



2025 MAY LCM INVITATIONAL



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Hosted by the DSMY Marlins

- IASI SANCTION: IA-25-81
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:
 - Friday, May 9
 - Saturday May 10
 - Sunday May 11, 2025

TIME:	Session	Age Group	Warm ups	Competition
	1 Friday PM	All Ages Timed Finals	4:30 pm - 5:45 pm	6:00 PM
	2 Saturday AM	13 & O Prelims	7am - 7:45am	8:00 AM
	3 Saturday Mid	12 & U Timed Finals	Not before 11am	Not before 12pm
	4 Saturday PM	13 & O Finals	Not before 4pm	Not before 5pm
	5 Sunday AM	12 & U Timed Finals	7:30am - 8:15am	8:30 AM
	6 Sunday Mid	13 & O Timed Finals	Not before 11:30pm	Not before 12:30pm

Depending on entries, if warm-ups need to be split or chase starts will be necessary to fit to a timeline, teams will be notified by 12:00 Noon on Tuesday May 6, 2025.

SITE: Wellmark YMCA
501 Grand Avenue
Des Moines, IA 50309

www.dmymca.org
www.dsmymarlins.com

FACILITY: All swimmers, coaches, 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. Coaches, meet volunteers, officials, and DSMY athletes should enter on the skywalk entrance. Skywalk doors will open one half hour 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.,Colorado electronic timing systems will be used in all configurations.

The 4 lane, 25 yard program pool will be available for warm-up and warm down throughout the meet and specifically for general warm-up for 10&U swimmers during the designated warm-up time in session 1 on Friday. The program pool will be open during competition for warm-down for only swimmers in that session.

The host will ensure the required course dimensions.



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- 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 membercoach 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 at the starting (south) end.
- 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 May 9, 2025.
 3. Swimmers may enter no more than
 - 2 individual events on Friday,
 - 3 individual events for 13&over prelims and 4 events for 12&under timed finals on Saturday and
 - 4 individual events on Sunday
 4. Seed times must be submitted for a 50-meter course. No Time (NT) entries will be allowed. Converted times are not allowed.
 5. A swimmer who has achieved a classification (BB, B, IA Q, A, AA, AAA, AAAA) time in a 25-yard or 25-meter pool for an event may submit a seed time of the minimum LCM time for that classification.
- 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. \$12.00 per individual event.
2. IASI swimmer surcharge: \$6.00 per swimmer. The surcharge is not assessed to outreach swimmers who qualify for LSC benefits.
3. Facility Use Fee: \$15 per swimmer
4. 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. Attn: May LCM Invitational 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.

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 2024 May LCM Invitational beginning 11:00 am on Tuesday, April 8, 2025. (KCB-MV, MAC-MW)
2. Entries will be accepted from all teams/athletes beginning 11:00 am on Tuesday, April 15, 2025.
3. The meet entry deadline is 8:00 pm on Monday, May 5, 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. 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 12:00 pm on Wednesday, May 7, 2025 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.



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LATE ENTRIES:

1. Provided space is available, late entries will be accepted by email until 12:00 Noon on Friday, May 9, 2025. 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 12:00 Noon, Tuesday May 6, 2025
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:

Individual events: \$15.00 per event.

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

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.

SEND ENTRIES TO:

Send electronic entries by email to:
Lauren Russell
Lauren.russel@dmymca.org
515.471.8546

MEET DIRECTOR:

Andrew Little
andrew.little@dmymca.org
515.282.9622

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.



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MEET OPERATION:

1. All events (prelims & finals) will be seeded after the scratch deadline, except those requiring a positive check-in
2. The scratch deadline is 6pm Thursday for Friday events, 6 pm Friday for Saturday events and 5pm Saturday for Sunday events. Scratches for Friday events will be accepted by email to the Entries Chair. Other Days are to be submitted at the Admin Table on deck.
3. Positive check-in is required 30 minutes prior to the start of the session for the following events:
 - Session 1: 400 IM, 400 Freestyle & 800 Freestyle
 - Session 2: 400 Freestyle
 - Session 3: 400 Freestyle
 - Session 6: 1500 Freestyle
 - Swimmers of the 1500 must provide their own timers (required) and counters (if desired).
4. Swimmers failing to check in by the deadline will be scratched and their spot offered to any alternates. swimmers who are scratch 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.
5. All Timed Final events will be swum Fastest to Slowest. All Prelim/Final events will be swum Slowest to Fastest, circle seeded in accordance with USAS rule 102.5
6. Results for combined events will be separated by age group and gender for scoring.
7. Session 4 Finals session will have A/B finals (top 16 qualifiers) for each male and female age group with the exception of the 13-14 and 15&O 400 Free with only an A final (top 8).
8. Swimmers in all timed final and B Consolation final events shall report directly to the starting blocks.
9. All A finalists must check in at the ready area at the south end of the pool prior to the start of the B final in the event they are competing. For events without a B final, A finalists must check in prior to being paraded to the starting blocks.
10. Fly over starts and/or chase starts may be used at the discretion of the referee.
11. Deck Changes are prohibited.
12. Banners, signs or posters are not allowed to be adhered, displayed or affixed anywhere in the aquatic center facility.
13. Glass containers of any kind are not permitted in the aquatic center (including spectator seating) at any time.
14. 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.
15. 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 are 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



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AWARDS:

- Ribbons will be awarded for 1st – 8th place for individual events for the 10&Under and 11-12 age groups only.
- A really cool prize yet to be determined will be awarded to the top scoring male and female swimmer from each age group.

SCRATCHES:

1. The IASI Scratch Rule is in effect.
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.
 - c. If a swimmer checks in, then fails to swim the event or declare a false start, the swimmer will not be allowed to compete in their next scheduled individual 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 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. Program: Programs/heat sheets will be uploaded to the DSMY website www.dsmymarlins.com and 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 thru 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.

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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Order of Events

Session 1: Friday Evening

All Ages Timed Finals

Warm-ups: 4:30pm-5:45pm

Competition: 6:00pm

Girls Event #	Event	Boys Event #
1	12&U 200 IM	2
3	13&O 400 IM	4
5	10&U 200 Free	6
7	11-14 400 Free	8
9	13&O 800 Free	10

Session 2: Saturday Morning

13 & Over Prelims

Warm-ups: 7:00am-7:45am

Competition: 8:00am

Girls Event #	Event	Boys Event #
33	13&O 100 Free	34
35	13&O 200 IM	36
37	13&O 100 Fly	38
39	13&O 100 Breast	40
41	13&O 100 Back	42
43	15&O 400 Free	44

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Session 3: Saturday Midday

12&U Timed Finals

Warm-ups: not before 11:00am Competition: not before 12:00pm

Girls Event #	Event	Boys Event #
11	11-12 50 Breast	12
13	11-12 200 Fly	14
15	10&U 100 Fly	16
17	11-12 100 Free	18
19	10&U 50 Free	20
21	11-12 200 Breast	22
23	10&U 100 Breast	24
25	11-12 100 Back	26
27	10&U 50 Back	28
29	11-12 50 Fly	30
31	10&U 400 Free	32

Session 4: Saturday Evening

13&Over Finals

Warm-ups: not before 4:00pm

Competition: not before 5:00pm

Girls Event #	Heats	Event	Heats	Boys Event #
33	2	13-14 100 Free	2	34
	2	15&O 100 Free	2	
35	2	13-14 200 IM	2	36
	2	15&O 200 IM	2	
37	2	13-14 100 Fly	2	38
	2	15&O 100 Fly	2	
39	2	13-14 100 Breast	2	40
	2	15&O 100 Breast	2	
41	2	13-14 100 Back	2	42
	2	15&O 100 Back	2	
43	1	15&O 400 Free	1	44

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Session 5: Sunday Morning

12&Under Timed Finals

Warm-ups: 7:30am-8:15am Competition: 8:30am

Girls Event #	Event	Boys Event #
45	11-12 200 Free	46
47	10&U 50 Fly	48
49	11-12 100 Fly	50
51	10&U 100 Back	52
53	11-12 50 Back	54
55	10&U 50 Breast	56
57	11-12 100 Breast	58
59	10&U 100 Free	60
61	11-12 50 Free	62
63	11-12 200 Back	64

Session 6: Sunday Midday

13&Over Timed Finals

Warm-ups: not before 11:30am Competition: not before 12:30pm

Girls Event #	Event	Boys Event #
65	13&O 200 Free	66
67	13&O 200 Breast	68
69	13&O 200 Fly	70
71	13&O 50 Free	72
73	13&O 200 Back	74
75	13&O 1500 Free	76