, 2026. After that time, they will only be accepted on deck up to a half hour prior to the start of each session.
2. Only swimmers already entered in the meet that have not reached their session limit will be able to late enter after 8:00pm on Wednesday, February 4, 2026.
3. If the meet program has not been printed, swimmers shall be seeded into the meet, but will still be charged the late entry fee. If the meet program has been printed, swimmers shall be assigned to an empty lane, no heats will be added.

Late entry fees:

- \$62 per swimmer which includes the IASI Swimmer Surcharge of \$4.50.

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.

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- 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: To Be Determined
- 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. 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.
- TIMERS: Teams may be asked to provide timers. Teams will be informed of timer lane assignments by 8:00pm on Tuesday, February 3, 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. All events will be pre-seeded except those requiring a positive check-in.
 2. Positive check-in is required 30 minutes prior to the start of the session for the n following events:
 - 400 IM & 500 Freestyle
 - Swimmers failing to check in by the deadline will be scratched. Swimmers who are scratched will be allowed to reenter only if there are empty lanes available in the slower heat. No heats will be added to accommodate a swimmer failing to check in by the deadline.
 3. All events will be swum Slowest to Fastest.
 4. Swimmers of 500 Free must provide their own counters (if desired).
 5. Events may be combined by gender and/or age group at the discretion of the Meet Director to expedite the meet timeline.
 6. Fly-over starts and/or chase starts may be used at the discretion of the referee.
 7. Deck Changes are prohibited.
 8. Banners, signs, or posters are not allowed to be adhered, displayed or affixed anywhere in the aquatic center facility.
 9. **Glass containers of any kind are not permitted in the aquatic center (including spectator seating) at any time.**

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10. 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.
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: This meet will not be scored.

AWARDS: No awards.

SCRATCHES:

1. There is no penalty if a swimmer fails to swim an entered event, 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 and declared false starts are considered entries for entry limits.
2. Positive check-in events:
 - a. 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 re-enter only if there are empty lanes available in the slowest heat.
 - b. No heats will be added to accommodate a swimmer failing to check in by the deadline, including any heat eliminated after reseeding the event.

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.

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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.

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.

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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.

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Session 1: Sunday Afternoon

Warm-ups: not before 12:00pm Competition: not before 1:00pm

Events	
1	Mixed 12&U 200 IM
2	Mixed 13 & Older 400 IM
3	Mixed 12&U 200 Free
4	Mixed 13 & Older 50 Free
5	Mixed 12&U 100 Fly
6	Mixed 13 & Older 200 Fly
7	Mixed 12&U 50 Back
8	Mixed 13 & Older 100 Back
9	Mixed 12&U 100 Free
10	Mixed 13 & Older 200 Free
11	Mixed 12&U 50 Breast
12	Mixed 13 & Older 100 Breast
13	Mixed 12&U 100 IM
14	Mixed 13 & Older 200 IM
15	Mixed 12&U 50 Fly
16	Mixed 13 & Older 100 Fly
17	Mixed 12&U 100 Back
18	Mixed 13 & Older 200 Back
19	Mixed 12&U 50 Free
20	Mixed 13 & Older 100 Free
21	Mixed 12&U 100 Breast
22	Mixed 13 & Older 200 Breast
23	Mixed 12&U 500 Free
24	Mixed 13 & Older 500 Free



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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