



**2025 BLST Holiday Classic
December 19-21, 2025
Cedar Falls Community Natatorium,
Cedar Falls, IA
Open Invitational – 25 yd**

IASI SANCTION: **IA-26-033**
Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).

RULES: Current USA Swimming and IASI technical and administrative rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet. All adults participating in or associated with this meet acknowledge that they are subject to the provisions of MAAPP and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

DATES: **Friday, December 19 - Sunday, December 21, 2025**

TIME:	<u>Sessions</u>	<u>Warm-Ups</u>	<u>Competition</u>
	1 – FRI 11&O	5:00PM (50 mins)	6:00PM
	2 – SAT 11&O	7:30AM (50 mins)	8:30AM
	3 – SAT 10&U	11:00AM* (50 mins)	12:00PM*
	4 – SAT 11&O	4:00PM* (50 mins)	5:00PM*
	5 – SUN 11&O	7:30AM (50 mins)	8:30AM
	6 – SUN 10&U	11:00AM* (50 mins)	12:00PM*
	7 – SUN 11&O	4:00PM* (50 mins)	5:00PM*

**No earlier than*

If warm-ups are to be split, teams will be notified by the Tuesday before the meet which warm-up period they are in. Timelines will also be provided to teams on Tuesday before the meet.

Coaches’ meetings: FRI – 5:45PM; SAT – 8:15AM

SITE:	Cedar Falls Community Natatorium 2701 W 27th St. Cedar Falls, IA 50613
FACILITY:	Indoor, ten lane, twenty-five yard course with a separate four lane, twenty-five yard cool down pool. Competition pool water depth is 6'7" at the starting end and 12'6" at the turn end. Colorado timing system with touch pads, push button back up, and a minimum of one stop watch per lane. The host will ensure the required course dimensions.
MEDICAL SUPERVISION:	First Aid and AED devices are available on the pool deck.
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.
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. Any swimmer without a coach shall report to the Referee prior to his or her warm-up. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to ensure such arrangements are made prior to the start of the meet.
RACING STARTS:	All swimmers 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 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 in order to compete in this meet. 2. Seed times must be submitted for a 25-yard course. A swimmer's seed time can be no faster than the best time the swimmer has achieved in an event swum in the same length pool as this meet. Converted times are not allowed. 3. NTs will be accepted with the exception of the 400 IM, 500, and 1650 freestyle events; for these events please provide a 'guestimate' time for seeding. Events may be combined at the discretion of the Referee to facilitate meet operations.
ENTRY LIMITS:	1. Swimmers may enter no more than five individual events. 2. 10&unders swimmers may enter no more than four (4) individual timed final events per day. All other 11&O swimmers may enter no more than three (3) individual events per day. Over entering the daily and meet limit is not permitted.

ENTRY SUBMISSION:

Entry fees are as follows:

1. Prelim/final events are \$8.00 per swimmer and timed final events are \$7.00 each. Relay entries are \$16.00 each.
2. IASI swimmer surcharge: \$4.50 per swimmer. The surcharge is not assessed to outreach swimmers.
3. The entry fee for each outreach swimmer who qualifies for IASI benefits is \$5.00 and covers all events swum by the outreach swimmer.
4. Handwritten entries: additional \$5.00 per swimmer.

Electronic entries must be submitted in a format compatible with Hy-Tek Meet Manager software. Handwritten entries must be submitted on the IASI Meet Entry Form (APP-7).

Submit entries along with the appropriate IASI Financial Sheet (APP-8.1). If submitting electronic entries, also send a hardcopy of the entries with the entry fees and financial sheet.

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. 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 BLST. All entry fees, including IASI swimmer surcharge fee, 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 beginning Monday, November 17th, 2025, at 10:00am.
2. Entries will be accepted from all teams/athletes Monday, November 24th, 2025, at 10:00am.
3. Electronic entries must be received no later than noon on Monday, December 15th, 2025.
4. Handwritten entries, along with entry fees, additional \$5 per swimmer and financial sheet, must be received no later than noon on Tuesday, December 16th, 2025. Handwritten entries will not be considered entered in the meet until full payment is received.
5. 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.
6. Once entries are accepted only time updates will be allowed for teams with electronic entries. No time updates will be accepted for handwritten entries. Any additions/substitutions must be made via email to the Meet Director prior to the entry deadline.
7. A hardcopy of the entries, along with entry fees and financial sheet, must be received by Friday, December 19th, 2025, unless prior arrangements have been agreed to in writing.
8. Entries will be confirmed via a return email receipt.
9. 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:** Late entries will be accepted. Once the meet is closed or after noon on Monday, December 15th, 2025, late entries will only be accepted in open lanes. Late entries will be entered with no time (NT) once the meet program has been sent to print.
- Late entry fees are \$16.00 for prelim/final events, \$14.00 for timed final events, and \$32.00 for relay entries.
- 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 to Melissa Woltz at mwoltz7@gmail.com. Receipt will be confirmed by email. Send all print materials to Melissa Woltz, 3222 Pendleton Dr., Cedar Falls, IA 50613. If sent by rush delivery, please indicate No Signature Required.
- MEET DIRECTORS:**
- | | |
|--|--|
| Melissa Woltz | Erik Pinter |
| 602-799-6944 | 309-825-0735 |
| mwoltz7@gmail.com | coach.epinter@gmail.com |
- REFEREE:** Robert Fry, robertjfry1965@gmail.com, 319-529-7310
- OFFICIALS:** BLST welcomes visiting USA Swimming officials who would like to officiate at this meet. If you are able to officiate, please contact the Referee.
- 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. Events will be pre-seeded.
 2. There will be no athlete check-in required for any preliminary event or timed final event and swimmers shall report directly to the starting blocks.
 3. All events will be swum slowest to fastest with the exception of 400IM, 500FR, and 1650FR. These distance events will be swum fastest to slowest combining age groups.
 4. Except for the 400IM, the Scratch Deadline for an event shall be 5:30PM of the day prior to the event. For the 400IM, the scratch deadline will be 30 minutes prior to the start of the Friday evening coaches meeting being held at 4:45PM.
 5. FINALS: After prelims, the top (10) 11-12 girls, top (10) 11-12 boys, top (20) 13-14 girls, top (10) 13-14 boys, top (20) 15&O girls, and top (10) 15&O boys will advance to finals on Saturday and Sunday evenings.
 6. The 11&12 and 13&O 500FR heats are Timed Finals with the fastest (10) swimmers of each event swimming in Saturday evening finals session. 'Down seeding' will not be allowed.
 7. All 1650FR entries will be swum in Sunday prelims.

8. Deck Changes are prohibited.
9. Banners, signs or posters are not allowed to be adhered, displayed or affixed anywhere in the aquatic center facility.
10. Glass containers of any kind are not permitted in the aquatic center (including spectator seating) at any time.
11. 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.
12. 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.

AWARDS:	1. All heat winners will receive a prize. 2. Medals will be awarded for: 8&U, 10&U, and 11-12 individual events 1st-8th place and all 12&U relays 1st-3rd place. 3. Ribbons will be awards for: 8&U, 10&U, and 11-12 individual events 9th-16th place and all 12&U relays 4th-8th place.
SCRATCHES:	The IASI scratch rule is in effect.
USA SWIMMING REGISTRATION:	All Swimmers must be members of USA Swimming. The meet host will notify teams if they have entered swimmers whose memberships cannot be verified through pre-meet reconciliation. Those swimmers must provide 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 TOBACCO:	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.
ADDITIONAL INFORMATION:	1. <u>Programs</u>: Meet programs will NOT be sold. Meet programs will be available electronically only. 2. <u>Results</u>: Electronic results will be provided to all teams participating in the meet. Final Results will be posted on the IASI website. A hard copy of final results will be mailed for a fee of \$5.00 & may be requested on financial sheet. 3. Only registered swimmers, coaches and meet personnel will be allowed on deck of the pool. 4. Concessions will be available.
INDEMNITY:	It is understood and agreed that USA Swimming and IASI shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.



BLACKHAWK

2025 BLST Holiday Classic

December 19-21, 2025
Cedar Falls Community Natatorium,
Cedar Falls, IA
Open Invitational – 25 yd

Session #1 – TIMED FINALS

Warm-Ups: 5:00PM; Competition: 6:00PM

GIRLS	EVENT	BOYS
1 TF	11-12 200FL	2 TF
3 TF	13&O 50FL	4 TF
5 TF	11-12 200BK	6 TF
7 TF	13&O 50BK	8 TF
9 TF	11-12 200BR	10 TF
11 TF	13&O 50BR	12 TF
	10-MINUTE BREAK	
13 TF	11&O 400IM*	14 TF

**Swum fastest to slowest.*

Session #2 - PRELIMS

Warm-Ups: 7:30AM; Competition: 8:30AM

GIRLS	EVENT	BOYS
37 TF	11-12 200 MEDLEY RELAY	38 TF
39 TF	13&O 200 MEDLEY RELAY	40 TF
41 P	11-12 100 FREE	42 P
43 P	13&O 100 FREE	44 P
45 P	11-12 100 BACK	46 P
47 P	13&O 200 BACK	48 P
49 P	11-12 100 BREAST	50 P
51 P	13&O 100 BREAST	52 P
53 P	11-12 50 FLY	54 P
55 P	13&O 100 FLY	56 P
57 P	11-12 200 IM	58 P
59 P	13&O 200 IM	60 P
61 TF	11-12 500 FREE*	62 TF
63 TF	13&O 500 FREE*	64 TF

**Swum fastest to slowest. Top (10) fastest entries will swim in finals.*



BLACKHAWK

2025 BLST Holiday Classic

December 19-21, 2025
Cedar Falls Community Natatorium,
Cedar Falls, IA
Open Invitational – 25 yd

Session #3 – TIMED FINALS

Warm-Ups: No earlier than 11:00AM; Competition: No earlier than 12:00PM

GIRLS	EVENT	BOYS
15 TF	8&U 50 BACK	16 TF
17 TF	10&U 100 BACK	18 TF
19 TF	8&U 25 BREAST	20 TF
21 TF	10&U 50 BREAST	22 TF
23 TF	8&U 25 FLY	24 TF
25 TF	10&U 200 IM	26 TF
27 TF	8&U 100 IM	28 TF
29 TF	10&U 50 FREE	30 TF
31 TF	8&U 25 FREE	32 TF
33 TF	10&U 200 MEDLEY RELAY	34 TF
35 TF	8&U 100 MEDLEY RELAY	36 TF

Session #4 - FINALS

Warm-Ups: No earlier than 4:00PM; Competition: No earlier than 5:00PM

GIRLS	EVENT	BOYS
41 F	11-12 100 FREE	42 F
43 F	13&O 100 FREE	44 F
45 F	11-12 100 BACK	46 F
47 F	13&O 200 BACK	48 F
49 F	11-12 100 BREAST	50 F
51 F	13&O 100 BREAST	52 F
53 F	11-12 50 FLY	54 F
55 F	13&O 100 FLY	56 F
57 F	11-12 200 IM	58 F
59 F	13&O 200 IM	60 F
61 TF	11-12 500 FREE* TOP 10 FASTEST ENTRIES	62 TF
63 TF	13&O 500 FREE* TOP 10 FASTEST ENTRIES	64 TF



2025 BLST Holiday Classic

December 19-21, 2025

Cedar Falls Community Natatorium,
Cedar Falls, IA - Open Invitational-25yd

Session #5 - PRELIMS

Warm-Ups: 7:30AM; Competition: 8:30AM

GIRLS	EVENT	BOYS
91 TF	11-12 200 FREE RELAY	92 TF
93 TF	13&O 200 FREE RELAY	94 TF
95 P	11-12 100 FLY	96 P
97 P	13&O 200 FLY	98 P
99 P	11-12 50 BACK	100 P
101 P	13&O 100 BACK	102 P
103 P	11-12 200 FREE	104 P
105 P	13&O 200 FREE	106 P
107 P	11-12 50 BREAST	108 P
109 P	13&O 200 BREAST	110 P
111 P	11-12 50 FREE	112 P
113 P	13&O 50 FREE	114 P
115 P	11-12 100 IM	116 P
117 TF	11&O 1650 FREE* ALL SWUM IN PRELIMS	118 TF

Session #6 – TIMED FINALS

Warm-Ups: No earlier than 11:00AM; Competition: No earlier than 12:00PM

GIRLS	EVENT	BOYS
65 TF	8&U 50 FREE	66 TF
67 TF	10&U 100 FREE	68 TF
69 TF	8&U 50 FLY	70 TF
71 TF	10&U 50 FLY	72 TF
73 TF	8&U 100 FREE	74 TF
75 TF	10&U 200 FREE	76 TF
77 TF	8&U 25 BACK	78 TF
79 TF	10&U 50 BACK	80 TF
81 TF	8&U 50 BREAST	82 TF
83 TF	10&U 100 BREAST	84 TF
85 TF	8&U 100 FREE RELAY	86 TF
87 TF	10&U 200 FREE RELAY	88 TF
	10-MINUTE BREAK	
89 TF	10&U 500 FREE	90 TF



2025 BLST Holiday Classic

**December 19-21, 2025
Cedar Falls Community Natatorium,
Cedar Falls, IA
Open Invitational-25yd**

Session #7 – FINALS

Warm-Ups: No earlier than 4:00PM; Competition: No earlier than 5:00PM

GIRLS	EVENT	BOYS
95 F	11-12 100 FLY	96 F
97 F	13&O 200 FLY	98 F
99 F	11-12 50 BACK	100 F
101 F	13&O 100 BACK	102 F
103 F	11-12 200 FREE	104 F
105 F	13&O 200 FREE	106 F
107 F	11-12 50 BREAST	108 F
109 F	13&O 200 BREAST	110 F
111 F	11-12 50 FREE	112 F
113 F	13&O 50 FREE	114 F
115 F	11-12 100 IM	116 F